



August 2008
 Month of the Monkey (Metal) Year of the Rat (Water)

August Newsletter

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Greetings!

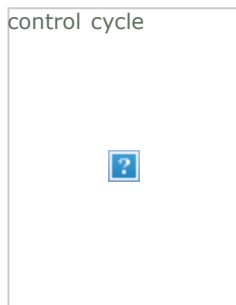
China seems to be on everyone's mind at the moment with the Olympics and all the surrounding controversies. During the opening ceremony, I was quite chuffed to see that the Chinese celebrated the 'compass' as one of their contributions to the human race. The compass and all the sacred information it contains, is the most important tool for the work that I do and has, since ancient times, been used to determine the Feng Shui of a particular site or a building. I can't help but think that this ode to the compass was also a celebration of Feng Shui ... but I guess I'm a

little biased!

I have been going a bit crazy this last month going through my sister's home in Cairns and rearranging things Feng Shui style! As they lead such busy lives, they are more than happy for me to do my thing and I am happy to say that I have discovered my 'inner renovator'! I just love getting stuck into projects where I can see an immediate result. So I've been experimenting with colour schemes, object placement and furniture arrangement in various parts of the home and they are loving how new and fresh their spaces are feeling. In this newsletter I have introduced you an approach to decorating with Feng Shui and it is based on one of the core principles of Chinese metaphysics - The Five Elements. Over coming issues, I'll demonstrate how the various elements can be brought to life in your home.

There is plenty going on from an astrological perspective this month. It is the month of the Monkey, which is metal element. From here on in expect a landslide of energy culminating in change and new beginnings around January/February. It's an exciting, powerful time, so even if you can't see the way forward right now, have faith that it will all come together better than you imagined. We are also in an eclipse cycle right now ending with the solar eclipse this Sunday August 17. So overall, the energy at the moment is electric and full of promise. I hope that you are enjoying it!

Going with the flow.



So far in previous newsletters, I have covered the importance of the entrance in the Feng Shui of a property, including: -

- How it is the mouth of the home where energy enters.
- How it often relates to prosperity and key themes that occupant's experience (based on Flying Star Feng Shui).
- How the 'red bird' or open space in front of your home helps to collect and accumulate energy.
- How the front door needs to be clearly defined

so that energy (and visitors!) know where to go and how to enter your property.

So now that we have done all that we can to ensure energy is at it's best when it eventually gets to the front door - what happens then?

Inside our entrance it is imperative to ensure that the path of energy is open and clear to allow for greater movement and flow throughout the rest of our home. Here are some things to consider:-

- Make sure the front door opens easily and fully. If there is something behind the door that prevents it from opening smoothly, then remove it. Oil stiff hinges, sand back any stuck doorframes. The door should open wide and easily every time.
- Try to minimise too much 'stuff' in the entrance, such as coat racks, kids toys and other items in order to free up space for energy to flow through.
- Arrange paintings, photographs and other objects you love in your entrance so that your personal energy lifts each time you enter. Decorate your entrance with items that celebrate coming 'home'.
- If your entrance has no natural light, try installing some lighting to lift the energy and consider painting a lighter colour to reflect the available light you do have.
- If your entrance opens onto a long hallway (as per Victorian style houses) use object placement and lighting to slow energy down. Life force energy always follows the path of least resistance and in long hallways it tends to gather speed forming a 'wooden arrow' or rush of chi. The aim in this case should be to slow energy down. Consider hanging lampshades from the ceiling and placing paintings and objects on your walls down the hall. Rounded archways (metal element) are also recommended as they control the 'wood' energy in this arrangement.

Overall, consider how your entrance reflects you and how it makes you feel. Is it cramped, dark and/or cluttered? How do you feel about what you have displayed in your entrance? As we come and go so often in our houses, there is the tendency to not even notice the objects around you. Bring some awareness to how your entrance is arranged and concentrate on making it feel good. Place objects with clear intention and aim to change things around now and then to prevent energy from stagnating.

Decorating Feng Shui Style.

One of the key foundation principles in Feng Shui is Five Element Theory, an ancient system the Chinese observed from naturally occurring processes in nature. The five elements essentially describe energy in five different manifestations and it is these energetic forces that stimulate all activity and change within the universe. This system is used in all branches of Chinese metaphysics, including Feng Shui, Traditional Chinese Medicine, Chinese Astrology, Qi Gong, Herbalism, Acupuncture and more.

When I first learnt of this system, I had an 'aha' moment. The relationships between the elements resonated with me very deeply and to this day I am continually exploring and experimenting with the system in my work and life. The five elements can follow a harmonious, supportive cycle as well as a controlling cycle, as follows.

The Supportive Cycle



Wood burns to fuel **Fire**

Fire burns, turns to ash, creating **Earth**

Earth compresses to create **Metal**

Where **Metal** is found there is always **Water**

Water nourishes **Wood** to help it grow.

And the cycle repeats.

The Controlling Cycle



Water extinguishes **Fire**

Fire melts **Metal**

Metal chops **Wood**

Wood grow roots to hold together the **Earth**

Earth determines where **Water** flows in the landscape.

In Flying Star Feng Shui, all energies active in our home will belong to one of the five elements. With this knowledge we are then able to use the elements, according to the cycles above, to balance negative forces whilst enhancing positive forces.

What I find particularly exciting and inspiring, is how these elements can be brought into physical manifestation through the colour, objects, shapes, materials and furnishings that we surround ourselves with. It casts a whole new light on the way we decorate our homes. I am constantly going through home magazines picking out items that would make great 'metal' remedies or creative 'fire' objects. The possibilities are endless. Just as Flying Star Feng Shui reveals the individual expression of energy in your home, the five elements can be used to remedy and enhance energy according to your own individual style, likes and dislikes.

From here on in, I'll begin to profile one element at a time including what characterises it in terms of colour and shape and demonstrate ways that the elements can take shape in our homes. Given we are in Metal months (and metal happens to be my most favourable element!), I'll start with that one next month.

Have a great month

Warm Wishes,

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