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Candle Ideas - Illuminating Your Feng Shui

By. Cindy Brock

Have you been wondering what Feng Shui is all about? Or perhaps you are familiar with it, but are looking for ideas on how to incorporate its positive benefits into your life? Regardless of which situation you're in, this statement applies: one of the single most effective ways to take advantage of the amazing results with Feng Shui is by using CANDLES! Candles are both an inexpensive and affordable way to change the entire feeling and look of interior (or exterior) space. They allow you to set a mood as well as unleash an array of feelings for those who gaze upon them.



While there are many aspects to Feng Shui, one of the most prominent revolves around the harmonizing of the five key elements: FIRE, METAL, WATER, WOOD, and EARTH. Each element brings a special enhancement to the surroundings in which it sits. And, by adding one or more candles to a room in a specific color or pattern, the flow of energy changes, creating some very unique and interesting outcomes.

For each element, there is an associated dynamic along with a corresponding color.

Dynamic	Element	Colors
Energy	Fire	Red, Orange, Yellow, and Purple
Mind	Metal	Gold, Silver, Cooper, White/Ivory
Spirit	Water	Blue, Gray, Black
Soul	Wood	Tan, Yellow, Brown
Core Being	Earth	Green, Brown, Blue/Green

Simply select the area of your home in which you wish to make a specific type of change, and add a candle(s) that represents the element. Here are some great suggestions of fragrances/colors to choose offered through Candles of Eden:

FIRE



As you bask in the glow of a fire, you can both see and feel the energy it generates through the variety of reds, oranges, bright yellows, and purple. The high-intensity of the Fire element is going to do nothing short of lighting up and sparking your life.

To release or enliven that romantic and passionate spirit, choose Frankincense & Myrrh (purple), Sultry Seduction (red), or Sandalwood Sensation (red). To clear your senses and open your mind to bring forth new ideas, selecting Orange Clove (orange), Lemon Blossom (yellow), or Jasmine Breeze (yellow) will help to clear your senses. And don't be surprised if Lavender Mist (purple) and Jasmine Breeze (yellow) candles seem to draw people to you!

METAL



Considered to be the strongest Feng Shui element, metal is used to tap into your intuition and creativity. This is particularly helpful in your life when it comes to money as well as your relationship with others. Think about using a Mind Stimulation Candle such as "Meditation," ideal for helping you to tune into this inner aspect of your self. Another way to escape from the world around us so we can listen to our creativity and intuition is by stepping back in time and releasing memories of our past – when life was good, and you hadn't a care in the world. How about Scrumptious Apple Pie (the kind mom made) to recharge your "mind's energy," or the smell of coffee with Crème Brule Café for a quiet, contemplative moment? Remember, all of Candles of Eden's SoyLuscious™ Soy Candles are available dye-free so they are all potential metal elements.

WATER



As water flows, so does the energy it carries. As we gaze upon it, we feel an inward tranquility and even spirituality overtake us. Quite simply: it gives us a sense of peace. With everything going on in our individual lives, finding and centering ourselves is essential to ensure that our internal energies continue to flow ... and that they flow into all areas of our lives. Close your eyes and look into the waters depths and you'll see all the shades of blue, smell the freshness of the air, and notice the smoothness of energy moving about. If your water of choice is the ocean, Seashell Cove (blue) brings the beach to you. For the crispness of fallen snow in the forest, Winter Dreams (blue ice) offers a mystical sensation when there's not a drop of snow or a tree to be found. And to help focus your inner being, select a Chakra Aligning Candle in blue.

WOOD



Envision a tree with its continual cycle of growth, sending out new branches and leaves, changing with the seasons, and reaching taller and taller towards the sky. This is what the element wood offers you. If you're feeling that your life has become too 'status quo' and a much needed change is required, unleash the growth within yourself with Eden (green). Perhaps some 'extra power' is important to keep you moving toward a special goal. Fallen Leaves (forest green) offers the strength of wood to shelter you from distractions. Sweetgrass Fields (green) ensures that you are mindful of your journey, and that the slow, steady progress will yield a far better experience.

EARTH



This element is related to balance, stability, feeling grounded, and obtaining support from your surroundings. Maybe you're feeling that your life has become too chaotic, and could use some quieting down. Or perhaps you don't seem to be able to focus on just one thing, or your focus on that one area of your life is not remaining steady. Try introducing a candle in one of the following colors: yellow, beige, or tan. Select a scent based upon the type of rebalancing or stability you feel you need. Bamboo Jungle (tan) helps you contemplate your situation and find new and creative solutions for bringing your life back under your own control. Citrus Gardens (yellow) is like a breath of fresh air that enlivens your senses and recharges your whole being. It will give you that motivation to move ahead and get rid of all those little, annoying things. Then you're free to focus on what's important. Patchouli Haze (earthy brown) brings back the connection you are seeking with yourself, your surroundings, and with others.

Decorating trends today are such that mixing and matching items, and displaying collections of items - such as candles in different colors - is perfectly acceptable. To successfully incorporate a combination of candles into your home, do the following:

- Have a clear picture in your mind as to the room's function.
- Next, choose a candle for each element that enhances the intended functionality.

<u>Room</u>	<u>Fire</u>	<u>Metal</u>	<u>Water</u>	<u>Wood</u>	<u>Earth</u>
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Kitchen	Candy Corn	Scrumptious Apple Pie	Snow Crystals	Tibetan Black Tea	Chocolate Indulgence
Bedroom	Tiger Lily Melon	Vanilla Incantation	Baby Powder Fresh	Fallen Leaves	Bamboo Jungle
Office	Raspberry Ecstasy	Peppermint Spirits	Blueberry Bliss	Eucalyptus Cloud	Caramel Delight
Living Room	Guava & Green Tea	Meditation	Herbal Pastures	Lime Cilantro	Egyptian Musk
Bathroom	Sunflowers & Sea Mist	Buttercream Crunch	Sun Dried Linens	Crisp Cucumber Melon	Hot Cinnamon Bun

Deciding which candle to light (because you certainly won't light them all at the same time) is easy. Just ask yourself what atmosphere you want to create. For example:

- If you're a slow starter in the morning, wake yourself up with the fresh scent of Sunflowers & Sea Mist.
- When that mid afternoon slump hits, choose Peppermint Spirits to get your creative juices once again flowing, and reawakening your senses.
- After a day of "hustle and bustle," unwind with the smell of ivy and rosemary found in Herbal Pastures.
- And, if you're striving to move forward with a project or goal, try Tibetan Black Tea.

Candles are – by far – one of the greatest choices you can make for improving your environment...and getting your Feng Shui positively working for you!

* View Candles of Eden's [SoyLuscious™ Soy Candles](#).

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