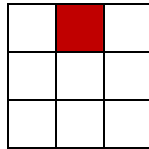




Five Elements – Energetic Intensity of Fire Energy

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. Let's see how the Fire element affects our energy flow.

The Fire element is represented in only one of the nine Bagua areas – Fame. It is physically located in the back centre of your home or office.



The primary colour of the Fire element is red and is considered aggressive and active energy. Its nature is masculine - or yang.



Fire energy naturally represents hot, fiery energy, and is moving, bright, and upward. It is these characteristics that, due to the heat and light, depict the Fire element as the most expansive and active of all the elements. It is thought of as being symbolic of fame, reputation and passion.

The Fire element can be a very powerful Feng Shui tool to improve your personal reputation and respect in the community.

The energy of the red Fire element is great to ‘make change happen’ – to really get things moving. For this reason, it’s a good idea to focus on enhancing the Fame area when you are setting goals and making plans for the future.

The Fire element intensifies the vertical flow of energy in your home. It is a very active and vibrant energy. In addition to the colour red, integrate triangular, pyramid or diamond shapes to provide an upward lift and increase the flow of energy.

- **Triangles** move energy in a vertical direction because of the defined edges and sharp points.
- **Pyramids** are a little more grounded than a triangle but energy is still directed upward.
- **Diamonds** direct energy up and down in a simultaneous manner.

Our homes already have quite a few items that represent the Fire element. Consider where your stove, fireplace, lamps, lighting and candles are currently positioned to determine if the Fire element is working for or against you in your space.

Excessive Fire elements and colours can over-stimulate ambition, impatience, anger, impulsiveness, and lead to burnout. We find that we tend to be more aggressive and confrontational. When these types of behaviours are being experienced, introduce more Water element into the space to create a more relaxed and comforting environment.

When there are not enough Fire elements in our environment, we may experience a sense of emotional darkness or coldness in our lives. In addition to adding colour and shape attributes, an excellent way to increase Fire energy to any space that needs enhancement is to add artwork that features animals, sunlight or fire. You can strengthen the existing Fire element by introducing more Wood element, such as wooden picture frames, to your space to further stimulate the Fire element.

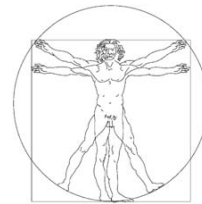
It is important to pay attention to the Fire element in your surroundings and keep this energy balanced. You will see the symptoms when there is an imbalance and this is your cue to ‘check it out’.



Because red Fire energy is so powerful, it can be an excellent element to ‘set fire’ to your Love & Relationships zone. Give a little boost to your bedroom by adding a pair of red pyramid candles. You simply can’t beat the power of red.

Matters of Health

Come on Baby ... Light Your Fire ...



Your fire.

That deep heat within.
The one that is there to warm us up to take on life.

You know.

'I am warming up to run that race...'

'Baby warm me up...'

'I am warming up to that idea'

Or – *'I am warming up to you ...'*

Have I *sparked* your interest?

I wanted this article to be one that might inspire you to relight the fire within.

And then we can 'play it forward.' I help you find an ember. It lights your fire. You burn brilliantly for awhile. Then – you send out a spark to help someone else light their fire, and so on. There are a couple of questions you need to ask yourself. The first – If you are not feeling that energy for life you once had, why? If you are not eating the right foods, drinking the right amount of pure water, exercising, or tending to yourself, why?

If you aren't re-reading my 'getting you through winter rejuvenation articles' from last year... why? No, really.

If you have lost the desire to love yourself, or the desire to love at all, why? Where are you? Do you remember in the last say, one month, reveling in the present moment? Or do you find yourself racing forward into the future then acting surprised when another birthday rolls around? If you find yourself looking back into the past with longing, giving 'redeeming' value to a time that probably doesn't deserve it – relight your fire.

So this is the magic. The moment you are in right now. Count sixty seconds. Now is that not something? Did you feel time slowing down? That is what it is going to take to relight your fire. The one that has burned down to embers or gone out altogether.

A few practical Suggestions to Re-establish Spark...

Before we go there, you need to commit yourself to an investment of time to tend your fire. Which should be easier now that it has slowed down for you. And I am not talking about those 'burn for five hour' logs or an electric fireplace here.

I want you to dig deep. Can you?

Tending Your Fire

First we meditate. Count sixty seconds. OK. All done. I am serious.



Meditation can be that easy. You don't need to search out the perfect mountain.

Climb up it, sit long into the night, stare off

into a deep star-filled sky, waiting to transcend 'normal', attain an enlightened state where you leave your body and soar off into infinite, finally solving your earthly dilemmas and giving you earthly delights.

