

Feng Shui

Creating a sense of grounding, balance, and wellness through the Earth element

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Shells, crystals and rocks all activate the Earth element in our spaces, so add some in a ceramic bowl and place in the center of your home or frame your favorite photo, like this one placed in this home.

There are three Bagua areas ruled by the Earth element (see Bagua map) including Relationships, Health and Self-Knowledge/Wisdom. Each element, including Earth, has a more predominant Yin or a Yang aspect and to that end, the Relationship area is Yin Earth, the Health area is balanced Yin/Yang, and the Self-Knowledge and Wisdom area is more Yang Earth. We can choose any one or all three of these Bagua areas to adjust or activate in our homes. How to choose? Start with whatever area feels most out of balance. Are you feeling out of balance in your relationships, is your health suffering or are you struggling to achieve consistency with your spiritual practice? Use these questions to guide you to which Bagua area needs your

attention most.

Do a personal audit of the Bagua areas ruled by Earth and identify which objects, furniture and art may represent Earth in your space. If you discover a predominance of clutter in any of the Earth areas, your first job is to clear the stagnant clutter. What else is each area subliminally communicating to you? Are the far right areas at the entrance to your master bedroom and home aligned with loving and nourishing relationships? Is the health center of your home a long hallway or a draining bathroom? Are the near left areas of self-knowledge and wisdom overly controlled by lots of Wood element plants, green décor or wall colors? Take a personal audit first of the Bagua areas governed by Earth that you would like to address and bring them into balance with the Five Elements, either adding more Earth and Fire (Fire creates Earth) or if there is too much Earth, add the Water element.

In these uncertain times, grounding ourselves at home can help create the difference between a year of wellness, happiness and quiet personal triumphs versus succumbing to the stresses of life that are always at our door. If you believe the Five Elements is a challenging subject you are certainly not alone, and that is also why using a professional Feng Shui consultant who consistently applies them can help you to better balance the Earth element in your home so that you receive the desired results of nourishing support. When we feel supported and aligned with balance, we can accomplish almost anything regardless of what life throws our way.

May the 2018 Earth Dog year continue to bless you with the grounding balance and deep happiness through the nurturance you create right in your own home.

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION Li Fire South Red Summer	RELATIONSHIPS Kun Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

The Bagua Map: Front Door

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