

## **Professional Spotlight Interview Series**

“Balancing the Elements”

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Featuring Stephen C. Benton

**Catherine** Hello. I want to welcome everyone to the Professional Spotlight Interview Series. My name is Catherine Murray, the moderator for today’s call. This call is being recorded on Wednesday, October 4, 2006, and all the material that is presented is for informational purposes. We can not guarantee the results that you will get from the material because it’s going to vary depending on the effort put forth by each individual. This recording is copyrighted and all rights are reserved by Wind and Water, Incorporated. That means no use without express permission from Wind and Water, Incorporated. Featured in the Spotlight today will be Stephen Benton, owner of [www.FengShuiHomes.net](http://www.FengShuiHomes.net). Our interviewer today is Candace Czarny, the Feng Shui Expert. Welcome Candace!

**Candace** Hi. As Catherine said, my name is Candace, and I’ll be interviewing Stephen Benton today. Stephen is from Michigan and he received his Feng Shui Practitioner Training from David Daniel Kennedy. You’ve probably heard of him, he’s the author of Feng Shui for Dummies. I’m so excited to interview Stephen today because he blends together a spiritual sensitivity, common sense methods that he has put together and he is going to share with us today. Stephen, why don’t you tell me a little bit about, a lot of people perceive Feng Shui as sort of a religion. Can you talk about that a little bit?

**Stephen** Absolutely. Feng Shui is not a religion. It is really complimentary with any spiritual beliefs or religion that a person practices. Essentially Feng Shui is an attempt to improve one’s earthly luck. We have heavenly luck, which is known as astrology. And an earth luck is the luck that we have based on our environment, based on the landscape and the way the energy flows in our homes or in our

businesses. Feng Shui is not trying to replace religion or spiritual practices, in fact, it's trying to support what the person already feels comfortable with and to strengthen that even further. So, if a person is Buddhist or Catholic or Hindu, they can continue to practice those spiritual beliefs and enhance those even more.

**Candace** Stephen, that earthly luck thing sounds really incredible. I haven't heard it talked about like that, could you explain that a little bit more?

**Stephen** Well it is kind of an ancient term. Earth luck would be in relationship to the idea of heavenly luck and the whole idea is that the way the planets were arranged when we exited our mother's womb has a great impact on our lives. It kind of has a description of what we are here for, what our purpose is. And the earth luck would be similar to the planetary positions except it would be a little bit closer to home, not so far out in the universe. So, earth luck would be, well, do you live in a really nice place? Is it clean? Is it organized? Does it have good energy? Is it a ghetto? Is it dirty? Does it make you feel depressed when you go back to your house. That kind of thing. So, it really is the psychological impact that the living space or environment has upon oneself. And if it's a good impact, if it's a good psychological influence, then the tendency would be for the person to create a good life. And that is really the whole basis of Feng Shui is to get that person to feel so good and strong and empowered that they can make good choices, think clearly, speak clearly, and act clearly.

**Candace** Wow, I love that concept. Earthly luck.

**Stephen** Yes, it's a good one.

**Candace** Tell me why nature is emphasized in general Feng Shui principles.

**Stephen** Well nature is really an incredible healer, first off. If you go to a doctor and you've got problems, they'll recommend that you get outside, get fresh air, that kind of thing. It goes along with common sense. We want to be in beautiful surroundings. We want to surround ourselves with beautiful landscapes. Places that don't have a lot of smog, that don't have a lot of man-made structures that are taking away from the natural beauty of the environment. So, it's important to maintain our spiritual connection to the environment because it is like connecting with, it is symbolic of connecting with your soul or connecting with your Creator,

so to speak. Because in real terms, most spiritual systems would view the earth and nature as a creation and by being in tune with that creation, you somehow get in tune with the author or the creator of that creation. In ancient architecture in China, the structures were often times designed to have a park, or an open airway space, with maybe a little pond, and a pagoda in the center of the home, if you were wealthy enough to have such a structure. And so you could go into the center of the home and you could feel that connection to nature and you could reduce your stress and feel that intimate oneness with the elements with the earth, the water, the fire, the trees, the wind and so forth. And just by doing that you felt better afterwards. And so then you could go back to your life and feel recharged and create a better relationship or a better business, or just feel better overall. Does that help to explain that?

**Candace** Yes, that makes it really very clear to me. Can you tell me what other points in addition to nature that would be helpful in understanding Feng Shui?

