



EARTH ... the settled energy of Centering & Harmony

As we move from the hot, expansive, yang Fire energy of [Summer](#) into the cool, contracted yin Metal energy of Autumn ... now is the time of a settled Earth Energy. Enjoying the fruits of harvest, we are always hopeful for a few of those glorious Late Summer days. It's when everything feels in balance ... you feel in perfect harmony ... not too hot ... not too cold ... but just right. I love those days!



GROUNDING & CENTERED
NURTURING
HARMONY
COMMITMENT
STABLE & RELIABLE

Feng Shui is an art of living in harmony and balance with our environment; though its origin dates back 3000 years, all its principles still hold today. In Feng Shui, energy is called CHI and is divided into five unique elements: Water, [Wood](#), [Fire](#), [Earth](#), and [Metal](#).

Late Summer belongs to the Element [EARTH](#), considered to be the center around which the other elements revolve. It is also grounds the Health Life Area in the center of the [Feng Shui Bagua](#). Represented by the [TAI CHI symbol](#), it relates to all your HEALTH - physical ... spiritual ... emotional ... mental - and is the hub around which all [Areas of your Life](#) revolve. **After all, when you don't feel well you don't function well!**

The Earth element is unique in that there is more to it than most think. Many simply think of Earth as just dirt but it is so much more and has significant impact on our lives, mainly because Earth is home to so many living beings ... mountains, caves, valleys, trees, huge forests, deserts, plants and of course, humans and other animals ... and because the earth (nature) produces so much of what we use in our daily lives.

Grounded...Centered...Nurturing..Stable !!!

Our homes and offices are built from earthly materials such as wood, clay, brick, and stone. The foods that nourish us and keep us alive grow in the earth. In terms of the physical, the earth is our base. For these reasons, earth is considered the most stable of [the Five Elements](#).



Earth energy is your grounding cord, your sense of safety, security, protection, and stability. It moves slowly downward and as it contracts creates a stage of gathering and inward motion like the energy of the earth, or soil ... holding things in place, making them stable and steady. It can manifest as dense, solid, heavy objects or as soft, comforting, nurturing objects. Either way, the effect is to become still, feel calm, and be at peace!

Earth energy reminds us that we live in a physical world with physical needs and to honor the physical body. The result of really listening to your body is balance and improved health.

As you can see in the diagram linked to from this article, when you align the [Bagua](#) with your front door, your Health Life Area is located in the middle of your space. This is the heart of your home or workplace. Furthermore, the exact center of this Area is extremely important ... it is the heartbeat, the center point of all your CHI DOTS ... your Life ... your Health.

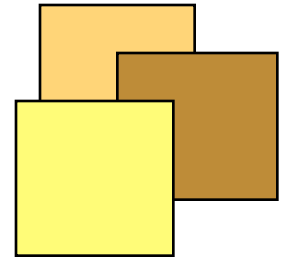
This area can symbolize any feelings of being overwhelmed, stressed, fatigued, depressed. Whenever you are feeling scattered you need to "get centered". Not only can you do this on an inner level, but also in your space.



Knowing the exact center in your home or workplace enables you to determine what happens there. **If you calm your center ... you calm your life.** Finding the center of your space, and honoring it in some way, will start to bring serenity. By placing something special in the exact center you honor the heart of your space, as you would want to honor your physical heart. Select something that to you mirrors feelings of delight, beauty, balance. A yellow faceted crystal, hung in the center, is also ideal for lifting energy. This simple practice goes a long way to staying healthy.

Now that I have emphasized the importance of finding and honoring the exact center point of your space, let's get back to exploring your entire Health Life Area and how to generate Earth Energy.

The most powerful manifestation of any energy is interestingly the most subtle ... shape. Earth energy is generated by squares, cubes, and long, flat horizontal surfaces. These shapes hold energy and increase the grounding in your home or workplace. In addition, the heavier the weight or look, the stronger the Earth vibration.



Your home has a lot of Earth shapes and structures such as tabletops, desks, beds, picture frames, overstuffed chairs and couches, low heavy buffets and cabinets ... just to mention a few!

Earth colors are more muted rather than bright, darker rather than light, and "toasted" rather than clear. Yellow, browns and other earth tones are traditionally associated with Earth energy. Just a touch of yellow will perk up your space! An easy decorating idea is to paint the center room of your home yellow. A yellow room is a vibrant, healthy cure for a sluggish health area. Even just a drop of yellow paint mixed into another color with intention can boost the energy of the room.

Thin walls made from sheetrock or drywall do not have the ability to hold energy as thick walls do, they lack density. Brick or adobe walls bring a more stable, grounded feel. You can create this grounding visually through faux painting, rag-rolling, or layering paint. You can also create thick walls by built-in furniture pieces such as entertainment sections or book shelves giving your wall and your home the energy of permanence.

Vaulted, slanted or high ceilings lift energy up and keep it moving. Low ceilings hold energy in and help people calm down. They increase feelings of stability, permanence and safety. You can visually lower ceiling height by beams or lightening fixtures that hang lower and draw the energy down.

You can also create an Earth vibration by increasing comfort or stability ... the feeling of being wrapped in a cozy blanket with a warm cup of tea on a rainy day. A little "clutter" can be a good thing here, especially if things are placed low to the ground. Pottery, ceramics, terra cotta . . . anything clay, will draw energy closer to the earth and increase the downward pull of the space.



Remember though, don't let the center room become a catch-all space. The heart of the home should be a place where the energy can move freely.

There are many ways to use Feng Shui to enhance your home or work environment. But in order for us to maintain access to those options we all need to do our part in protecting the Earth we've been given. After all, it is our home.

The study of Feng Shui teaches us how to best use the earth's resources and the importance of harmony and balance between all matter, from the largest to the smallest.

Handwritten signature and a red circular seal with Chinese characters.