

# 5 ELEMENTS



FOR YOUR HOME HARMONY

# 5 elements in Feng Shui

The theory of **five elements** along with principle of **yin and yang** belongs to the cornerstones of Feng Shui. What does it mean really?

The whole Chinese wisdom is built on searching for and creating **Harmony**. Body harmony, soul harmony, and also harmony in the space and in the whole life. This can be achieved by optimal flow of life's energy named **Chi**. The purpose of Feng Shui is supplying our living space by harmonious flow of Chi - at home, in our office and everywhere we are spending our time.

We can achieve this by balancing five elements - **wood, fire, earth, metal** and **water**.



Every element is part of a cycle. They can support, control or weaken each other. If any element is missing in our space we need to supplement it. If some of them is too abundant, we aim to reduce its excessive influence.

# Wood



**Cardinal directions:** east, south east

**Materials:** wood, osier, rattan

**Colors:** green and blue

**Shapes:** perpendicular stripes, towering and slender objects, columns

**Interior accessories:** interior plants preferably tall and slim, dragon, images of trees and landscapes affluent with greenery

# Fire



**Cardinal direction:** South

**Materials:** artificial materials, plastics leather

**Colors:** red

**Shapes:** pointy shapes, triangles

**Interior accessories:** lamps, candles, fireplace, stove, symbols of sun, bird phoenix, exotic animals and birds

# Earth



## **Cardinal directions:**

northeast center southwest

**Materials:** clay ceramics  
adobe bricks

**Colors:** yellow orange brown  
and old towns of earthy  
colors

**Shapes:** horizontal stripes  
and squares

**Interior accessories:** stones  
crystals and gemstones  
ceramic objects

# Metal



**Cardinal directions:** West  
Northwest  
**Materials:** All metals silver  
copper gold stainless  
**Colors:** white, gray and  
metal colors  
**Shapes:** spheres round  
shapes circles, ellipses  
Animal (West): white tiger  
**Interior accessories:** clocks  
metal statues, decorative  
objects, chimes

# Water



**Cardinal direction:** North

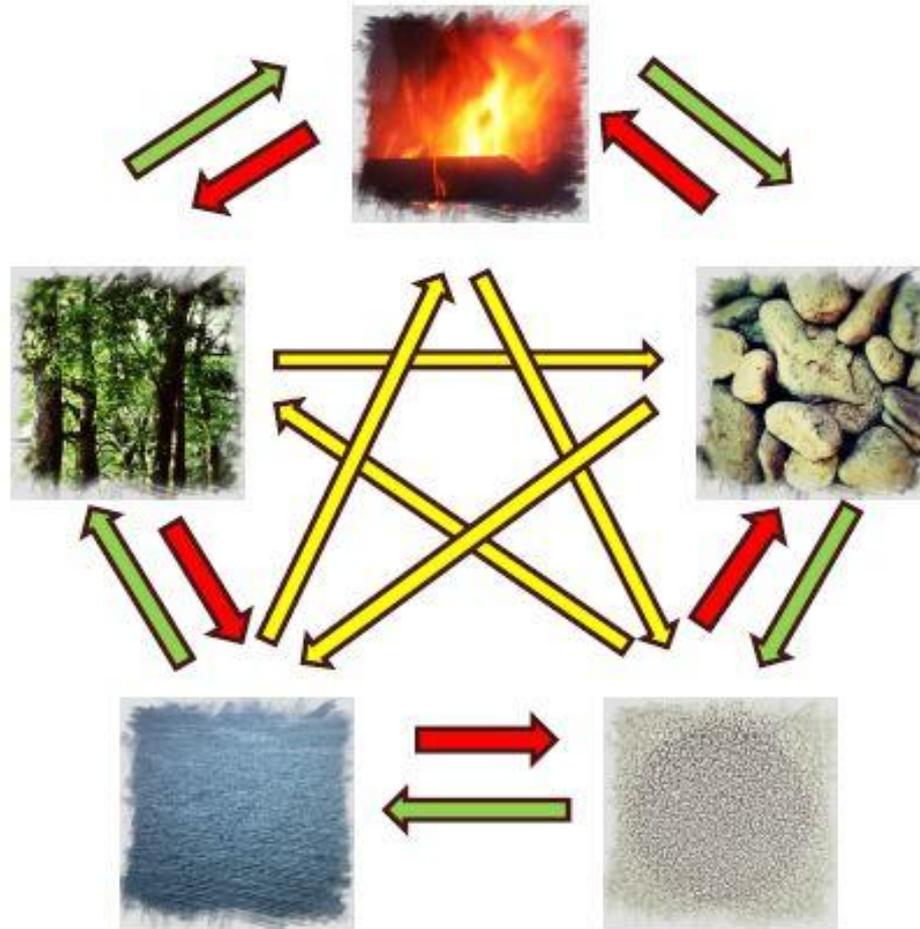
**Materials:** glass, mirrors

**Colours:** black or dark blue

**Shapes:** waves and irregular shapes

**Interior accessories:** fish, turtles, aquariums, fountains, images with water, sea, waterfalls, lakes, and/or rivers

# Reciprocal cycles between elements



**Nourishing cycle (green arrows)** – subsequent elements support each other mutually

**Control cycle (red arrows)** – each subsequent element is weakening the preceding one.

**Diminishing or destructive cycle (yellow arrows)** - the elements in the direction of arrows diminish each other

An example of **nourishing cycle** in your home:

When we light candles in Southwestern sector we bring **Fire** into the sector ruled by **Earth**. This way we proceeded in the direction of green arrows and used **nourishing cycle**. Candles are suitable in Southwestern and they nourish this sector.

An example of **control cycle** in your home:

If we paint the same sector white, we would bring the element of Metal to Earthly sector. Since the **metal** in the chart is following after the **earth** we proceeded in the direction of the red arrow and created **control cycle**. We made metal prevalent in the sector ruled by Earth and this is weakening the energy of Southwestern.

An example of **destructive cycle** in your home:

If we put plants into Southwestern sector we proceed in the direction of the yellow arrow and create the **destructive cycle**. Bringing too many flowers into this sector is not suitable because Wood diminish Earth.

These are only basic principles. You can get so many other benefits in your home and also in your life by using Feng Shui!

If you have a question, need support, or you'd appreciate some useful tips how to bring more positive energy into your home and your life - feel free to contact me 😊

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