

EVERYDAY FENG SHUI

Feng Shui by Maria

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Balancing Your Home, and Life with the Feng Shui Elements

Spring is here, a time for rebirth and rejuvenation. What better time to look to your home for harmony and balance, and Feng Shui is here to help.

The first Feng Shui practitioners discovered that locations containing a balance of the 5 Feng Shui Elements - Water, Wood, Fire, Earth, and Metal, felt calm, peaceful, and nourishing. They applied this theory to homes creating well balanced harmonious environments, which lead to personal vitality, and opened doors to wonderful new opportunities.

Defining the Elements:

Elements do not have to be literal. In other words, you do not actually have to have a block of wood to represent the Wood Element. Colors, shapes, art and textiles represent the elements as well. Below you will find many of the various items that can be used to represent specific elements in your environment.

Water

- Colors: Black or very dark colors
- Shapes: Asymmetrical
- Items: Water features such as fountains or aquariums; glass, crystal, mirrors
- Art: Water scenes such as oceans, lakes, and ponds

Wood

- Colors: Blue, green
- Shapes: Columns or vertical stripes
- Items: Wooden items, plants (real or artificial), plant-based cloth, books, paper items, images of fruits and vegetables
- Art: Wooded scenes such as forests, meadows, gardens; floral art

Fire

- Colors: Red spectrum including pinks, reddish orange, and purple
- Shapes: Cones, pyramids, triangles, flame shapes
- Items: All lighting, including natural light and candles; fireplaces, barbecue grills; items derived from animals such as fur, leather, feathers, bone
- Art: Depicting people, animals, fire, suns, stars; printed words; numbers

Earth

- Colors: Yellows, browns, earth tones
- Shapes: Square and rectangular
- Items: Ceramics, adobe, bricks, earthenware items
- Art: Earth-tone pictures such as yellow landscapes, deserts, sunflowers

Metal

- Colors: White, gray, pastels
- Shapes: Circles, globes, curved arches
- Items: All items made of metal, natural stone, natural crystals
- Art: Representing mountains, stones, or anything in the shades of gray and white

Many items may contain more than one element. For instance, a yellow and red flower would represent three elements: Wood—the plant; Earth—the yellow color; Fire—the red color. It is important to take your time to really look at each item to recognize all the represented elements. Working with the elements can be fun and rewarding. Knowing how they affect your life is key to learning how to arrange them.

Understanding the cycles of the Five Elements will help you bring them into perfect harmony:

To strengthen/nurture elements, follow the nourishing cycle in nature:

- Water helps wood grow.
- Wood is needed to create fire.
- Fire burns to ash and becomes earth.
- Earth over time becomes rocks, which are made into metal.
- Metal can be used to capture and hold water.

To reduce/control elements, follow the controlling cycle in nature:

- Wood creates roots which take over earth.
- Earth stops water from flowing freely.
- Water is used to douse fire.
- Fire turns metal into liquid.
- Metal is used to saw wood.

Assessing the Needs:

The fastest and easiest way to learn the language of “Elemental Combinations” is to evaluate your environment in elemental terms going room by room. On a piece of paper list all the items in the room and what element they represent. Recognize that items can represent combination of elements; a wooden chair (Wood) when painted red represents both Fire and Wood, but if painted black represents Water and Wood. Once you have completed your list, notice what is dominant and what is missing.

