



October 23<sup>rd</sup> 2005

## The five elements

MOST people today who have heard about Feng Shui know about the Five Elements.

Their names – wood, fire, earth, metal and water – symbolise more than just physical substances.

These elements describe five essential qualities of life force energy which one can use to harness, control or balance a space.

As the backbone of Chinese metaphysics, being in proper relationship to these five elements is critical for a healthy, happy and successful life or endeavour.

Each element has a specific form, colour and shape, and is associated with a compass direction, body parts, organs, season, climate and a myriad of other characteristics.

Given the breadth of associations involved, there is often some confusion about what these elements really are and how they work within the Feng Shui philosophy.

Fortunately, understanding the elements and their significance is actually fairly simple and based on common sense.

Indeed, to understand the five elements is not hard if you just put a little effort into it. The reward for your efforts is a markedly improved life when these elements are used properly and in the correct proportions.

□ In a fortnight: Cycles of the elements

**Feng Shui**  
by Kerby Kuek  
info@misterfengshui.com

### Original TEXT SUBMITTED

#### Feng Shui-Basic Concept - Five Elements

It seems that many people today who have heard about Feng Shui have heard about the Five Elements. Their names, wood, fire, earth, metal and water, symbolize more than just physical substances. These elements describe five essential qualities of life force energy in which one can use to harness, control or balance a space. As the backbone of Chinese metaphysics, being in proper relationship to these five elements is critical for a healthy, happy and successful life or endeavor.

Each element has a specific form, color, and shape, and is associated with a compass direction, body parts, organs, season, climate, and a myriad of other characteristics. Given the breadth of associations involved, there is often some confusion about what these elements really are and how they work within the Feng Shui philosophy. Fortunately, understanding the elements and their significance is actually fairly simple and based on common sense. Indeed, to understand the five elements is not hard if you just put a little effort into it. The reward for your efforts is a markedly improved life when these elements are used properly and in the correct proportion.

