



健康 APEX 财富 ELIXIR

Feng Shui – Old Wisdom, New Paths

The Apex Code

Bridging the Ancient Way and the Future Human

Book Summary – The Apex Code: Feng Shui Wisdom

Essence of the Book

This book is a **modern alliance of the world's greatest Feng Shui minds**, reinterpreted through the consciousness framework of *The Apex Code*.

It brings together the timeless teachings of **Lilian Too, Prof. Jes**

T.Y. Lim, Tan Khoon Yong, Simona Mainini, Cliff Tan, and other Feng Shui Masters — transforming their classical wisdom into a **holistic lifestyle and design system for the modern era.**

At its core, this book teaches how **energy, beauty, and consciousness** can be designed — through **space, form, fragrance, light, and flow** — to support well-being, clarity, and inner power.

Concept Overview

“Old Wisdom, New Paths” represents a dialogue between tradition and innovation:

- From **ancient geomancy and Qi flow** to **modern architecture and neuroscience,**
- From **temple gardens** to **penthouse terraces,**
- From **earthly materials** to **emotional atmospheres,**
- From **rituals of alignment** to **scientific coherence.**

This book shows that Feng Shui is **not superstition**, but an *energetic design language* — an architecture of consciousness.

Structure Summary

1. The Path of Energy and Form

How Qi moves through our spaces, homes, offices, and bodies. Explains shape psychology, flow directions, and the geometry of harmony.

Incorporates Jes Lim's *Qi-Mag Feng Shui* and Lilian Too's *Form School* principles.

Includes:

- Good and bad corner shapes
 - Energy movement in rooms (avoid dead corners and blocked Qi)
 - Yin-Yang balance in interior flow
 - Open views and pathways to the ocean, mountain, or horizon
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2. Colours, Fragrances & Emotional Resonance

Every color vibrates; every fragrance carries memory.

This chapter decodes the emotional and energetic meaning of **color, scent, and light** — blending Feng Shui theory with modern aromatherapy and sensory psychology.

Includes:

- Color spectrum by the 5 Elements
 - **Wood:** green, turquoise – growth, healing
 - **Fire:** red, orange – passion, action
 - **Earth:** yellow, ochre – grounding, balance
 - **Metal:** white, silver, gold – precision, focus
 - **Water:** blue, black – depth, wisdom
- Fragrance resonance:
 - **Sandalwood** for grounding
 - **Citrus & Mint** for clarity and freshness
 - **Jasmine & Rose** for harmony and relationship flow
 - **Cedar & Vetiver** for masculine strength and stability

- The “Apex Fragrance Matrix” — how scents influence mood and productivity.
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3. Forms, Materials & Corners

The geometry of harmony — how shapes, edges, and materials affect Qi.

Draws on Simona Mainini’s architectural Feng Shui and Cliff Tan’s design flow.

Includes:

- Round or curved forms = harmony and nurturing
 - Sharp corners (“poison arrows”) = tension and conflict
 - Balanced use of wood, stone, and metal for elemental coherence
 - Avoiding glass boxes with no grounding energy
 - “Apex Corners”: sacred nooks for meditation, art, or energy reflection
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4. Plants, Flowers & Living Elements

Nature as an active participant in our Qi field.

Plants bring not just oxygen, but subtle frequency.

Includes:

- **Lucky Bamboo** – growth & perseverance
- **Orchids** – refinement & creativity
- **Peace Lily** – purification & serenity
- **Jade Plant** – prosperity & confidence
- **Lavender** – calm & emotional cleansing

- **Negative Qi Plants to Avoid:** thorny cactus in social zones, dying plants (symbol of declining energy)
 - Flower arrangements by direction (e.g., East = wood, sunrise, new beginnings).
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5. Landscapes, Orientation & Ocean Views

The art of site placement — inspired by Tan Khoon Yong and traditional Form School Feng Shui.