**Stephen** Oh sure. Well there is essentially, nature is an incredibly important point, but there are other points too. Our living spaces are live. They are constantly sending out messages to the Universe and into us. Our homes are like bodies and our energies and lives unfold in these larger shells, so to speak. The home is just a shell. If we had developed stronger bodies, we wouldn't have to have a home. The Feng Shui would be more about creating a better environment on the earth. But since our bodies are sensitive, we have to protect ourselves from the rain and from the snow and other elements, so we have these structures. And understanding what kind of messages our homes are broadcasting is important. Everything happens to have some sort of meaning or message, there are symbols everywhere. Like if you have, on your wall, you've got paintings or posters of different images. You might have some spiritual art, maybe some art you've done, or you might have some pictures of places you visited, places that you'd like to visit. Those are always nice, those are inspiring. We want to go places that are delightful and often times that are beautiful to the senses, nature places. I personally like the ocean. So, I've got a poster of a surfer that is surfing into my living room, he's quite toned and the water is pretty rugged and so I am kind of

inspired with his strength and his courage, so it's sending a message to me of strength and courage, but also it is sending a message of the water element which is an element that I like particularly well because I love being near the water. I think most people would agree, it's a healthy place to be.

So, the messages, we have to look through our space and say hey, what kind of messages are being broadcast here? I remember a client that had a beautiful painting and it was in their bedroom. I thought it was really gorgeous, it was a beautiful rendition and so forth. But the message that it is broadcasting, I think it is misplaced. And I don't think I could have a painting like that particularly in my bedroom. It was an image of a woman who had obviously sustained an injury. She was, I think she was riding a horse and she was in a circus. And her boyfriend, or her husband, was a clown and he was standing beside her. And there was a doctor who was writing down some sort of recommendations or prescriptions for her healing. And she obviously was in pain. And then there were horses in the background. You could tell it was a circus atmosphere. So, beautiful painting, well done. But the message was, a woman who was sick or in pain. And it was interesting that the client that I had that lives in that room with her husband, was often times very sick. And so, I suggested to them, what do you think about taking this painting and maybe trading it out for something that is a little more uplifting. So eventually they did in their own accord. But that is an example of let's say, a message that may not be particularly positive, but it's beautiful artwork. We want to have the artwork in her house, but the message, we have to come to some sort of place of, this isn't a message that I want to have in my life, so we get rid of it. So, that is messages.

Energy flow is another important point of Feng Shui. The front door is pivotal. In most schools of Feng Shui, they say the front door represents the portal. It is the entry way for the energy to get into your life, or life experience. It is very symbolic. It represents the mouth so to speak. In fact, an interesting story. I had a toothache at one point, and I realized that my front door was very tenuous, it opened and closed but the hinge was loose and I realized I could just take a screwdriver and tighten it up. And so I did, and soon after, probably the next day,

I think the toothache was completely gone. So, small little nuances like that can make a huge difference.

**Candace** That is pretty amazing.

**Stephen** Yes, when you start looking at stuff and really pay attention to those messages, you can find some interesting things. And so the energy flow, we want energy to move into our house, like blood flowing through the body, or the oxygen flowing through our lungs. We want to have energy flowing so we can live and thrive and prosper. Energy flow, when you are moving into an entryway, you want to have it as big and bright and open and free as possible. You don't want to have a bunch of clutter that kind of restricts the flow and restricts that area of entry. So, ease of entry is important. It is like the breath or water. And that is a good allegory for Feng Shui. If we can always think in terms of well, how could water, or how could breath move through my home? How can it get into my space. Can it get in, in the first place? And if so, that's great. And how, after it has entered into my space, does it actually flow. Does it flow well, does it get stuck in certain areas. Often times, places that are cluttered or we don't really feel comfortable hanging out in, maybe there is a certain place in your house, you just don't feel good about or you tend to pile up your papers and books there, those are often times psychic places where the energy is symbolically then, you've got it blocked, or stuck, or stagnant, because there is a physical evidence that shows, well, it's not well kept, it's dirty and it's cluttered. So those are the physical queues that you can observe that say, there is a bit of an issue or restriction here. So, in regards to energy flow, again, paying attention and you get queues and it comes very readily.

