

Using the 5 elements provides balance ©

There are many ways to create balance and harmony in your surroundings whether at home or in the office. You can use the simplest of methods, yin and yang through which you create balance using opposites such as large and small, dark and light, textured and smooth or hard (as in metal and wood) and soft (as in fabric). You can also use the eight basic directions throughout the house to create balance or enhance specific areas to energize the wants and needs in your life.

A third way to create balance in your home and office is to use the five elements which are the basis for all forms of Feng Shui. They consist of water, wood, fire, earth and metal. Not only are they self descriptive but each one is also represented by a color and shape which makes it very easy to use the elements for balancing purposes.

Water

Water is often represented in a home most predominantly in the kitchen for cooking, drinking and cleanup plus the bathroom for showers and sanitation. It is found in aquariums, water fountains, mirrors and in pictures of ocean, lakes and rivers. It is represented by the colors dark blue or black and the shape is wavy lines such as in a gently meandering footpaths or a curving glass statue. Water is the lowest energy of all of the elements so small amounts of this element need to be in every room but it is additionally useful in the north to energize career and spiritual ness.

Wood

Wood is represented by things like growing plants, pictures of trees and furniture made out of wood. It is represented by a tall thin rectangular shape like curio cabinets and bookshelves and the color green which might be used in a landscape picture on the wall. Even though this element belongs in every room in the house, additionally it is often used in the east to energize health, giving birth to new things and ideas plus the southeast to energize wealth and abundance.

Fire

Fire is the element represented by just that, the flame of the campfire, a fireplace, the burners on the stove in the kitchen and the sun. The fire element is the highest energy of all of the elements therefore used sparingly throughout the home. It is represented by the color red and red orange whether in a beautiful glass vase or a landscape with a gorgeous sunrise or sunset. The triangle is symbolic of fire so even though it may not be red, a picture of steep peaked mountains would represent fire in a room. Too much of the fire element can lead to anger and arguments however too little can lead to depression. It is usually used in the south area of the home or a room to energize fame and fortune. You will notice many front doors, especially in Asian restaurants, are painted red as it is considered very auspicious and the bringing of good fortune.

Earth

This element, earth, is usually the most prevalent element in our homes. It can be the soil in a planter, anything made out of soil such as fired ceramics, pottery ware, terra cotta or tile used for flooring and walls or the neutral colors we paint our walls. The Safari look featuring animal prints is very symbolic of the earth element. It is represented by a low flat rectangular shape like a coffee table or a trunk and the color is earthen brown, terra cotta or golden brown. Because the earth element is very grounding a lot of this element can be used everywhere in the home. It is used to enhance relationship energy in the southwest, centering in the middle of your home and in smaller amounts in the northeast where earth is symbolic of rolling hills.

Metal

This element includes chrome, silver, gold, copper and brass plus granite and marble to name a few. It is often thought of as a hard, shiny polished surface and found in contemporary chrome furniture, brass containers, polished stainless steel appliances, picture frames and even electronic equipment such as televisions and computers. It is represented by a circle and the colors gold, silver or white. A picture on the wall could contain a field of sunflowers for gold or be a still life with a huge round white platter and be consistent with metal energy. Metal, being such as hard surface should be used

sparingly throughout the house. Gold is used to energize creativity and children in the west area of homes and silver or white is used to energize helpful people and travel in the northwest.

Each of the elements needs to be represented in every room of your home and office in order to create balance. They do not need to be in equal proportions however because each and every one of us is different and responds differently to each of the elements. The most prevalent elements throughout the house should be earth and wood with water, fire and metal used to accessorize and for accents.

To sign up for May Feng Shui classes on either Yin/Yang and the Five Elements or the Basics of Feng Shui call 561 799-3443. Pat Heydlauff is the “energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork and home décor gifts featured in her store. For Feng Shui consultations, classes and energy design work in the home or office call her now at (561) 799-3443 or email her, balancingenergy@bellsouth.net. She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”. Remember, “Everything you say, think and do matters”

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