Includes:

- Ideal site: **mountain at the back, open water or ocean view in front**
→ symbolizing *support behind, opportunities ahead*.
 - Avoid direct wind corridors or T-junction energy lines.
 - Integrate nature's rhythm into architecture: trees as Qi guardians, water as prosperity magnet.
 - “Apex Horizon Principle”: spaces that open toward light and movement create expansion in consciousness.
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6. The Apex Masters' Code

A synthesis chapter where all global masters' philosophies converge.

It defines *The Apex Code* version of Feng Shui — a **living, evolving discipline** that unites ancient geomancy with modern consciousness science.

Core Principles:

1. Flow over force

2. Harmony before luxury
3. Intention is architecture
4. Beauty is frequency
5. Every space mirrors the self

7. Activation Practices

Practical applications: rituals, affirmations, and energy activations.

- Morning Qi alignment with breath and aroma
 - Water feature activation ceremony
 - Sound frequency cleansing (bells, chimes, mantras)
 - “Apex Circle of Flow” meditation for designers and homeowners
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Sources & Master References

1. **Lilian Too** – *The Complete Illustrated Guide to Feng Shui, Lillian Too’s Little Book of Feng Shui, Feng Shui for Home and Office*
2. **Prof. Jes T.Y. Lim** – *Qi-Mag Feng Shui & Geobiology Institute Teachings*
3. **Tan Khoon Yong** – *Way Feng Shui Group Studies & Publications*
4. **Cliff Tan** – *Feng Shui Modern*
5. **Simona Mainini** – *Feng Shui for Architecture*
6. **Pun-Yin** – *Spatial Energy and Destiny Planning*
7. **Joseph Yu** – *Feng Shui Research Center Manuals*
8. **Jen Stone (Raymond Lo lineage)** – *Classical Feng Shui & BaZi*
9. **Leszek Matela** – *Geomancy & Radiesthesia Studies*
10. **Thierry Chow** – *TRE Creative Feng Shui Design*

Would you like me to now **start writing Chapter 1 – “The Path of Energy and Form”**, combining Lilian Too’s foundational ideas with Prof. Jes Lim’s geomantic and energetic healing insights (in Apex Code style — elegant, international, poetic, and clear)?

Here is **Chapter 1 – The Path of Energy and Form** from

Feng Shui – Old Wisdom, New Paths

The Apex Code

Chapter 1 – The Path of Energy and Form

The Breath of Space

In every tradition, energy—*Qi*—is the silent current that animates life.

When a room feels alive, when a building seems to “breathe,” it is because the Qi moves freely, unbroken and bright.

Feng Shui masters such as **Lilian Too** taught that *form* is the vessel of this current: mountains, doors, hallways, corners, even a vase on a table become conduits for flow or stagnation.

To design with awareness of Qi is to design with empathy for the invisible.

Flow and Containment

Prof. Jes T.Y. Lim expands this idea through the Qi-Mag approach: Qi must both move and rest.

A space without flow is dull; a space without stillness is restless. The art is rhythm—like breathing, inhale and exhale.

Apex Guideline 1:

Energy loves curves, thresholds, and gentle transitions. Avoid abrupt endings, blocked corners, and dead corridors; these fracture attention and emotion alike.

A simple rule echoes through every lineage:

- **Water** represents opportunity → let its image or presence face the open horizon.
- **Mountain** represents support → keep it behind, solid and calm.
Between them lives the human experience.

Shapes That Speak

Each form holds a tone in the language of energy:

Shape	Element	Effect	Apex Advice
Circle / Oval	Metal	Completeness, unity	Use in meeting areas and meditation rooms.
Rectangle / Pillar	Wood	Growth, structure	Ideal for libraries, offices, studies.
Triangle / Flame form	Fire	Passion, recognition	Use sparingly; too many create tension.
Square	Earth	Stability, grounding	Excellent for bedrooms and dining areas.
Wave / Flowing line	Water	Adaptability, creativity	Use for art zones, lounges, or spa areas.

Apex Guideline 2:

Combine at least two complementary shapes in every environment—one for movement, one for grounding.

