

The Spiritual Feng Shui newsletter  
Issue 22  
October 2008

The Elements of Feng Shui

Plastification

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for October 2008; it is good to have your company, as always! We often look at enhancing one particular Gua - this month we look at your home as a whole, in terms of how it uses natural elements. They can either make or break your Feng Shui efforts! Plastic can be the cancer of the modern age, and especially detrimental to your home's Chi - we show you how to overcome its effects. We also have inspirational quotes and a quick Feng Shui tip for the time-challenged. May peace and harmony reign for you in October.

0x     Feature Article: The Elements of Feng Shui  
       - Bring the natural world into balance inside your home

0x     Q&A: Plastification  
       - Plastic's cheap, but it's also a little useless. How do you reclaim your home from the Plastic God?

0x     Feng Shui Tip  
       - Natural Balance

0x     Inspirational Quotes

Enjoy!

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### Feature Article: **Recipe for the Earth**

It sounds like a far-out, almost religious sort of concept, but the reality is that we are all connected to the Earth in a multitude of ways ... and not only when we are outside under the summer sun, covered in dirt and pulling weeds out of the garden! All ancient cultures have attempted to understand the world in terms of the elements they see as its basis. The Chinese way of understanding the energy interactions of the world is known as Wu Xing, and is one of the essential bases of your Feng Shui practice. It designates natural phenomena into five different sorts of energy:

- Fire
- Earth
- Metal
- Wood
- Water

Military strategists in ancient China also used the system in their planning, as well as traditional Chinese medical practitioners - so next time you feel like a Major-General trying to get the kids ready for school, or an amateur nurse as you try to diagnose whether it is your three-year-old's tummy or head that is really hurting, think back to the lessons of the five elements to help you through!

We all understand that Feng Shui underpins every aspect of your life - if you didn't believe this, you wouldn't read our words of wisdom every month! Well, the flow of Chi is the basis of Feng Shui, and one way of understanding Chi is the system of the five elements. They are incorporated into your home in many different ways. While wooden or metal furniture brings wooden or metal energy to your home, water features and fish ponds bring water Chi, etc, there are also subtler ways to balance the five elements in your home. This is especially important if, like me, you have a candle phobia!

All of the elements are associated with their physical representation, but they also have correlating colors and emotions. This table shows you how different aspects of objects express a form of natural energy:

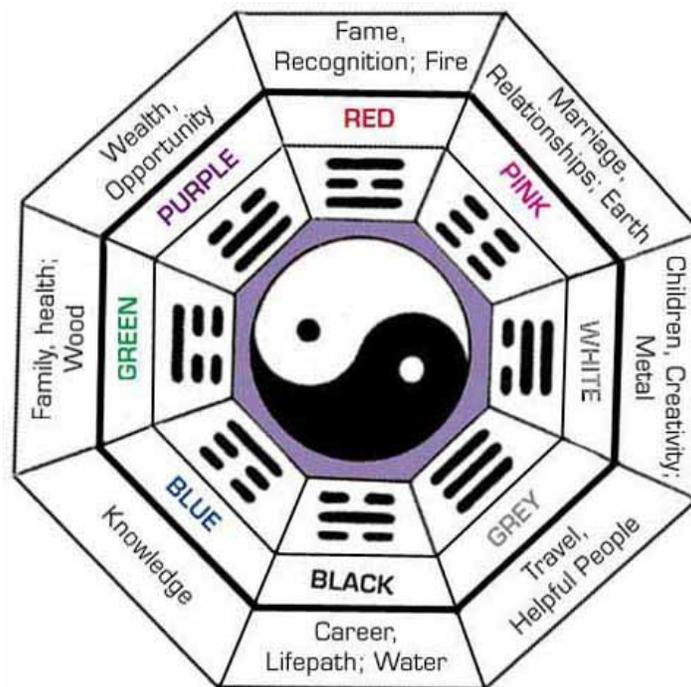
Element	Fire	Earth	Metal	Wood	Water
Items in your home	Candles, light bulbs	Clay ornaments, the earth in pot plants, rocks and gemstones	Metal ornaments and furniture, coins,	Plants, wooden furniture, wooden floorboards	Fish tanks, water in vases, fountains, flowing water in the sink or shower
Color	Red, Orange	Brown, Yellow	White, Silver, Gold	Green, Brown	Black, Blue, Purple
Shape	Triangular	Square	Round	Cylindrical	Wavy
Emotion	Creativity OR Hyperactivity	Clarity OR Anxiety	Intuition OR Sadness	Sensitivity OR Anger	Spontaneity OR Fear
Effect on Chi	Creates	Creates	Draws and	Promotes	Running

	motivation and passion, but can overwhelm	stability and groundedness, but can stagnate	attracts energy to an area	growth, life force and creative energy	water signals friendships, networking, communication. Still water creates tranquillity and serenity.
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So to determine whether the five elements are well balanced in your home, you'll need to look at all of their manifestations. It is actually quite rare to find a home that is well-balanced in terms of the five elements, so don't feel bad if the following points reveal that you need to work on your elemental balance!