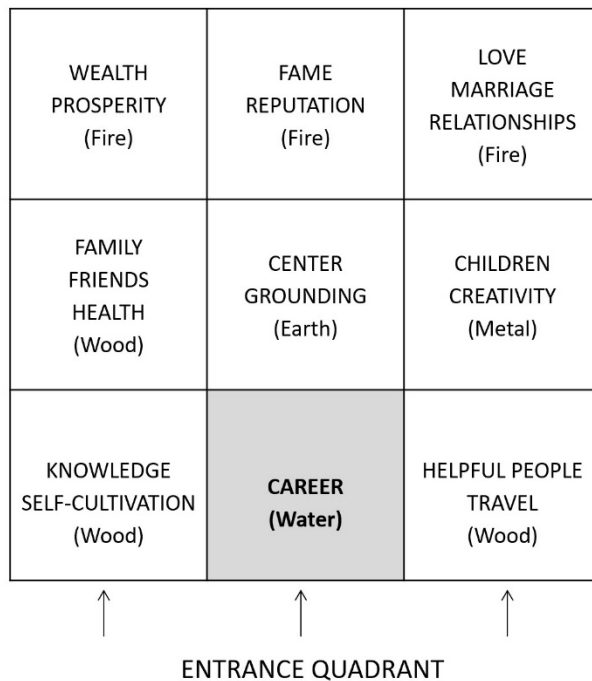
Recommendations for Creating Balance

- You have too much wood in a room and feel root bound. Add some metal, such as the colors white or gray, circular items, and metal items.
- You have too little wood in a room and feel you lack creativity. Add some wood and water, such as the colors blue, green, black; plants; and items made of wood.
- You have too much fire in a room and feel stressed, tense, and aggressive. Add some water, such as mirrors, the color black, or items made of glass.
- You have too little fire in a room and feel a lack of positive movement. Add some fire and wood, such as the colors red, blue, and green; items made of wood; or representations of people or animals.
- You have too much earth in a room and feel too conservative and a bit dry. Add some wood, such as a plant, the colors blue or green, or items made of wood.
- You have too little earth in a room and feel spacey. Add some earth and fire, such as the colors yellow and red, rectangular items, and ceramics.
- You have too much metal in a room and feel rigid. Add some fire, such as lighting, something in the color red, pictures of people or animals.

- You have too little metal in a room and feel indecisive. Add some metal and earth, such as the colors white, yellow, gray; circular items; and metal or ceramic items.
- You have too much water in a room and feel a lack of structure. Add some earth, such as yellows and earth tones, rectangles, and ceramics.
- You have too little water in a room and feel a lack of communication. Add some water and metal, such as the colors white, gray, black; circular and metal items; waterscapes, glass, mirrors, and water features.

The Elements and the Bagua:

The Bagua which comes from the Chinese philosophy, the “I Ching” meaning eight trigrams with the center for grounding. Each area of the Bagua is governed by one of the Feng Shui elements, and should have a good representation of that element while still being balanced with the others. When the grid is overlaid on your home’s layout you can clearly see which elements are needed.



Affirmations:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. All enhancements need to be made with intentionality; written or stated affirmations which are expressed as if they are already happening are very important. Examples of affirmations for elemental balance: *“My home is peaceful, and comfortable.” “Wonderful opportunities keep coming to me.”*

Feng Shui at Work:

Can you feel it?

“Every time I enter your office, I want to stay there and take it all in. It feels peaceful, harmonious, and meetings held there are always productive and pleasant. The positive energy makes it a space where people enjoy gathering.”

On the other hand – have you felt this?

“My bedroom is grey and monochromatic. It feels cold and uninviting. I don’t want to stay there long. Come to think of it my love life feels about the same; not many sparks or fire.”

What makes these two environments so different? ELEMENTAL BALANCE

The first environment listed in the example feels peaceful and productive because the five Feng Shui elements are balanced, while the second environment is imbalanced – dominated by one element, in this case Metal. To

correct the uninviting and cold bedroom, we added some of the Fire element which controls Metal, through some art representing people, a red orchid and two red candles. It immediately felt warmer, more romantic, and her love life improved as well.

Our master bathroom is in the Health/Friends/Family area of our home, which is governed by the Wood Element; health is vitalized with floral representation. With this in mind we changed the existing white cabinets (White/Metal) with cherry wood ones and hung floral art (Wood), to nurture the wood we have a large mirror (Water), to nurture the water we added a marble countertop (Metal), to nurture the metal we have earth tone tiles on the floor (Earth), to nurture the earth we have triangular shaped lighting, a red orchid and red tone flower art. As we add other items we will keep the balance in mind. It feels wonderful!

Learning to identify the elements can be a lot of fun. With practice you will see that there are no “random acts of decorating”. Whatever you add to a room should be purposeful to help you create harmony. Think of all the different combinations you can using the things you love. Remember that Feng Shui is about “Living with What You Love.”

For questions or home consultations email at mtmccull@aol.com and put “Feng Shui” on the subject line, or visit my website at www.fengshuibymaria.com, (where you can read past columns), or Facebook “Feng Shui by Maria”, where I post pictures as examples to enhancements. My book will also be available for purchase on the website soon.

* **I have a BLOG** – Just go to the website and click on “Blog”: You can view many pictures and, I will respond to your questions quickly

Until then...Blessings!

Maria McCullough - Bio

Maria McCullough is the owner / founder of ***Feng Shui by Maria*** (www.fengshuibymaria.com) and is a speaker and educator with over 20 years of experience, and now author of the book, “Empower Your Life Through Feng Shui – An Easy Eight Step Guide to Achieving Your Goals.” She is a graduate of the Western School of Feng Shui and has personally trained with Terah Kathryn Collins, founder of the Western School of Feng Shui, specializing in Essential Feng Shui® and author of numerous books including “The Western Guide to Feng Shui.” Maria is trained in residential, business, and landscape consultations. She offers virtual consultations nationally and internationally, as well as in person locally.