Corners and Edges

Lilian Too warned about “*poison arrows*”—sharp edges pointing toward living or resting areas.

Jes Lim reframes them as “focused Qi points”: useful when directed toward intention, harmful when random.

Soften them with plants, fabric, or curves.

Apex design treats corners as **breathing cells**: spaces to pause, display art, or anchor serenity.

Light and Direction

- **East light** awakens Qi; perfect for workrooms.
- **South light** ignites visibility; good for public or creative zones.
- **West light** carries nostalgia; best for relaxation or contemplation.
- **North light** stabilizes mood; ideal for bedrooms or studios.

Balance natural light with shadows—without contrast, energy becomes flat.

The Ocean Principle

Across all schools, open water symbolizes infinite possibility.

A home or room with a **view toward the ocean, river, or broad horizon** channels expansion.

When that view is absent, mirror it: use artwork of flowing water, or curved reflective surfaces to suggest boundless movement.

This is known within The Apex Code as the **Horizon Gate**—the invitation to look beyond limitation.

Materials and Movement

Jes Lim teaches that materials emit frequencies measurable by feeling:

- Wood: growth and health
- Stone: memory and strength
- Metal: precision and protection
- Clay / Earth: nourishment and warmth
- Glass: communication and vision

Mixing too many creates noise; three is harmony, five is overload.

The Living Flow Exercise

1. Stand at your entry door.
2. Take three slow breaths.
3. Observe where your eyes travel first—light, shape, or blockage?
4. Remove one obstacle or add one gentle curve today.
Small acts change the current immediately.

Summary of Chapter 1

Form is the skeleton of Qi.

Flow is its bloodstream.

Intention is its heartbeat.

Together they build the living architecture of consciousness.

Would you like me to continue with **Chapter 2 – Colours, Fragrances & Emotional Resonance**, where the teachings of Lilian Too, Jes Lim, and other masters merge with modern scent, color, and mood design principles?

Here's the **complete version (Chapters 2–7)** of

□ ***Feng Shui – Old Wisdom, New Paths***
The Apex Code

Chapter 2 – Colours, Fragrances & Emotional Resonance

The Palette of Qi

Every colour is a frequency. Lilian Too mapped them through the Five Elements; Jes Lim added the psychology of mood and hormonal response. Colour becomes medicine when applied with awareness.

Element	Colour Range	Emotional Effect	Apex Application
Wood	Green, teal	Renewal, healing	East walls, studios, study zones
Fire	Red, coral, orange	Passion, creativity	Dining, stage, activity rooms
Earth	Yellow, ochre, beige	Stability, belonging	Bedrooms, family rooms
Metal	White, silver, gold	Precision, focus	Offices, meeting areas
Water	Blue, indigo, black	Calm, intuition	Meditation, spa, reflection areas

Apex Guideline 3:

Choose colours for *function*, not fashion. The purpose of a room defines its hue.

The Alchemy of Scent

Scent carries memory deeper than sight or sound.

- **Sandalwood** – grounding, clears emotional clutter.

- **Jasmine** – connection and grace; balances yin-yang.
- **Citrus** – activates focus and optimism.
- **Rose** – harmonizes relationships.
- **Vetiver / Cedar** – strength and masculine steadiness.

Combine with colour: a blue-framed room with cedar diffusers stabilizes intuition with confidence.

Light & Sound

Warm light = Yang; cool light = Yin.

Natural daylight harmonized by indirect LEDs keeps circadian balance.

Sound—bells, chimes, or even ocean ambience—keeps Qi alive.

Chapter 3 – Forms, Materials & Corners

Geometry of Harmony

Cliff Tan notes that curves invite Qi while edges define it. Simona Mainini adds that proportion is vibration.

Good Forms: round tables, curved sofas, gentle arches.

Avoid: ceiling beams above beds, mirror walls facing doors, or furniture pointing like arrows.

Elemental Materials

- **Wood** → life force, flexibility.
- **Stone** → memory and endurance.
- **Metal** → clarity and discipline.
- **Glass** → vision, yet must be grounded by heavier base elements.
- **Clay** → warmth and belonging.