### *Color Imbalance*

Most homes have a color scheme throughout them, and in some, the need for consistency is taken to excess. Is your entire home some variant of white for the base color, with a medium shade of one specific color for all of the trim? Really? You need a variety of colors throughout your home, representing a variety of different elements. Ideally these will be aligned with the Guas that are supported by the particular colors - for example, pink and red in the Love and Relationships Gua, blue, black and purple in the Career Gua, etc. In case you've forgotten (or never knew!), here are the colors that align with particular Guas:



### *Favored Furniture*

If you favour a type of furniture (wooden or metal), you almost certainly have an imbalance of these elements in your home. You don't need to change *all* your furniture to correct this though! Simply change where you can, and add more of the other elements. Fish tanks, water fountains, and blue-colored items add water energy;

candles and lamps, as well as red-colored and triangular things add fire energy. Use the table above, and incorporate shapes, colors and items that represent earth, water and fire energy.

*The Shape of Success*

Most of our homes are dominated by squares and rectangles, which creates an imbalance of earth energy. While a rectangle is the most practical shape for furniture, it is certainly not the most common shape found in nature. There are very few rectangular trees, mountains, or animals, for example! Balance out all this earth energy with cylindrical or triangular ornaments, or use the colors or manifestations of the other elements to help you.

If you often feel worried, sad, angry, or anxious, working on the elemental balance in your home can bring you a much more happy and peaceful life. There are so many possibilities for cures, that it really is quite an easy task ... not to mention enjoyable!

*Q&A: I have an elemental imbalance in my home - but the dominant element is plastic! How do I introduce more natural elements cheaply and easily?*

This is a common problem in modern homes. Plastic is so cheap and readily available that we often find it taking over our lives without us even realizing. There are so many things that *must* be made of plastic, that it is a pity to introduce it where you have another option. For example, electrical plugs and sockets, food packaging, computer parts and accessories, and many appliances have to be made of plastic. However, it adds nothing to the Chi of our homes - it is really a space and money waster!

Some plastic things in your home are non-negotiable. However, you have a choice about many of them, and can balance out the others with natural items.

In the study:

- Replace a plastic chair with a wooden one - you can pick up reasonably priced ones at second hand shops and online auctions. Use some sandpaper, wood stain (and elbow grease!) to help these match the rest of your furniture.
- Look for metal or wicker paper trays, wastebaskets, pencil holders, and desk mats for your desk accessories. Try an online auction site for good quality, new items at lower prices.

In the kitchen:

- Replace your plastic kettle with a metal one. There are electric kettles made from mostly metal available.
- Replace plastic crockery or cutlery with ceramic ones. Much more durable ... and they give your food a better flavour, as well!
- If you have the time, money or opportunity, think about replacing plastic benchtops with wooden ones.

In the bedroom:

- Replace plastic lampshades with fabric-covered, wire framed ones. You can even make your own customised lamp shades, using old wire frames and whatever fabric you like, along with iron-on strips.
- Use wire shelving rather than plastic shelving in your closets.

In the bathroom:

- Use metal or wooden framed mirrors rather than plastic ones.
- Use a metal toothbrush holder, as well as a metal hold-all in the shower, instead of plastic.
- Look into getting a lacquered wooden toilet seat to replace the plastic one. It not only helps your elemental balance, they are surprisingly inexpensive but make you feel like a million dollars!
- If possible, have a glass shower door rather than a plastic curtain. Saves the curtain from sticking to you as soon as you are wet, also!

One thing to be aware of when you are getting back to basics at home and replacing plastic items, is that it is easy to have a metal or wood imbalance. Use water, fire or

earth colors, items and shapes to help address this. All the metal and wood can make you feel like a rocket-ship on an air hockey table, otherwise!

*Feng Shui Tip: Natural Balance*

Did you know that despite the fact that it is part of nature, your garden can quite easily develop an elemental imbalance? There will be plenty of earth and wood, but how much metal, fire and water do you have in your yard.

*To help create a peaceful, tranquil yard:* Add a fishpond - you can use a wire grate for safety, or invest in a water feature you love.

*To draw energy to your yard, making a vibrant outdoor living space:* Use metal garden furniture - painted or lacquered to prevent rusting.

*For an energetic garden, full of growth:* Plant red and orange flowers and flowering shrubs, or look into getting a barbeque pit.

*Inspirational Quotes:*

Man loves company even if it is only that of a small burning candle. ~Georg Christoph Lichtenberg

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves. ~John Muir

Man - despite his artistic pretensions, his sophistication, and his many accomplishments - owes his existence to a six inch layer of topsoil and the fact that it rains. ~Author Unknown