

**North Beach Sun Article**  
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**It's Elemental**  
**By Eileen Kelz**

Are you a person whose idea of fun and relaxation is a weekend skiing in the mountains? Is your dream of paradise a simple cabin in the woods? I'm guessing that if you are a reader of the North Beach Sun that in some way you are juiced by being near water or ocean. If you have ever wondered why you feel perfectly comfortable in one location but not another, it may be elemental.

In my last column I talked about the Bagua as being an important feng shui tool. This time around I will address the concept of the elements, an equally important factor in creating good feng shui. Elements are the building blocks of all things and include Earth, Air, Fire and Water. Feng shui organizes the various elements into related categories according to their characteristics and how they effect us. Some feng shui approaches work with 5 element systems but I choose a four element system because of its synchronicity with the other circles of life. The four directions, four seasons, four times of day, and four elements all work together to balance the rhythm of life.

In order to bring harmony to any environment a feng shui consultant will look at how to balance the Earth, Air, Fire and Water elements in a space. The goal is not necessarily to achieve perfect balance, that would be boring, but to create an elemental make-up that supports your natural affinity. For instance, if your idea of ecstasy is that North Woods cabin,

then you may need more earth element like plants, stones, earthy colors or low-level lighting to support your well-being. Those ocean lovers will thrive with the element of Water in their surroundings. If you are land-locked in Kansas you can still create a watery environment with artwork, color, fountains and things in flowing or round shapes. Each of us has an elemental archetype at work and we tend to intuitively create our space to support that archetype.

In this column I will talk about the archetypal Water Person. The element of water is all about nurturing, warmth, and feelings. The Water Person defines the world through the language of emotions. They tend to be in care-taking positions and are usually very nurturing people. If you are or know of someone who is very sentimental or romantic, chances are that they are a Water Person. Treasure that person as they make loyal friends and like real, honest dealings with other people.

A Water Person will intuitively design their home for warmth and traditional comforts, promoting a feeling of community, belonging and sentimentality. It is generally simple, natural with soft textures, rounded corners and comfortably miss-matched furniture. The home is created not a place to show off but a place designed for people to talk, experience ease, safety and feel at home.

Building features of a Water Home may include Victorian type architecture, bay windows, curved walkways, country cottage or craftsman styles. Watery landscapes are rolling hills, streams, ocean, slow flowing rivers, ponds, or rain.

Many of the houses on Pine Island are perfect examples of Water Homes. They are set in to the dunes and of course surrounded by water.

Many have features like rounded porches and balconies. Inside they may feature soft, comfortable furniture, oversized couches and watery themes. Creating a watery home is a good choice for Outer Banks rental property since people who love water are drawn to vacation here.

To bring more Water Element in to your space add fountains, aquariums, bowls of water, fresh flowers, toys, photos and whimsical items like angels or unicorns. Watery fabrics are drapery and flowing, strips, cottons, florals, soft wools, any prints with round or curvy lines and of course watery colors.

It's not always smooth flowing for Water People. Under stress they may keep their emotions dammed up or else flood everyone with their feelings. They may also have difficulty letting go of past hurts, sadness, or resentments. If this occurs it's time to balance that watery environment with some added Air Element. The element of Air is all about mental power, uplift and freedom. Air helps to bring a watery mind that has become sludgy, up out of its endless cycles.

To activate Air, hang mobiles, play flute music, add yellow accessories, open the windows, paint your office clear yellow or wear yellow. add things in rectangular shapes or tall items and you will soon see your mind soar. Even organizing your cupboards will help.

So if you are one of those wonderful loving watery individuals but occasionally your brain turns to mush, or you are certain everyone hates you or your office has totally gotten away from you.....add our friend the Element of Air to bring you back to clarity.

Knowing your elemental make-up and knowing how to create your environment to support you is one the easiest and fun ways to create good feng shui.

Next issue I will introduce you to those wild and wonderful beings of Fire.