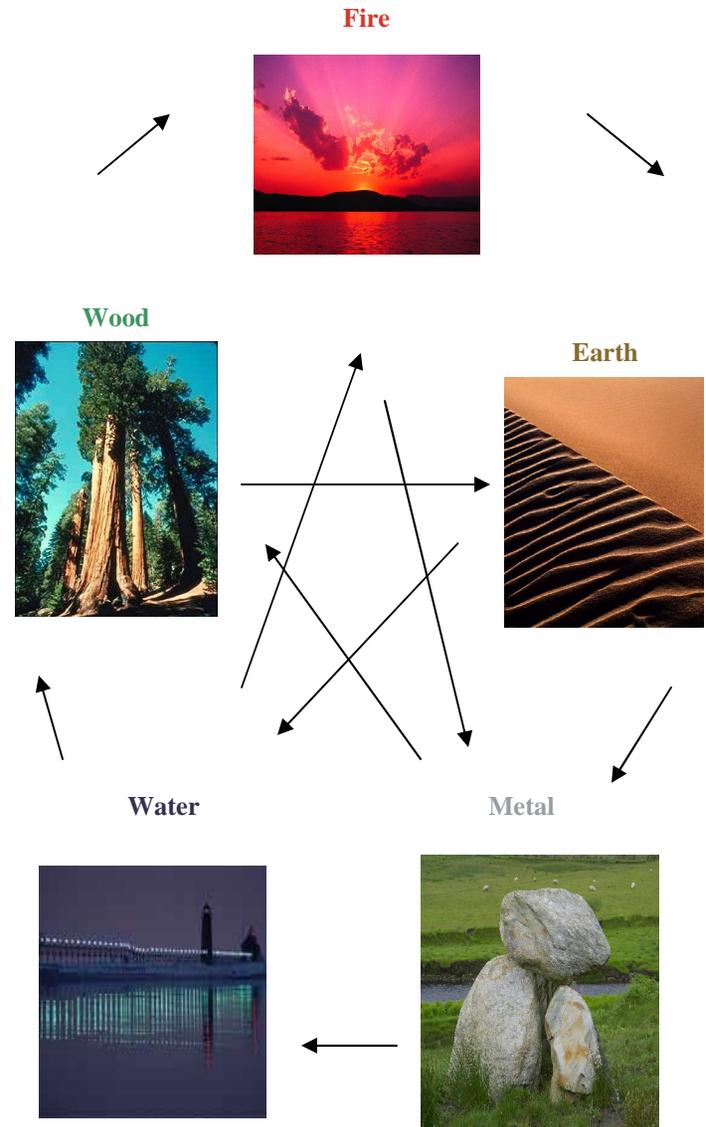
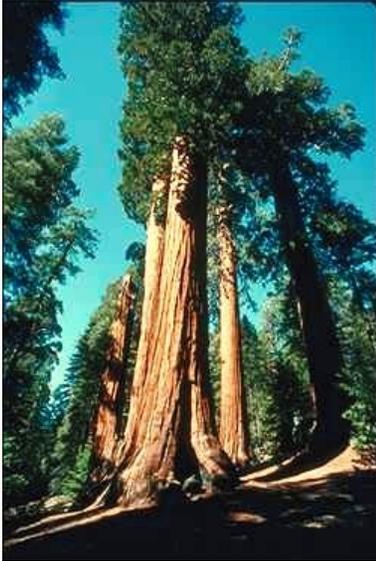




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Wood

Keywords:
Personal Growth & Intuition

Chi Qualities:

New growth rooted in earth
and reaching heavenward,
progressive, and pioneering.

The element of wood is represented by the colors of blues and greens. It is all actual plants and flowers, as well as those represented in fabrics, pictures, paintings, etc. The shape denoting wood is a column or pillar like that of a tree trunk. Wood is also anything made of oak, maple, cherry, pine, etc. It is associated with the direction of east and season of spring.

