

## Feng Shui

# Bringing the Elements Inside This Season

By Michele Duffy



In my last column, I gave an overview of the Five Elements: Wood, Earth, Water, Fire and Metal, and the role they play in our lives and homes. Now we look at how each can balance out the other.

When we carefully overlay the Feng Shui Bagua map over our spaces based on the Front Entrance of the home and look into the home, we can figure out that Wealth/Abundance area rules far left Bagua area from the front entrance and Relationships rule the area to the far right.

So, for example, when a Lafayette client wanted to activate the Wealth area we discovered it was her master bedroom. She chose a lovely soft pale lavender for her walls to activate the wood element and to create a very zen feel for her bedroom, plus juicy romantic red satin pillows and a sumptuous gold bedspread. The overall design included a comfy nurturing area rug, a pair of bedside tables and 100-watt lamps, and a purple orchid to activate the wood element as well as romance. We can also incorporate the Water Element that creates Wood and minimize the Metal

Element, which controls Wood, for a thorough balance.

The intention was to create an abundantly nourishing, restful, calm, cozy and romantic retreat that addressed the actual function of the room (bedrooms are for sleeping and sensuality) as well as also activating the specific Wealth (Wood) area of the Bagua.

The actual application of each elemental "CURE" is very personalized based on each individual, the layout of the home, and the goal is to integrate the Five Elements of Feng Shui with the specific goals of each person so the desired results are achieved.

The 5 Feng Shui Elements (Chinese Elements)

In Feng Shui we also must have a working knowledge of the the "Controlling" or "Overcoming" cycle of the Five Elements, in the likely event we need to balance, calm and adjust what already exists in your home. Often, when we find imbalances we make the appropriate adjustments carefully and skillfully apply the Five Elements.

When we analyze an environment, we also apply the "Overcoming" or "Destructive" cycle of the Five Elements, since what we find may be out of balance and the easiest way to restore balance is application of the Five Elements. To understand the relationship of the controlling cycle, we must look more closely at the origin of the Five Element theory in China where the responsibility of disciplining the children rested with the grandparents. The metaphor of the controlling cycle describes the relationship of a grandmother disciplining a grandchild.

### Destructive Feng Shui Cycles

- Wood consumes earth (plants take nutrients)
- Earth dams water (earth stops water from flowing)
- Water extinguishes fire (water will kill fire)
- Fire melts metal (metal will melt and change form)
- Metal cuts wood (axes, etc.)

### A Review of The Cycles

Promoting	Controlling
wood promotes fire	wood controls earth
fire promotes earth	earth controls water
earth promotes metal	water controls fire
metal promotes water	fire controls metal
water promotes wood	metal controls wood

For example, an Orinda client had a large swimming pool (water element) in the Fame (Fire) area of the yard

(back middle). If you refer to the Destructive cycle, you will see that that Water extinguishes Fire and so the placement of a more permanent structure such as a pool, can be balanced out by introducing more fire element, but also Wood Element which weakens Water and produces or creates more Fire.

Fall is ruled by the Metal elements which is closely associated with the harvest and when we reap what we planted in the spring. The colors change brilliantly all around us, and the sky is at its bluest against the awesome leaves. The air is cooler and drier; and there seems to be more clarity of vision, both externally as well as spiritually. Autumn reminds us that flexibility and adaptability are crucial for staying healthy and balanced during the winter months ahead. During this time you will want to prepare for the challenges of winter by completing unfinished projects, clearing away clutter and debris, setting extra food and fuel aside, and making sure that you are physically and emotionally prepared for the cold, dark months to come.

How do we integrate and activate the Metal Element of Fall in our homes? The freshness, clarity and strong cooling energy of the Metal element can be expressed in colors white and gray, a variety of metallic finishes, in round shapes, as well as numerous decor items made from metal, of course.

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WEALTH & PROSPERITY "Gratitude" REAR LEFT Wood Blues, purple & reds	FAME & REPUTATION "Integrity" REAR MIDDLE Fire Reds	LOVE & MARRIAGE "Receptivity" REAR RIGHT Earth Reds, pinks, & whites
HEALTH & FAMILY "Strength" MIDDLE LEFT Wood Blues & Greens	CENTER "Earth" Yellow & earth tones	CREATIVITY & CHILDREN "Joy" MIDDLE RIGHT Metal White & Pastels
KNOWLEDGE & SELF CULTIVATION "Stillness" FRONT LEFT Earth Black, blues & greens	CAREER "Depth" FRONT MIDDLE Water Black & dark tones	HELPFUL PEOPLE & TRAVEL "Synchronicity" FRONT RIGHT Metal White, grey & black

The Bagua Map: Front Door

