

# LESSON 3

## FENG SHUI 101: TWO POWERFUL FENG SHUI ENERGY SYSTEMS



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## What you need to know:

We use the tangible and material representations of the yin and yang and the five elements because they influence and transform the energy. They influence the state and character of the chi.

## Guess what?

- Yin and yang is the underpinning of all other energy systems
- The five elements are universal energetic essences, each with their own flavor of chi.
- Objects, colours, materials can impact the balance and harmony of a space.

## The Skinny:

### Yin & Yang: Balance & Harmony

All energy in the universe is made up of two opposing forces: yin and yang. It is not tangible, but binary characteristics to describe energy. The concept of the duality of yin and yang began as early as the 4th century BC. It is the underpinning of all other energy systems and of Taoist philosophy. The Tao is oneness, the whole, that which holds and produces the duality of the yin and yang. Yin and yang are interdependent primordial forces in opposition. No one thing is 100% yin or 100% yang, everything in the universe is made up of both. The effective blending of yin and yang creates harmony.

<b>YANG</b>	<b>YING</b>
<b>Light</b>	<b>Dark</b>
<b>Bright</b>	<b>Dim</b>
<b>Sun</b>	<b>Moon</b>
<b>Male</b>	<b>Female</b>
<b>High</b>	<b>Low</b>
<b>Fast</b>	<b>Slow</b>
<b>HARD</b>	<b>Soft</b>
<b>Angles</b>	<b>Curves</b>
<b>Dry</b>	<b>Wet</b>
<b>Warm</b>	<b>Cool</b>



## The Five Elements: Inspired by Nature

If you're new to the idea of Feng Shui and want to understand how to apply some of the principles, you need to understand the Five Elements—they are the building blocks of a well-balanced home and life.

Practitioners of Feng Shui will talk about each of the Five Elements as having a "signature of chi." Let's start by thinking about each of the elements, and how they might make you feel. To understand the energies of each element you need to bring to mind what they are like in nature. Tune into your own experience of the physical representation of the element as we look at each one.

### The Wood Element

- Growing upward moving energy
- Vital and active
- New growth, flexible like bamboo
- Columnar shapes
- Greens, mid-blues and teals

### The Fire Element

- Expansive, spreading movement
- Transformative and changeable
- Warm/kind to hot/passionate
- Triangular shapes
- Reds and oranges

### The Water Element

- Deep, still and wise or flowing, circulating and connecting
- Cool and dark
- Clarity and wisdom
- Formless and undulating
- Black, dark gray and dark blue

### The Earth Element

- Stable, grounding, little to no movement
- Centered and nurturing
- Square and rectangular shapes
- Browns, tans, ochre and yellows

### The Metal Element

- Contracting and rigid
- Righteous and correct
- Circles, spheres
- White, metallic and pale greys and blues



### Using the Five elements in your space:

	<b>FIRE</b>	<b>RED ORANGE</b>	fire, candles, electronics
	<b>EARTH</b>	<b>YELLOW BROWN</b>	earth, ceramics, pottery
	<b>METAL</b>	<b>METALLIC PASTELS</b>	metals, shiny hard surfaces
	<b>WATER</b>	<b>BLACK, DARK BLUE</b>	water, glass, mirrors, crystal
	<b>WOOD</b>	<b>GREEN TEAL</b>	plants, paintings of trees, cut flowers

### Want more? Decorating with each of the five elements:

[Wood](#)

[Fire](#)

[Water](#)

[Earth](#)

[Metal](#)

Click on the element above to learn more.

### Watch the Video:

We will review the energy of each of the five elements in more detail.

### Your Homework:

Download and review 3 design examples. Practice identifying the five elements.