

Module 4 - Handout # 1

5 Elements, 5 Senses, 5 Colors in Feng Shui

Element: **METAL**
Sense: **Smell**
Qualities: **Mental clarity, determination**
Shapes: **Circles, ovals**
Forms: **Metals, rocks, gemstones**
Colors: **Whites, light pastels**

Element: **WOOD**
Sense: **Vision**
Qualities: **Intuition, receptivity, trust, openness, inner guidance, cooperation**
Shapes: **Columns, poles**
Forms: **Trees, plants, woods**
Colors: **green and blue spectrum**

Element: **EARTH**
Sense: **Taste**
Qualities: **Physical, grounded, organized**
Shapes: **Squares, rectangles**
Forms: **Tiles, ceramics, pottery**
Colors: **yellows, earth tones.**

5 Elements, 5 Senses, 5 Colors in Feng Shui (continued)

Element: **FIRE**
Sense: **Touch**
Qualities: **Digestion, enthusiasm, leadership, emotional balance**
Shapes: **Pyramids, cones, triangles**
Forms: **Suns, flames, animals, people**
Colors: **Reds and red spectrum**

Element: **WATER**
Sense: **Hearing**
Qualities: **Spiritual, meditative, flowing, trusting**
Shapes: **Asymmetrical, takes the shape of its container**
Forms: **Glass, mirrors, crystal, water**
Colors: **blue, dark blue, charcoal gray, midnight blue, indigo**
