Feng Shui Your Garden

- Feng Shui is an art of reaching harmony in life, a practice that comes from China.
- It is believed that if a place (home, garden, office or anywhere) is arranged according to the Feng Shui guidelines it remains, prosperous, peaceful and harmonious.
- The goal is to harness energy forces and establish harmony between an individual and their environment.
- When the environment supports us, we are more optimistic, happier and nicer to other people.

Gardening with the Feng Shui Principles of China

The Classical Gardens of Suzhou are a group of nine gardens in the Suzhou region of the Jiangsu province, China. These gardens are acknowledged as masterpieces of the classical Chinese garden design.

Incorporating these 5 elements into the garden – **wood, fire, earth, metal, and water** – can help promote balance:

1. **Wood:** Plant evergreens such as rosemary.
2. **Fire:** Sunlight is a fire element, also add plants with red accents.
3. **Earth:** The soil is earth, but to incorporate more, add rocks.
4. **Metal:** Plant white blooms or add a wind chime. The color grey also represents metal.
5. **Water:** Add small fountains, birdbaths, or even a basin of water in a beautiful bowl.

How many of the 5 elements of Feng Shui can you find in this photo?

Cover up answers:

1 Wood = trees, bark mulch & fence, 2 Fire = fire pit & sunlight, 3 Earth = mountains, soil & rocks 4, patio furniture 5, Water = lake

Vital Life Energy = Qi (Pronounced "Chi")

Bamboo is believed to be a plant which brings peaceful and good energy into the home and garden.

Ways to increase positive energy (qi) flow in the garden.

- Prune dead plants/leaf tips and clip off dried flower heads.
- Clear fallen leaf matter from soil.
- Cut back tall leggy plants to optimize air circulation.
- Plant colorful and aromatic flowers and herbs.
- Add a diversity of plants.
- Till in fresh soil to create more air flow in the ground.
- Keep fan (wind) on 24/7 (on low setting) in an indoor garden.

Caring for plants does wonders for your own wellbeing, an abundance of scientific research suggests. The physical exercise can contribute to a healthy weight and blood pressure levels, and just interacting with flora can improve your mood and mental health.

- Gardening burns calories.
- It helps lower blood pressure.
- Gardening can relieve stress.
- It boosts your mood and can make you happier.
- It can provide a source of community.
- You can grow your own nutritious and pesticide-free food.
- Gardening can help protect your memory as you get older.