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What Activities Are Like the Elements in Feng Shui?

There are five elements in Feng Shui: Water, Wood, Fire, Earth and Metal. They are represented in balance in Nature and often have supportive and destructive relationships. These elements also belong to different types of sporting activities.

If you love aggressive sports such as tag football, boxing or wrestling and are motivated, focused and determined then chances are you are a Wood Element. Wood people normally have great stamina and strong constitutions. When you use a sport to increase Wood energy the more aggressive, inherently competitive or dangerous the sport is, the more the Wood energy is activated.

Fire sports always require at least another person to play, like ping-pong, tennis, beach volleyball, croquet, softball, most styles of dancing and so on. Fire-type people are usually outgoing and very social, always looking for the next get-together. If you feel you need more Fire in your life then consider some of these activities.

Earth type sports/activities are team-oriented. With the Earth quality the better the team members support each other, the better the odds are of winning. Examples of Earth sports would be basketball, football, baseball and soccer. Earth people are quite "grounded" and determined.

With the Metal-type of activity it is about individuality. The challenge is more between the individual and the sport than a team effort. A great example would be gymnastics, cycling, archery, ballet, ice-skating, golf or billiards. Metal people are usually very intellectual and like to be in control. The heavier the imbalance in Metal an individual may have, the more controlled they become. (Tip: add some Fire element into their lives.)

Water element activities are the most obvious: swimming, snorkeling or Scuba diving, snow- and water-skiing. Also cross-country skiing and my favorite: yoga and meditation. Water is about the ebb and flow of life and the rhythm we live. If you can balance out your lives with some of each activity then you are a well-rounded individual.