Too much wood in a space: May cause overwhelm, stress, stubbornness, irritation, too much focus on goals/issues.

Too little wood in a space: May cause fear of change, staying small, chronic inactivity, difficulty completing tasks.

Enhancing Five-Element Cycle

Wood feeds Fire
Fire creates Earth
Earth produces Metal
Metal increase Water
Water nourishes Wood

Dimishing Five-Element Cycle

Wood uproots Earth
Earth dams Water
Water extinguishes Fire
Fire melts Metal
Metal cuts Wood



Water

Keyword:
Release & Renewal

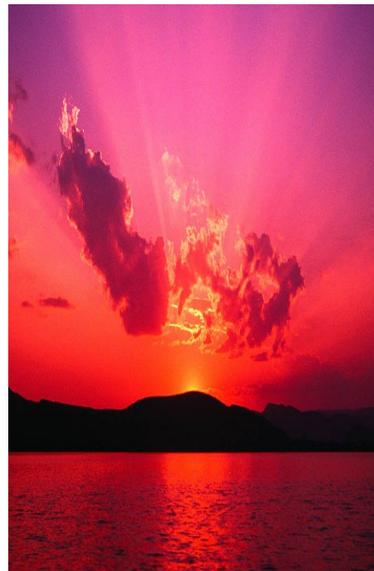
Chi Qualities:

Mysteriousness, meditative, spiritual, depth, and insightfulness.

The element of water is represented by the colors of blacks (still water), indigo (moving water), and darks. Water is literal water, like a fountain, and any depiction of water in pictures, art, etc. Glass, crystal (man made), and mirrors are all water. The shape of water is free flowing and asymmetrical. Water is denoted by the direction of north and the season of winter.

Too much water in a space: May cause inconsistency, passivity, feeling overwhelmed with emotion, stagnation (too much still water), not keeping up (too much moving water).

Too little water in a space: May cause feeling drained, lack of emotion, fear, lack of flow, disconnection with spirit.



Fire

Keyword:
Transformation

Chi Qualities:

Expansiveness, passion, action, warmth, motivational, and assertiveness.

The red spectrum is the color of fire. All forms of lighting such as candles, sunlight, lamps etc. are fire. Anything related to people, animals (pets, outdoor wildlife) are representations of fire. For example, leather and animal print fabrics, pictures, art, etc. of animals, people, sunlight, etc. The shapes denoting fire are triangles (like flames), pyramids, and conical. Fire is associated with the direction of south and the season of summer.

Too much fire in a space: May cause aggression, anger, burn out, impulsive or overly ambitious behavior, intense reactions, acting rash.

Too little fire in a space: May cause lack of enthusiasm, motivation, coldness, distance, feelings of unwelcome.



Earth

Keyword:
Stable & Solid

Chi Qualities:

Grounded, reaching
completion, nurturing,
dependable, and sensual.

The element of earth is represented by the color of yellow and earth tones. It is soil, sand and anything made using earth materials like ceramics, tile, brick and stucco. Earth is depicted as deserts, sand, and soil in pictures, art, etc. The shape of the earth element is squares and rectangles. Earth is related to center and foundation.

Too much earth in a space: May cause feeling of being stifled , stuck, smothered, extreme seriousness.

Too little earth in a space: May cause spaciness, being in your head vs. in your body, disconnection, irresponsibility.



Metal

Keyword:
Intellect & Organizing

Chi Qualities:

Focus, concentration,
structure, precision, men-
tal clarity, and logic.

Metal is represented by the colors of white & pastels. Anything mined from the earth is a metal element. These are rocks, stones, ore, crystals, etc. Metals are gold, copper, brass, iron, steel, silver, etc. The shapes denoting metal are arches, circles and ovals. Metal is associated with the direction of west and the season of autumn.

Too much metal in a space: May cause rigidity, sharpness, sarcasm, sense of being rule bound, coolness.

Too little metal in a space: May cause scatterness, disorganization, procrastination, avoidance.
