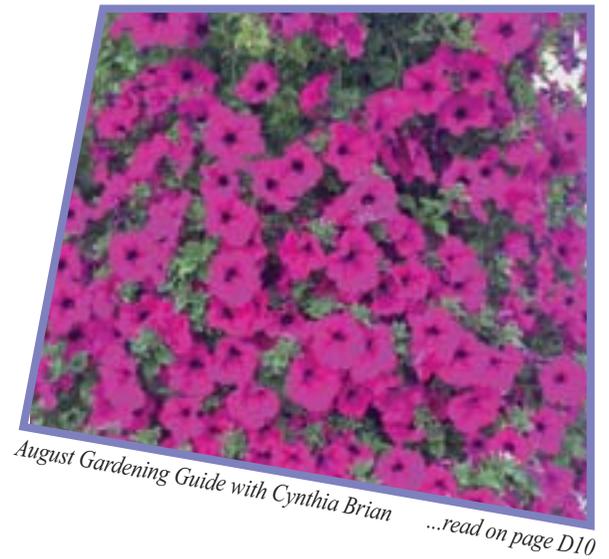


Lamorinda OUR HOMES

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Feng Shui

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

By Michele Duffy



Every one of the Five Elements is well represented in this living room, including the Earth element. Can you locate the Earth element additions?

Photo provided



The Five Elements

The Five Elements are the second most important and used tool in Feng Shui, besides the Bagua map. In Feng Shui, we use the Five Elements to balance and enrich home spaces so that the feeling of home promotes grace, ease and support. Our home should function as a personal retreat, a restorative place we rejuvenate and refresh and so if the home does not feeling that way, the Five Elements can help. The Bagua includes all Five Elements and each Bagua area is ruled by one of them.

The creative or productive Five Elements cycle is as follows: Water creates Wood; Wood creates Fire; Fire creates Earth; Earth creates Metal; and Metal

creates Water.

There is also a Five Elements controlling cycle as well: Water controls Fire; Fire controls Metal; Metal controls Wood; Wood controls Earth; and Earth controls Water.

An environment with a lot of the Metal element, such as white walls and metal furniture, can be brought into better balance by introducing the warmth of the Fire element with lighting, candles or spherical shapes, and an overly Wood décor with lots of green, plants and vertical artwork can be balanced by cutting back the wood with some of the Metal element.

So how does the Earth element – which governs the whole 2018 Earth Dog year through January 2019 – help us in our homes to be happier, more grounded and at ease?

First, Earth has a mothering quality and makes you feel securely balanced and peaceful from within, so you create a better balance between nourishing self and others. Earth is the peacemaker and with a better connection to the idea of establishing healthy boundaries and an ability to say no, Earth can then do the most good in the world.

Earth is represented by colors that range from yellow, orange, brown, pink, and certain blues (also a secondary Water color). Square shapes also symbolically represent the Earth element as do materials such as crystal, ceramic, brick, clay, rock, stone and shells.

Second, from a personal health and wellness perspective bringing the Earth element into balance will support many of the health initiatives we are integrating into our personal care regimes. Many people will find in 2018 the necessary energetic support to quit smoking, improve exercise commitments, refocus on dietary choices or establish a better work-life balance. Balancing the Earth element at home is another way to create the desired results.

Third, by fostering the Earth element in our home, we can create a respite that deepens our connection to the nourishing role home is meant to play in our lives.

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