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## Feng Shui

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Photos provided

Winter's chilly temps typically drive us indoors as the days grow shorter and the nights longer and colder. Any winter, but especially this year, our collective craving of more light, warmth, illumination, and the promise of a better time ahead are particularly pronounced. Light lights the way and comforts us in ways anew in 2020, but one thing is always present in light and that is an uplifting of any dreariness associated with the winter season and warmth to keep us cozy.

We all have experienced the "atmosphere" candles create around our dining tables or in our homes and this quality of light is also unique. Incorporating the warmth of the Fire Element in winter addresses our human capacity for comfort and will go a long way to balance out the home environment for maximum enjoyment - especially with so many of us spending more time at home in 2020. Without the Fire Element in our homes, and the expansive energy this element delivers, they can become dull and cold. Remember, that Feng Shui doesn't dictate right or wrong; instead, it invites us to trust our own intuition about what is working or not working in our space and then asks us to have the courage to make changes as they arise.

Fire Element of Bagua summary:

- Fire rules the Fame/Reputation Bagua area;
  - Fame and Reputation relates to how powerful we are, what we want illuminated or what we want to be known for;
  - Fame and Reputation rules our hearts and blood pressure;
  - The Fire Element is represented by the very active color red;
  - The Fire Element represents passion, anger, spontaneity and movement;
  - The Fire Element is represented by the triangle, and also spiky shapes;
  - Since Wood creates Fire, layering cacti or "firestick" plants is excellent;
  - Fire is generally yang or activating, but fireplaces, candlelight or house lights are examples of Yin or calmer Fire;
  - Fire elements direction is south and energetically directed upward;
  - Fire element represents the sunny summer season;
  - Fire element-infused décor includes red throws, blankets and pillows.
  - Candles create atmosphere of warmth, gathering together and sharing, an accessible common sense
- Fire Element fix for long wintry months.
- All light fixtures should function safely and be replaced when needed;
  - Fire element electrical systems correspond to our heart health.

Why would we turn our attention in our homes to the Fame and Reputation Bagua area? If you want to be recognized for your skills or talents, if you are publishing a book, if you lack clarity or passion, if you want to be rewarded as an employee, if you want to improve how others perceive you, or if you feel inactive or lackluster, then Fame is where we begin.

These characteristics of the Fame and Reputation area apply to both professional and personal arenas. Remember that when we address a specific Bagua area we audit the back center area of our home, master bedroom and garden or yard. Visualize what you want to manifest in great detail, incorporate a vision board or place images of your goals as a way to activate this Bagua area. Placing the color red or triangles or candles in these locations will activate the Fame area as well.

Since the Fire Element is so Yang or strongly activating, exercise caution when using it. A little goes a long way. Fire also has a complicated relationship with a few of the other elements. In these Bagua areas use the Fire Element very purposely, but not in the kitchen where we already have a strong Fire element in the stove.

However you introduce warming Fire Element this year, may it lift your spirits and warm your hearts this holiday season! Peace on Earth!



Photos provided



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[back](#)

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