

EVERYDAY FENG SHUI

Feng Shui by Maria

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Which of the Five Feng Shui Elements Best Describes You?

Thousands of years ago early Feng Shui practitioners were searching for inner harmony. Whenever they experienced harmony in nature, they began to analyze it and discovered that each time they felt harmony five important elements were present. These were Water, Wood, Fire, Earth, and Metal. They called these the five Feng Shui Elements. These are the five forces through which all life grows, expands, and shifts to stay resilient in the face of challenges. They began to transpose these elements into the home to create harmonious living environments.

The Elements in Your Environment

To achieve perfect harmony in a home there needs to be a good balance of each of these elements. They 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 - Enhances communication, inspiration, calm, ease

- Color – Black or very dark colors
- Shape – Asymmetrical
- Items - Water features such as fountains or aquariums, glass, crystal, mirrors
- Art – Moving water scenes

Wood - Enhances trust, originality, spirituality, new growth and ideas

- Color – Blue, green, black
- Shape – Columns or stripes
- Items – Wooden items, plants (real or artificial), plant-based cloth, books, paper items
- Art – Wooded scenes such as calm landscapes and floral art

Fire - Enhances excitement, enthusiasm, leadership

- Color – Red spectrum including pink and purple
- Shape – Cone, pyramid, triangle
- Items – All lighting, including natural light and candles, fireplaces, BBQs, animals, and items made from animals such as fur, feathers, bone etc.
- Art – Representing people, animals, fire, suns, stars

Earth - Enhances a feeling of being grounded, balanced, organized, stable

- Color – Yellow and earth tones
- Shape – Square and rectangle
- Items – Ceramics, adobe, bricks, earthenware items
- Art – Earthtone pictures such as yellow landscapes, deserts, sunflowers

Metal - Enhances mental clarity and presence of mind

- Color – White, grey and pastels
- Shape – Circular, arched, curved
- Items – All items made of metal, natural stone, natural crystals
- Art – Representing mountains, or items in greys and whites

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. Working with the elements can be fun and rewarding. Knowing how they can affect your life is important.

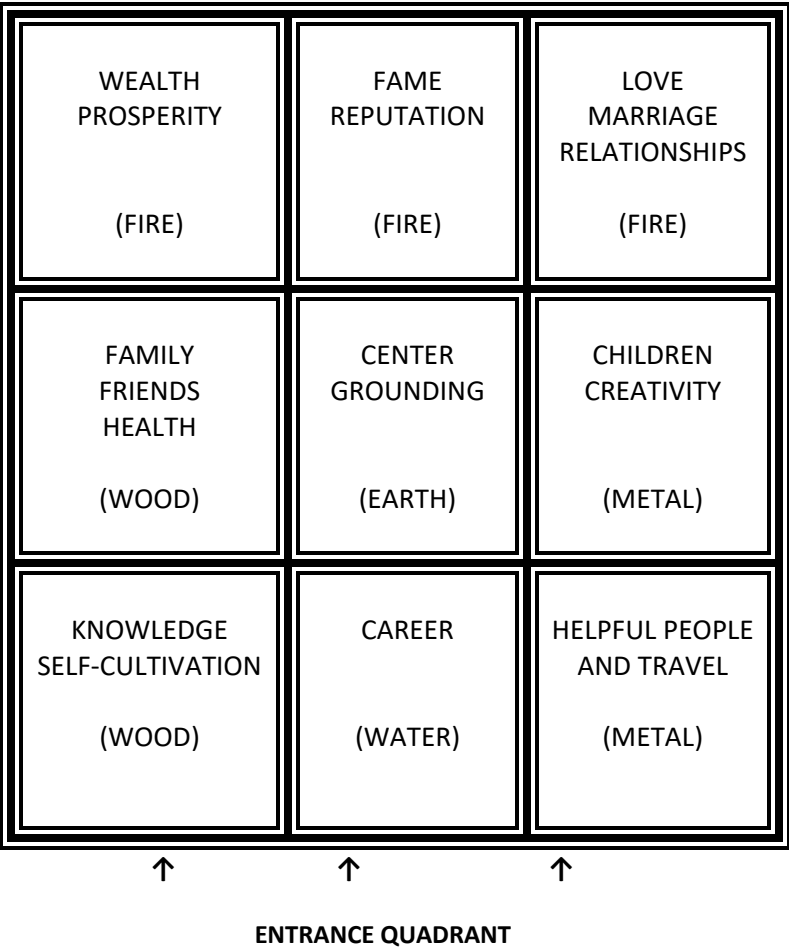
A Quick Fix - 5 Element Arrangements:

Creating a small 5 element arrangement in any room helps to strengthen the Ch'i, and adds power to affirmations and enhancements. It marks the beginning of positive change and invites the Ch'i to move. For example, adding a 5 element arrangement to the center of your home can help ground you when you are feeling overwhelmed or tired. Quick Fixes are also excellent when you need a boost to specific facets of your life, such as when seeking a job, deciding to start a family, or beginning a large remodeling project.

In my classes I give my students a homework assignment to create a 5 element display and share it with the class. I am always impressed and amazed with the interesting and creative combinations they present.

As we experienced remodeling of our master bath a few years ago (located in our Health Area) I created a small 5 element with an affirmation stating that all facets of the construction were going very smoothly. I placed a metal tray, (Metal) with a glass vase (Water) holding yellow and red silk flowers (Wood, Fire and Earth) in the center of the bathroom each time the contractors left, and moved it to my Helpful People Area in the morning for more support. The project went very smoothly, our contractors were wonderful, and the bathroom looks spectacular!

The elements are contained within the Feng Shui Bagua of any home, business and landscape. This grid of 9 sectors representing each of the treasures of your life, comes from the Chinese Book of Changes, the "I Ching." It is intended to be superimposed over the floor plan of your home. The home's main entrance is mostly always located at the bottom of the grid, (in the Knowledge, Career, or Helpful People sector). Stand facing the front entrance of the building as if you were about to step inside. This is called the "Mouth of Ch'i" and will be your vantage point for determining the orientation of the Bagua map for your entire home. Once you have identified where your entrance falls in relation to the map, you can identify where the remaining areas of your environment fall. You can see that each area is governed by a certain element, although remember that a balance of all the elements is important.



The Elements as Related to Your Personality

In Feng Shui your environment is made up of the elements, but did you know that you also have the traits from each of the elements. In her article on “How the 5 Elements Can Transform Your Communication Skills”, human relations expert Carey Davidson explains that we personally need the qualities from each of the elements to function in daily life.

As you read excerpts from her descriptions below, see if you can recognize your dominant element and those of the people close to you.

Wood – The trailblazer, fast-paced and goal-oriented. People with Wood as their dominant style are propulsive in their language and behavior. They move boldly into new territory, pushing through obstacles to get things done. They enjoy being physically active and are good at motivating others to take action and achieve success.

Fire – The optimist, animated and fun loving. People with Fire as their dominant style crave excitement and intimacy. They are creative, flexible, and alert to possibilities that others may miss and new ways to solve problems. They are good at lifting the mood and at encouraging others to express themselves and have a good time.

Earth– The caregiver, nurturing and attentive. People with Earth as their dominant style are dedicated to pleasing everyone around them. They are the hub of the neighborhood and workplace, hosting gatherings, keeping the fridge stocked for visitors and remembering birthdays. They are reliable team players and devoted long-term friends.

Metal – The architect, refined and precise. People with Metal as their dominant style are reserved and refined. Organized and conscientious with excellent analytical skills, they can be relied on to follow procedures and get things done right. They are true to their word and able to control their emotions even when others are angry and upset.

Water – The philosopher, quiet and contemplative. People with Water as their dominant style are deep thinkers who like to follow their imagination where it leads. They are skeptical, evaluating options carefully and gathering information rather than being led by emotions or taking promises at face value. Their ability to think about the big picture and its many disparate components allows them to envision sweeping plans that could make a significant difference.

This is but a snapshot of her article. If you want to learn more, you can go to FiveArchetypes.com or take the quiz to find your primary element at FiveArchetypes.com/quiz-latest.

Just like a room, or item can hold more than one element a person can be made up of more than one also. Just looking at the descriptors I see myself as dominantly Wood but also with accents of Earth and Fire.

Analyzing yourself in relation to the elements helps you understand behavior and your relationship with others. As one of the Feng Shui principles states, "Everything is connected."

* **Check out my 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!

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