Meditation is many things but it is not an austere practice. We certainly do not need to sit in mutant positions for extended periods of time, trying hard not to think while the mind is racing madly and the legs are cramping horribly.

I tried that once. I can promise you. I did not soar into infinite.

But I do meditate. All the time and in my own way. I do mean to treat it lightly. Because that is part of its purpose. To lighten us up. To 'rekindle' our interest to tend to ourselves, with love and reverence.

For some meditation can be difficult, painful and challenging for many reasons. It can raise issues buried deeply for so long. Or bore one to tears. Neither are good solutions.

In past articles I've talked about affirmations, the science of Ayurveda, seasonal living...and taking baby steps to wellness. Meditation is key to

taking an interest in any of that – to keeping your 'chi' burning strong.

Several 'one moment' meditations throughout the day can bring back a balance to any situation.



I was reminded of this watching my little guy doing homework today. Every hour he was

to take sun dial readings. We were aware of the time passing slowly, aware of each hour and also aware of the sun. This ancient time keeper served as a reminder of a gentler time. I think everyone should have one in their yard. It can help us reconnect to that 'easy paced' time again. This was such a cool assignment. I challenge you to do the same.

For 'chi' – our integral life force – to remain strong, free flowing and well balanced, we need to be in harmony with our surroundings, our moods, our thoughts, experiences, each other and, our emotions. Ancient yogis believed that emotions – hard to explain or define – were gifts from the god(dess)'s. And when allowed to nurture, guide and support us, with awareness of their importance, emotions can help establish harmony in our world.

A friendly agreement between us and the life we are living.

Being aware and then simply being.

When we are in harmony with our world out there, we have a much better chance at having harmony with our world within.

Depending on outside circumstances for our happiness will eventually lead to disharmony. So maintaining inner peace is integral.

Sitting Back and Enjoying the Fire

So, by slowing down, paying attention to our breath and our breathing and making affirmations throughout the day, you can reach new levels of understanding about who you are.

Here are a few of mine. Use them.
Make up your own.

*“I am happy,
healthy,
wealthy
and wise...”*

*“I am young,
strong,
healthy
and powerful...”*

*“I approve of myself.
I approve of my life.
I approve of my world...
and so on.”*

Yield and become whole.

Bend and you will become straight.

Empty yourself and you will be filled.

Though you grow older, you will be renewed.

Process little and attain success.

Try to hold on to too much, you will become confused.

Lao-Tzu

By meditating, we are doing nothing in such a good way. Eventually – it will be something you do as a part of living, like breathing itself.

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, NCP, OHP
Certified Orthomolecular Health Practitioner
Certified Holistic Breast Health Consultant
Certified Cancer Coach
Registered Holistic Nutritionist
Email: margolaing@shaw.ca

Online Product Specials

“Fire provides you with lots of energy and movement, and can help you become more active, better known, and more powerful.”
~ Feng Shui for Dummies, David Daniel Kennedy

Red 30mm Feng Shui Crystal – Regular \$29.95 **Now only \$24.95**



The powerful red Swarovski 30mm crystal is a wonderful energy booster. Hang it in the middle of the master bedroom to stimulate the energy of love and passion; hang it in the Fame Zone as a 'red' cure; hang it in the Prosperity or Love and Relationship Zones as a (secondary) colour cure. This is an excellent crystal to move throughout your space - to hang it in any zone that needs a kick start. Is one of your goals to get your career moving? Hang this powerful crystal in the Career and Life Path Zone. Are you trying to pull your family together? Hang a red crystal in the Family Zone to really get things moving. A Feng Shui crystal balances energy and a red Feng Shui crystal adds the energy of power and strength – the vibration of the colour red.

[Order Today!](#)

Pink 30mm Feng Shui Crystal – Regular \$29.95 **Now only \$24.95**



The pink Swarovski 30mm crystal has a beautiful soft, delicate pink colour. This crystal will enhance the energy of love and romance - hang it in the middle of the master bedroom or in the **Love and Relationship** zone. A Feng Shui crystal balances the energy in a space and a pink Feng Shui crystal vibrates with the energy of love. The colour pink connects to self-love ... and unconditional **love of self** is the foundation to overflowing with the energy vibration of love. Inner strength and self-acceptance promotes well-being and self-understanding.

[Order Today!](#)

February – the month of Love & Relationships – Limited Free Special Offer



Choose a **free** beautiful Red or Pink 20mm Personal Crystal on all orders over \$150.

[Order Now and Enhance Your Love & Relationships!](#)

