

Talisman for 2013

Master Liu He, one of my Qi Gong instructors created this talisman as a blessing for the year to come. It is my pleasure to be able to share it with you.

The Fu (Taoist charm paper or talisman) can be traced back over 5000 years ago. The symbolism they use contains the secrets and power of the universe. Many Taoist and Feng Shui Masters are able to create "Fu" in order to help people clear negative Qi out of their bodies or homes. Charged with power, the talisman also provides protection.

This particular drawing is a means for syncing your yin and yang Qi to nature's cycles, leading you to the illuminated Road.

In Chinese it is said:

By looking at one Fu, things go smooth for you, (觀者順)

By owning one Fu, happiness comes along with you, (得者福)

By keeping one Fu, longevity resides within you.(存者壽)

