

The Five Elements Guide

Wood · Fire · Earth · Metal · Water — The Foundation of BaZi, Feng Shui & Flying Stars

Every person, space, and moment in time is shaped by the interplay of Five Elements. Understanding your dominant element — and the ones you’re missing — is the first step toward reading your BaZi chart and working with your home’s energy consciously. Use this guide as a starting point, then discover your personal element blueprint in a MiniBaZi reading.

THE FIVE ELEMENTS

Wood 木

Spring · East / Southeast

PERSONALITY

Visionary, growth-oriented, idealistic, likes to plan and initiate. Natural leader who starts projects with enthusiasm. Can become rigid or frustrated when blocked. Driven by purpose and expansion.

IN YOUR HOME

Green and teal colors. Tall vertical shapes (columns, tall plants, vertical art). Live plants and fresh flowers. Rectangular forms.

WHEN IMBALANCED

Anger, frustration, indecisiveness. Difficulty completing what you start. Feeling stuck despite big plans.

Activation tip: A healthy thriving plant in the East activates Wood energy. Water nourishes Wood — a small fountain nearby amplifies growth.

Fire 火

Summer · South

PERSONALITY

Charismatic, expressive, passionate, intuitive. Draws people in naturally. Loves recognition and meaningful connection. Can burn out or become scattered when overdone.

IN YOUR HOME

Red, orange, and bright pink. Triangular and pointed shapes. Candles and lighting. Artwork depicting sunrises, people, or animals. Fireplaces.

WHEN IMBALANCED

Anxiety, overreaction, scattered energy. Difficulty with boundaries. Chronic restlessness.

Activation tip: The South area of your home governs fame and recognition. A lamp or candles here amplify Fire energy. Avoid too much Water (dark colors, fountains) in this area.

Earth 土

Late Summer · Center / SW / NE

PERSONALITY

Nurturing, reliable, loyal, practical. The caretaker who holds everything together. Can over-give or become stubborn and overly cautious. Craves stability and belonging.

IN YOUR HOME

Yellow, beige, terracotta, and earth tones. Flat, square, and low horizontal shapes. Ceramics, stone, and clay. Crystals. Grounded, cozy textures.

WHEN IMBALANCED

Worry, overthinking, codependency. Difficulty saying no. Physical complaints around digestion or weight.

Activation tip: Crystals and stones in the Center, Southwest (love), or Northeast (knowledge) strengthen Earth energy. Decluttering creates the stability Earth craves.

Metal 金

Autumn · West / Northwest

PERSONALITY

Precise, disciplined, principled, and structured. High standards for themselves and others. Excellent at analysis and organization. Can become overly critical or emotionally detached when off-balance.

IN YOUR HOME

White, grey, silver, and gold. Round and oval shapes. Metal objects, bells, and chimes. Minimalist spaces with clean lines. Mirrors.

WHEN IMBALANCED

Grief, rigidity, perfectionism. Difficulty letting go. Social withdrawal. Overcritical inner voice.

Activation tip: The West (children/creativity) and Northwest (helpful people) are Metal sectors. Wind chimes, metal bowls, or white flowers here enhance clarity and support.

Water 水

Winter · North

PERSONALITY

Wise, reflective, intuitive, and philosophical. Deeply perceptive with a natural pull toward depth and meaning. Can become fearful, isolated, or paralyzed by too many possibilities.

IN YOUR HOME

Black, navy, and dark blue. Flowing, asymmetrical shapes. Mirrors and glass. Actual water features (fountains, aquariums). Wavy or undulating forms.

WHEN IMBALANCED

Fear, isolation, chronic fatigue. Overthinking without action. Feeling adrift or without direction.

Activation tip: The North governs career. A small fountain or water feature here activates opportunity flow. Metal feeds Water — add silver or white accents nearby for amplification.

THE GENERATING & CONTROLLING CYCLES

Generating Cycle (nourishing)

Wood → Fire → Earth → Metal → Water → Wood

Each element feeds the next. In your home and chart, this creates natural flow and support.

Controlling Cycle (checking)

Wood • Earth • Water • Fire • Metal • Wood

Wood controls Earth · Earth controls Water · Water controls Fire · Fire controls Metal · Metal controls Wood. When one element dominates, its controller brings balance.

Ready to see exactly which elements appear in your BaZi chart — and what they mean for your life, relationships, and home? **Get your MiniBaZi reading at danellemiller.com**