

# IFSA RESOURCE

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## RESEARCH

### Demystifying Feng Shui – An East-Western Fusion

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A well-established and effective practice in Eastern countries, Feng Shui is gaining attention in the West, still viewed with curiosity but also scepticism. With expert advice from the **International Feng Shui Association in Singapore**, the **Hanze University of Applied Sciences in the Netherlands** conducted the first ever serious scientific study by a Western research institute on Feng Shui.

Given the existing and growing importance of health in our societies, hospital rooms and their relation to patients' stress was chosen as setting for the study.

A 3D simulation of a hospital room was developed and altered under the principles of Evidence Based Design, Golden Ratio and Feng Shui; by this researching Feng Shui and Golden Ratio scientifically in relation to stress for the first time.

People who had previously been hospitalized were invited to experiencing the virtual rooms through a video and photographs.

The study showed that the hospital rooms designed according to the Golden Ratio had no relation to the experienced stress level, however Evidence-Based Design and Feng Shui can reduce stress levels in hospital patients. The Feng Shui room which was designed under the guidance of a **Feng Shui Masters panel from the International Feng Shui Association** gave a more aesthetical impression and provided a greater sense of social support, thus related with less stress compared to a conventional hospital room.

This successful interdisciplinary study and its objective approach are a significant step into proving the benefits of Feng Shui for fundamental questions of modern life and will contribute to the broader acceptance and credibility of Feng Shui.



Hospital room designed with feng shui principles in mind.



Backed by an IFSA Masters Panel consisting of GM Raymond Lo, SM Yap Boh Chu, Master Janene Laird, and the late SM Jacek Kryg, Master Dr Sabine Kullak represented IFSA and took part in the research collaboration.

The full scientific article can be read and downloaded for free at PLOSONE: <https://lnkd.in/dz6vD8bm>

#### Reference

Zijlstra E, Zwaag Bvd, Kullak S, Rogers A, Walker D, van Dellen S, Mobach MP, (2024) A randomized controlled trial of Golden Ratio, Feng Shui, and Evidence Based Design in healthcare. PLoS ONE 19(6): e0303032.  
<https://lnkd.in/dgNzQNBE>

Photos courtesy of Emma Zijlstra



Conventional hospital room