

FENG SHUI

HUMBER NURSERIES 'GREEN THUMB GUIDE'



Feng Shui (pronounced fung shway) is the ancient Chinese art of improving various aspects of life by enhancing the environment according to the principles of harmony and energy flow. The Chinese have long known that physical surroundings affect every aspect of our lives and believe that there is a distinct relationship between success in life and good Feng Shui.

Feng Shui is a term of two Chinese words: *feng* (wind) and *shui* (water). Wind (or air) and water are the two natural elements that circulate everywhere on Earth and are also the most basic elements of life. The essence of these life-giving elements is *chi*, or life force, and wind and water are direct carriers of chi. Feng Shui is best defined as the art of designing environments in harmony with the flow of chi through one's living space. This flow supports and enhances one's personal chi or life force.

The positive energy of good Feng Shui flows only in an environment that is not obstructed by negative energy. Beneficial characteristics of ideal chi flow are powerful, positive, uplifting, flowing and smooth. Conversely, negative characteristics include rushing, stagnant, blocked, leaking and piercing. Here are principles and techniques which you can apply to your landscape to provide positive energy (chi).

The Five Elements of Energy

The Energy of Wood: *Growth*

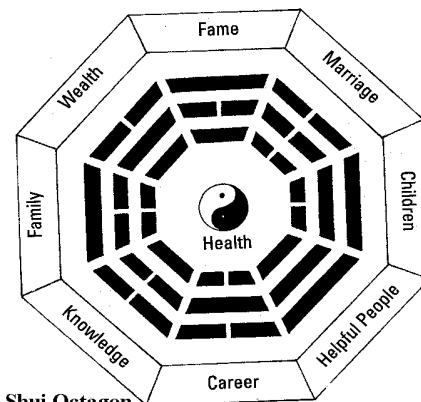
Wood chi is the energy of expansion and new growth. Represented by the colour green, the Wood Element is related to the liver and the season of spring. Its corresponding geometric shape is a column or rectangle (positioned upright); skyscrapers are common examples of Wood-shaped buildings. Wood is located in the Family Area. Wood is good to apply when you want to add the energy of growth, expansion, and vitality to your life. Associated with new beginnings, Wood cures are like adding a touch of spring, the season you feel young, energetic and motivated.

The Energy of Fire: *Expansion*

Fire chi is upward, burning, hot energy and is moving, bright and fiery. Of the five energies, Fire represents maximum expansiveness and activity, the peak of energetic intensity. Fire is related to the summer season, the colour red and the heart. Its corresponding geometric shape is a triangle or pyramid. Fire energy's natural position is in the Fame Area of the Octagon. Perform Fire cures when you want to create more expansion in your life and experience increased recognition.

The Energy of Earth: *Stability*

Earth chi stabilizes, balances and grounds you. In times of intense life change, Earth helps you become centered and connected to bedrock. Earth is related to the harvest season, the colour yellow and the stomach. Its corresponding geometric shapes are the square, the rectangle (positioned horizontally), and the three-dimensional cube. Earth's natural location is the center or Health Area of the Octagon. Perform Earth cures when you want to slow down in life, become more centered, and feel connected and stable.



Feng Shui Octagon
showing the nine Life Areas



The Energy of Metal: *Contraction*

Metal chi is cold, contracting, dense energy associated with communication, creativity, detail, symbols, signals and noise. Corresponding with the colour white, metal is related to the lungs and the fall season. Its geometric shapes are the circle, sphere and dome. Metal is located in the Children Area of the Octagon. Apply Metal cures when you want to improve communications, empower your children or stimulate your projects.

The Energy of Water: *Stillness*

Water chi is the energy of maximum concentration and stillness. It is the energy of things moving downward and coming to rest. Water is related to the season of winter, to the colours black and dark blue, and to the kidneys. The shapes of Water are elusive, imprecise, undulating forms that are flowing and difficult to describe. Water is naturally positioned in the Career Area of the Octagon. Perform Water cures when you want more peace and clarity of mind or want to increase the flow of people and cash into your life.

Designing the Five Elements into your Landscape

Fire: The centre back area of the landscape (*Fame*)

Earth: The centre area (*Health*)

Metal: The centre right area (*Children*)

Water: The centre front area (*Career*)

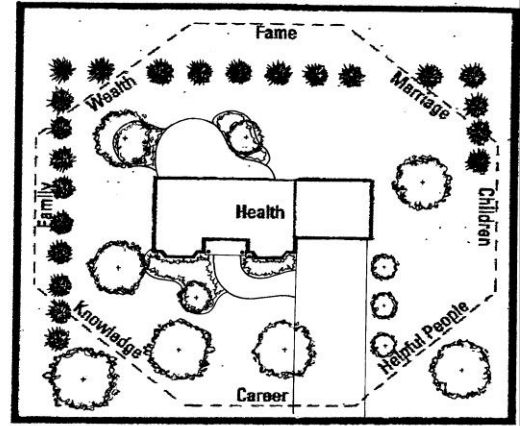
Wood: The centre left area (*Family*)

Healthy Trees and Plants in the Landscape

Trees and plants are essential because they provide greenery, oxygen and vitality to your landscape and indoor environments. Greenery has a positive influence on your well being, your personal growth and your energy. Adding healthy plants to your home and landscape is one of the best methods to increase your zest for life. This immediately affects your health, moods, actions and decisions.

Avoid a barren yard, as it symbolizes a lack of growth, energy and stability. We all suffer the winter blues with the lack of plants and greenery. Visit a greenhouse in the winter months and feel the vitality come back into you. Gardening is Canada's #1 hobby, and it's simply because of the great feelings and energy we derive from plants in our landscape and home.

Trees in particular provide beauty and privacy. In addition, trees produce oxygen which helps clean the air of pollution and toxins. However, be careful not to completely screen the front of the house from the street, as this can block vital energy from coming to you and cause you to feel locked in and apart from the community.



Utilizing Positive Tree Energies



Tree Types	Positive Effects
Pine	Resilience, integrity, dignity, longevity
Willow (front yard only)	Gracefulness
Banana Palm	Ambition
Persimmons	Joy, luck in business, good start for new endeavor
Apple	Safety
Orange	Good luck
Pomegranate	Fertility
Pear	Sweetness
Olive	Peace
Peach or Plum	Compassion



Helpful Hints in Tree and Plant Selection

- Positive trees have umbrella-shaped canopies. These trees provide a symbolic covering of protection and safety.
- Evergreen trees are better than deciduous trees, whose leaves fall in autumn and stay bare all winter.
- Upward reaching trees are better than downward reaching ones, such as weeping willows.
- Trees featuring flowers and fruits are more beneficial than ones that don't bear fruits or flowers.
- Bamboo is the king of plants and denotes safety, harmony and a strong future.
- Jade Plant resembles the green jade stone and symbolizes good luck and fortune or wealth.
- Money Plant (*Lunaria annua*) is a Feng Shui favourite, symbolizing abundance and wealth.

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