



Five Elements – Stability of Earth Energy

The Five Elements Theory has the same fundamental philosophy as the Yin Yang Theory - that of continual evolution and balance. Each natural element - wood, fire, earth, metal, and water - has specific attributes that vibrate with their own frequency of energy. In this way, elements interact with each other to affect the energy flow in your environment in a positive or negative manner.

The Earth element is represented in three of the nine Bagua areas – Skills & Knowledge, Health, and Relationships & Love. The centre (Health) area is the natural location and it is this location that is the true point of balance. For this reason, we need to have all the Bagua areas balanced before we can totally balance the Health zone.

The primary colour of the Earth element is yellow and its nature is feminine, or yin, which is considered receptive and passive.



Simultaneously, Earth energy also represents strength, resourcefulness, stability, reliability, and the ability to be centred

by virtue of it being solid. It is characteristically thought of as being symbolic of relationships by being nurturing.

The Earth element can be an extremely powerful Feng Shui tool to slow down in life, to become more centred and feel more connected and stable.

The energy of the Earth element provides stability; balance and a strong foundation. These characteristics are especially important during times of uncertainty and intense change to help you feel solid and grounded.

When there is too much of the Earth element in our environment, we can sense a heavy, serious and cautious feeling. If this is the case, introduce more Wood element into the space.

When there is not enough of the Earth element in our environment, we may experience more instability, clutter and chaos in our lives.

When you are incorporating the Earth element, place objects as close to the centre of your space as you can, which will further make the best use of the natural location of the Earth element.

An excellent way to increase Earth energy to any space that needs an Earth enhancement is to add pottery, ceramics, earthenware, terra cotta, rocks or pebbles, natural gemstones or granite.



Placing a rock or large boulder near the main door can provide additional strength and stability to your home.

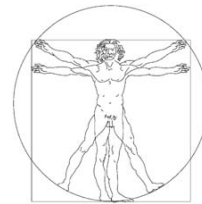
Integrate Earth shapes such as squares, cubes and horizontal rectangles into your decorating scheme and add the colour yellow and other earthy tones such as sandstone. It is best to minimize bright colors as they stimulate the energy of the room instead of control it.



It is often during times of transition that you may notice intense feelings of worry – thinking round and round in circles. Take a good look at the Earth element and take the necessary steps to ensure that the Earth energy in your space is balanced.

Matters of Health

'UN-tornado' Yourself this Winter' – Part I



After the last two articles, I thought a continuation slightly along the same line might be in order. We are entering the season intended to restore, reflect, and rejuvenate and 'rest'. I hear you all now. What – is she kidding? Has she met my kids? Has she seen 'the *list that must be obeyed*'? No – seriously.

We can do these things and we can do them well and we can emerge from the other side of this season into spring with new energy. New ideas. A more balanced perspective. A client recently insisted that she just could not slow down. It was like her world would fall apart if she wasn't constantly moving through it like a tornado to keep things running smoothly. I always poo poo such talk. Acting like tornados is a choice we make. Same with whirlwinds. Speaking of whirlwinds... part of a peaceful structure to our home life at this time of year – is ensuring our kids are getting optimum nutrition to also stay balanced and calm. *Untornado like.*

Seasonal eating is also important. To promote good nutrition – which is absolutely essential this time of year – and possibly get some unexpected peace and quiet, we need to set a good example for our kids. We need to eat well also. We need to 'un-tornado'.

As parents, one focus should be to reduce stress. Our kids watch and absorb our every move – or every 'twist'. Stress, processed foods, and too much sugar (in all its forms) – can soon a chaotic household make. And in closed quarters, the stress factor will rise much more quickly. As appealing as it is to bundle up our little charges and toss them out in the snow, monitoring what everyone eats is probably more appropriate – especially when it is super cold outside. A few basic rules will go a long way. Especially in the season intended for hunkering down...burrowing into our homes.

