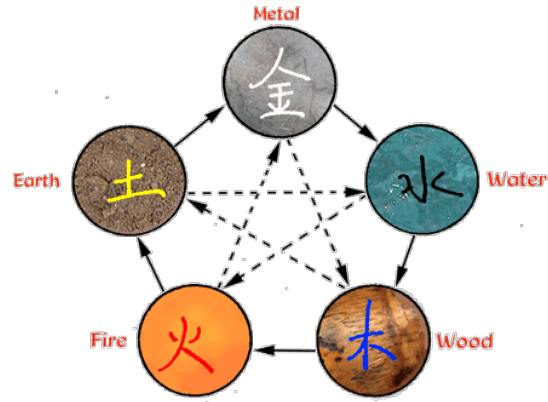




The 5 Elements



Five Elements Theory is a **Chinese** philosophy used to describe interactions and relationships between things. The **five elements** — wood, fire, earth, metal, and water — **are** believed to be the fundamental **elements** of everything in the universe between which interactions occur, from humans to environments, to objects and buildings. The ultimate goal to any Feng Shui cure or intervention is to **create optimal balance**. If one or more of the elements are missing, or there's too much of an element in our house, we may feel out of balance and this can affect our mood, and our physical and emotional state. Similarly, before we begin any design project, we can ask ourselves what in our life is lacking or what energy and emotions are rampant and overwhelming. If your space (or you, yourself) feels out of sync, consider the following quick rundown of each of the five elements of Feng Shui.

<u>Water</u>	<u>Fire</u>	<u>Earth:</u>	<u>Metal</u>	<u>Wood</u>
<p><u>Symbolizes</u></p> <p>abundance, prosperity, movement, cleansing, purification</p> <p>the flow of emotions</p> <p><u>Add</u></p> <p>curvy furniture or flowy fabrics, a water feature, shades of blue and the color black.</p>	<p><u>Symbolizes</u></p> <p>action, passion, fame success, inspiration joy, love, helps you shine</p> <p><u>Add</u></p> <p>lighting, candles, fireplace, feathers, shades of red and orange, triangular shapes</p>	<p><u>Symbolizes</u></p> <p>Stability, security calm, protection grounding, safety nurturing, trust</p> <p><u>Add</u></p> <p>earth tones crystals, pottery low furniture square shapes</p>	<p><u>Symbolizes</u></p> <p>focus, clarity productivity, discipline precision, lightness efficiency</p> <p><u>Add</u></p> <p>pastels & whites metallics brassy tones, silver, gold round shapes</p>	<p><u>Symbolizes</u></p> <p>new life, growth, expansion, creativity health, abundance prosperity elevation</p> <p><u>Add</u></p> <p>real plants shades of green artwork of forests rectangular shapes tall upward furniture</p>