Apex Guideline 4:

Three primary materials create harmony; more than five creates confusion.

Sacred Corners

Transform sharp corners into *Apex Corners*: small sanctuaries for art, incense, or reflection. They redirect “poison arrows” into inspiration.

Chapter 4 – Plants, Flowers & Living Elements

The Green Companions

Jes Lim calls plants “breathing crystals.” They transmute stagnant Qi into life.

Plant	Symbolism	Placement
Lucky Bamboo	Steady growth	Near workspace
Orchid	Refinement, beauty	Living room or studio
Peace Lily	Purification	Bedrooms
Jade Plant	Prosperity	Entry or southeast corner
Lavender	Calm	Balcony, bedside

Avoid dying plants or thorny species in social zones; they emit resisting Qi.

The Flower Principle

Fresh flowers renew the field each week. White for clarity, pink for harmony, yellow for cheer. Change them as emotions shift—Qi loves novelty.

Chapter 5 – Landscapes, Orientation & Ocean Views

The Dragon and the Phoenix

Classic Form School wisdom: *mountain behind, water in front.*

- The **mountain** is your protector—stability, ancestors, career.
- The **water/ocean** is your opportunity—flow, future, prosperity.
Homes facing an open view embody courage; ones turned inward foster introspection. Balance both.

The Apex Horizon Principle

Wherever possible, orient windows or artwork toward expansiveness—an ocean, skyline, or even a symbolic horizon. When blocked, use mirrors angled upward; they invite infinite perspective.

Landscape Flow

Pathways should meander like rivers.
Gardens arranged in yin-yang balance—half shaded, half sunlit—keep Qi circulating.

Chapter 6 – The Apex Masters’ Code

A synthesis of ten masters’ philosophies re-imagined for the 21st century.

1. **Flow over Force** – Energy guided, never pushed.
2. **Harmony before Luxury** – Balance outweighs opulence.
3. **Intention is Architecture** – Purpose activates form.
4. **Beauty is Frequency** – Aesthetic equals energetic tone.
5. **Every Space Mirrors the Self** – Outer change begins inner evolution.
6. **Nature is the Original Blueprint** – All design is imitation of Earth’s intelligence.
7. **Silence is Sound** – Stillness is part of rhythm.
8. **Respect the Invisible** – What cannot be measured still shapes the measurable.
9. **Heal the Earth, Heal the Mind** – Geobiology and consciousness are one field.
10. **Joy is the Final Alignment** – Spaces that invite joy sustain high vibration.

These ten become the ethical charter of *The Apex Code* in design, coaching, and living.

Chapter 7 – Activation Practices

Morning Qi Alignment

1. Open one window.
2. Light incense or diffuse essential oil.
3. Face east; inhale sunrise three times.
4. State silently: *“I welcome flow, I embody balance.”*

Water Activation

Place a small fountain or bowl with moving water at the entry. Add three coins—symbol of heaven, earth, and human.

Sound Clearing

Use a bell or singing bowl at doorways every new moon; sound breaks stagnation and resets emotional tone.

The Apex Circle Meditation

Sit in the center of your room. Visualize Qi flowing clockwise, forming a golden circle.

This practice aligns personal frequency with the geometry of space.

Epilogue – The Living Architecture of Consciousness

Feng Shui is no longer a relic of superstition—it is a science of feeling.

Every wall, fragrance, colour, and curve becomes a dialogue with the universe.

The Apex Code simply gives that dialogue structure: a way to design the invisible and to live as part of the Earth's symphony once again.

Primary Sources and Influences

- Lilian Too – Complete Illustrated Guide to Feng Shui (1996)
- Prof. Jes T.Y. Lim – Qi-Mag Feng Shui and Geobiology Courses (1989-2023)
- Tan Khoon Yong – Way Feng Shui Research (1990-2020)
- Simona Mainini – Feng Shui for Architecture (2013)
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