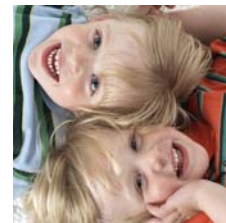
Children who are overweight or obese are suffering with truly preventable health problems. Childhood obesity is reaching epidemic proportions. Increased consumption of fast food and junk food, combined with decreased levels of activity are undoubtedly the primary factors behind obesity, type 2 diabetes, hormone imbalances in teens, and a variety of other health problems. Including behavioral issues. In the winter months, we tend to make more allowances for poor eating and lack of exercise. A couple of simple solutions in the cold winter months is to dance indoors – to funky, motion inducing tunes that will make a tornado tap its toes. It's fun, invigorating, stress releasing and calorie burning. And everyone pitching in and doing the family chores with some sixties rock on in the background will make everyone move faster. And even when it is super cold...you can always bundle up and go for twenty minutes of brisk walking – the cold burns calories and so does the movement. And you can throw snowballs at the kids to get them moving really fast.

One of my favorite stress releases is to order most of our groceries online. Small Potatoes Urban Delivery – or www.spud.ca is mostly organic, local and seasonal. We save money, time and our sanity. I have said this before – it is like getting a gift on the doorstep every Friday. Menu plan with the kids and then pour yourself a glass of warming tea...sit back and 'go shopping'.

If you sign up – mention me and you will get a discount.

Healthy Kids are Happy Kids and Happy Kids make Happy Households

At any time of the year, always avoid processed foods such as white bread, white pasta, white rice, store-bought cookies, chips and so forth. Food processing drastically reduces overall nutritional value, particularly vitamin and mineral content and leaves us with foods relatively high in calories and low in nutrients. In addition, processed foods often contain hydrogenated fats, which have been found to damage cellular membranes – a very important consideration for growing children. Refined sugar and flour also stresses the metabolism, disrupts digestion and slows brain function. A little while later...you could have little tornados all over the place. Not to mention in the classroom.



In the following, to avoid repetition – know that unless there is no alternative, the selections should be whole, organic, local when possible and non GMO or processed. With the breads and grains, choose sprouted organics as with the cereals and or grain selections. I can provide you a list of GMO products and the MANY ingredients found in refined and white refined sugar and salts – there are approximately eight chemicals to offset the damage of one and then another. A quick search on the internet may leave you shivering...and this is the time of year we need warmth. And warming foods.

Reading labels these days can be interesting. But do and then avoid ingredients with a "chemical" name. A number of additives are used to increase shelf life, enhance flavor, and improve appearance and texture. Many of these additives contribute to digestive problems, allergies, brain fog, acne, early sexual maturation, hyperactive behavior, among other problems. One of my favorite umbrella terms for many hidden ingredients is Natural Flavors. Including MSG – this term hides all sorts of added 'junk' we just shouldn't have. Take a look in your pantry. You may be very surprised. And re-read the last two articles I wrote.

Focus on soups, casseroles, layered dishes, warming appetizers and smaller meals in the evening. Vegetables and whole grain products (sprouted) can be added to main meals, and to a lesser extent, fruits. Food in its natural, unrefined state contains valuable nutrients, including live enzymes and fiber, necessary for childhood development. Go organic as much as possible.

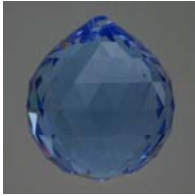
Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

Margo Laing, RHN, ROHP
Certified Orthomolecular Health Practitioner and Certified Cancer Coach
Holistic Breast Health Consultant
Registered Holistic Nutritionist
Email: margolaing@shaw.ca

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Balancing the Earth element can improve the stability of a space.

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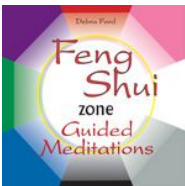
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Mailing Address 195, 612 – 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3
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Phone 403.295.7336
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