

ONE-ON-ONE WITH LILLIAN TOO

Writer Vivienne Tang

Considered the world's most renowned Feng Shui expert, Maylasia-based Lillian Too has sold millions of books on the subject (80 best sellers), which have been translated into more than 30 languages.

"I'm coming out with a new book that is quite groundbreaking," she tells me off the bat. "It's called *Spiritual Feng Shui*. I'm launching it in January at my [Feng Shui] Extravaganza. What I'm revealing in my book are the real secrets of Feng Shui, and why Feng Shui works. Every time you move things around and you align yourself in certain directions, you're actually aligning to energy forces, which most people don't understand. But what are these energy forces? These are cosmic energies."

Too stresses that you have to start with the space dimension, when learning Feng Shui. "You must understand the meaning of space, and you need to orientate yourself," she says. "First thing you do whenever you go somewhere, you establish where North, East, South and West is. From there you move on and you start to apply all the formulas. They're not difficult, they're very easy, and I simplify them, so you understand."

She also explains that you don't have to get your interior designer to come in every year to rearrange your furniture. You simply have to move the chi. "What I recommend is that you just change one



piece of furniture, such as a chair or a coffee table," she continues, "and during Chinese New Year you move the furniture out a little bit and clean out the inside, the backs of the furniture. Make sure there is no stagnation of energy and that the energy is moving. But you must avoid empty spaces in your house. Rooms must not be completely ignored. You should let the air flow through, and you must bring new energy into the home. You have to interact with nature and the energies of the cosmic forces.

"If you are able to work in harmony with the cosmic energies that are around you, you will feel very empowered. If I was to teach you a certain hand movement that would get yourself a parking space, a simple thing like that, you would feel empowered. Now this is how you do it. If you find out where your personal best direction is, and you just activate it (you can activate it with a light, with a movement or a fan), you'll find that good things start coming to you, and they do."

Too further explains that there are three dimensions, the space

FENG SHUI COMPASS/STOCK



dimension, which addresses the common Feng Shui that everyone relates to. Then there is the time dimension, where you change your arrangement according to the changes and patterns of energy that take place over the year. And according to Too, the third and spiritual dimension is actually the most powerful one in Feng Shui.

"A lot of master practitioners practice this, and this is the real secret of Feng Shui," she confides. "It's the sacred aspect of it. It has to do with connecting with the spirit within you, and when you connect with it, you realise that we are living with a lot of other beings in parallel realms. So you ensure that you are living in harmony with the spirits that co-exist."

"A lot of the rituals are very secret. A lot of these invocations are incredibly powerful. Whoever learns them has to make a solid vow that practice won't be used to harm people but to protect and appease. You need to know how to meditate to connect with your inner spirit."

Too ensures me that Feng Shui starts with oneself and that the key is to acknowledge the spirit within. Her secret to a fulfilled life

is to spend 50 percent of her time in meditation every day, blending the classic knowledge of Feng Shui with Buddhism. "I meditate the whole morning," she says. "I get up at 6 o'clock in the morning, and I meditate until 10 o'clock. I love it. It's not a chore. It's something that I look forward to, but my meditation is a spiritual meditation, and it makes me very very happy. You may think that I'm just sitting there doing nothing, but my mind is very active."

Furthermore, she stresses that you need to be aware of yourself. "You yourself create the greatest energy," she continues. "I can come to your house and do all your Feng Shui, but if you are a very difficult person to please or you allow yourself to be very negative, then you create that kind of energy. So the first thing to do is to work on yourself, make yourself very centred. That's why a good meditation is very important. You can't just work all the time. You do need to take moments out when you go and see something else, change your environment. Go look at the trees, look at the sky. So you work on yourself first. When you start to work on yourself, you will begin to see that your space can be improved. Everybody's space can be improved...slowly, step by step. But don't overdramatise the use of Feng Shui. Feng Shui is nothing but wind and water. So wherever you are, if you can feel the breeze and feel the water, you're fine."

An MBA graduate from Harvard Business School, Too quickly rose to the top in the 80s and became the first woman in Malaysia to be the managing director of a listed company. Today, she's a self-made millionaire, and a happy grandmother, who credits much of her success to the daily use of Feng Shui principles. There isn't anything Too can't achieve if she puts her mind to it.

She's never had any formal Feng Shui training though. She simply

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picked it up along the way, when living in Hong Kong. But she holds her Buddhist lamas in very high regard when it comes to completing her Feng Shui wisdom. "Finally I met the real master, who taught me the real secret, the spiritual side of it. My lamas teach me and they make me take vows, and say, 'You must make sure you live your life to benefit other people. You must live that kind of life.'"

Too seeks meaning in whatever she does, staying true to herself. "We do this because we want to help people to feel happier and to have a more meaningful life," she adds. "It's not just about being commercially successful. There's a meaning to what we're doing. We're not just doing it to get rich. But being rich is part of the equation, because unless we have the wealth, we don't have the freedom to do what we want. We need the money to do the things we want to do. To sum it all up, you need to live your life meaningfully, and if you can use Feng Shui to help you, why not?"

Too will be holding a Feng Shui Extravaganza in New York on February 2 - 3. www.lillian-too.com