



## Feng Shui: How to Balance Your Space with Color

Although developed over 4000 years ago, the Chinese design technique of feng shui is making a comeback. Used to promote the flow of healthy, positive energy, feng shui can balance your space, make your home more comfortable, and create a sense of harmony in your living areas.

One of the best (and easiest) ways to introduce feng shui into your home is by changing your window treatments. Changing your curtains, shutters, or blinds is a great way to take advantage of colors and materials that will enhance the “chi” of your space. In this article, I’ll show you how colors and materials are used in feng shui and which treatment options will be well-suited for different effects.

### Feng shui and color:

In feng shui, colors are expressions of one of five feng shui elements: Earth, Metal, Fire, Water, and Wood. In addition, colors are also categorized as either a yin or a yang expression. Yin colors are traditionally more relaxing, they promote serenity and peace. Yang colors are more action-oriented and add enthusiasm/motivational energy to your space.

To help you choose colors appropriate for your needs, I’ll give you a quick run-down here:



### Earth Elements:

Earth elements represent stability, these colors help enrich and strengthen relationships and help center your energy and the energy of your home. While earth colors can be effective, it’s better to introduce earth energy with the actual substance itself (rocks, soil, clay, etc.). Earth colors include:

**Tan/Beige-**(yang) portrays neatness, helps conceal emotions.

To introduce earth elements and colors into your space, you might consider adding some tan or beige shades or curtains.

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## **Metal Elements:**

Metal elements relate to areas of thinking: they help you be clear, precise, and sharp. When you bring metal into your space, you'll promote decisiveness, efficiency, and clarity. Metal elements are great for home offices. Metal colors include:

**White**-(yang) represents wisdom, learning from life's lessons, new beginnings and clear endings. Increases confidence and is also associated with innocence and purity.

**Gray**-(yin) best used as an accent color, gray can enliven or "clear" your space.

White sheer panels lend airiness to any room, while gray curtains can add sophistication and moodiness to a home office.

## **Fire Elements:**

Fire elements represent passion and strong energy. Bringing fire colors into your space will help you in your career and help you gain recognition in your endeavors. Fire colors include:

**Red**-(yang) arousal, love, passion.

**Orange**-(yang) a social color, great for stimulating conversation

**Yellow**-(yang) creates cheer and is uplifting. Great for brightening dark rooms.

**Pink**-(yin) the universal color of love, soothes the heart.

**Purple**-(yin) the color of connection to spiritual realms, associated with royalty.

Rich velvet curtains are great in reds and purples, there are plenty of orange-tinted wood shutters, and drapes look beautiful in rich golden colors.

## **Water Elements:**

The element of abundance, water colors will "wash" your space and usher in calm, fresh energy. In addition to adding a fountain or mirror, you can use the following colors to introduce the water element into your home:

**Blue**-(yin) light blues represent expansion and gentle growth while deeper hues evoke deep calm and serenity.

**Black**-(yin) traditionally symbolizes money and income, black is also good for protection and inner power. Black is a great grounding color.

To introduce water elements into your space, consider adding some gorgeous blue draperies or throws. Black can be used as curtain rods or curtain tie backs.

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## Wood Elements:

When you introduce wood into a space, you're adding the energy of health and vitality. In addition, wood symbolizes growth. To add wood colors into your space, use:

**Green**-(yin) represents renewal, fresh energy, and new beginnings. Green is a grounding color and is balancing and peaceful.

**Brown**-(yang) traditionally representing industry, brown is a nourishing color that can promote hard work while grounding you.

Again, green curtains can add a sense of dimension and peace to your living area, while brown can be incorporated through wood shutters, blinds, or bamboo shades.

Each home, and each person has different energy needs and aesthetics. I hope this break-down of the feng shui color basics will help you enhance the energy of your space and uplift your home.