

# THE FIVE ELEMENTS

金  
木  
水  
火  
土

Another important aspect of Feng Shui is the Five Element Theory. These five elements are considered the main manifestations of qi, the vital energy. According to the Chinese, everything in this world belongs to one of the five elements or energies, namely earth, water, wood, metal, and fire. They are believed to affect every action and activity and produce life changing effects, when applied to daily life. It is also fortified by the fact that all the twelve horoscopes are based on the five elements. They define the characteristics of a person according to the amount of the element present. Given below is more information on the five elements in Feng Shui.

**Fire Element (forceful energy)** The colors that represent the element of fire (expansion and transformation) are red and orange or any other bright color that bounces light and energizes. The shapes that create the energy of fire are angular such as pyramids, triangles, diamonds, and sunbursts. These shapes send energy quickly in all directions and therefore create movement and change.

**Earth Element (grounding and support)** The element Earth is associated with muted tones such as yellows and brown. These colors slow the energies. Shapes of the earth energy are squares and rectangles; they are horizontal shapes that encourage the grounding of energy. Changing artwork and windows from portrait to landscape can increase the earth energy in a home.

**Wood Element (personal growth)** This element encompasses colors that are clear and energizing. These colors are greens associated with growth and purples inviting abundance. Wood represents energy that moves vertically and is therefore associated with cylinders and columns.

**Water Element (release and renewal)** The element of water is expressed in dark blues and black. These colors invite personal wisdom. The energy of water element is represented by any shape that produces flow. Still water energy is represented by any shape that would hold water and creates a womb like effect. Moving water shapes are drawn as cascades or ripples. This energy flows to the sides and down.

**Metal Element (mental power)** The metal element is introduced through the colors of white, silver, and gray. These colors are sharp and influence intelligence. The metal colors are also represented by the powerful rainbow and bring both healing and creativity. The circle is the shape that brings in the metal element. In a circle, energy is constantly moving in an expanding cycle sending energy outward. This flow of energy often brings individuals into a collective commune.