The other idea that is interesting in Feng Shui is the idea that really everything in the Universe is connected. There is nothing that is separate from anything else in the Universe. The planets, their energies, they all impact us. And this is the astrology that I spoke of earlier. Our environments, our homes, the land, their living spaces that interact with us directly. And their energies impact us fully. It is either beneficial or non beneficial energy that is coming into our lives. So, Feng Shui is determined to work on that energy to say, hey, I understand that I'm a beacon here, my home, or my office and my thoughts of course. What I'm doing

with my mind and my speech and my actions, of course, very important aspects in the whole process. What we are focusing on today is the Feng Shui, so that is our environment. So, we want to remember that, what we are broadcasting here, the whole environment, let's just say our home, it's got a collective message. And what is the message, or messages, that are being continuously broadcast? Those messages are connecting with the rest of the Universe, which is then, returning that information to us. And because the Universe is so connected and interwoven, it works very well. Does that make sense to you Candace?

**Candace** Absolutely. I'm really loving it, and hoping the people that are listening are understanding this difference between, because we are talking about Feng Shui and that earthly luck, but you also had mentioned a couple times the heavenly luck, which is astrology and how that also is a factor in what happens in your life. So let me ask you, because a lot of people have some confusion and some people are afraid to do Feng Shui because they may do something wrong. Is there a wrong way to do Feng Shui? Can you address that for the listeners?

**Stephen** It's hard to say that there is a wrong way, because that implies that the person is just, you know, that there is a really, really right way. And I don't think there is just one right way, there are just better ways, better and better ways. Everything works toward good and this is really, this is important to remember. For instance, in the 5 Element Approach, like if you were to place fire in the south, that would be where it goes. Actually, I should say fire, not necessarily just in the south, that is the traditional compass school, but fire in the BaGua that relates to fame. Fame and recognition and respect. And then if you were to consider the BaGua of career and communication, you would be thinking of water. But sometimes those flip flop, depending on where the person is at. Maybe there is too much water in the area related to communication. Maybe a person is inundated with communication. They need to have a break. And so perhaps putting fire up in the area that is related to communication would help to tone down and evaporate some of that water. Conversely, a person who is not very good with communication, they wouldn't want to put fire up there, they want to enhance their water element. And

enhance that even more so that the water can continue to flow. The water being symbolic of communication, creativity as well.

**Candace** Stephen can you, since we've started talking about the elements, can you for the listeners who aren't really familiar with them, can you just give a brief overview of what the elements are and how they fit into the BaGua?

**Stephen** Absolutely. The 5 traditional elements from Feng Shui would be Earth, Water, Fire, Wood and Metal. There are other schools that say, Earth, Water, Fire, Air and Ether, but Air and Ether exchange, Air would be Wood and Ether would be, no, Air would be Metal and Ether would be Wood in the other systems. So, it gets a little confusing in certain respects. But the whole idea is that there is an interplay of the 5 elements in nature and so we are trying to mimic what we have in nature and bring it into the environment so that the environment has that natural flow, just like nature does, with the sunrise, with the airflow, with the earth and the groundedness and solidity and heaviness of the earth. It's not going to just be moved from small little wind, hopefully. Then the metal implies a strength or a boldness. The wood would be something that would strengthen fire, it strengthens the growing of fire. So that could be very helpful with say, if you are trying to strengthen your fame or your reputation, they always recommend having plants for the fame BaGua because that strengthens the wood element and wood feeds fire is the element that relates to fame and respect and recognition. Prosperity. When we think of prosperity, we think of a couple different elements. We think of wood, we think of water, so bamboo or plants are always good for that. Water is always a typical traditional Feng Shui cure or enhancement for prosperity.

**Candace** And where would they put those?

**Stephen** Depending on the school, using the Black Hat School, it would be very clear. It would be based on the entry way. It would be the upper left hand corner if you are standing in the doorway of the home, you use the upper left hand corner of the space. Or if you are looking into your room, you determine it based on standing in the room looking in, it could be in the upper left hand corner would be prosperity and blessings.

**Candace** Great, and so that's where you would be recommending using like bamboo and water?

**Stephen** Yes. Absolutely.

**Candace** Wonderful. I know all of our listeners are always interested in prosperity.

**Stephen** Oh yes, everyone I talk to, everyone wants to get more prosperity. That is a big one and then love relationships, communication, inner peace. Health is usually a big important one too. That is definitely an important one.

You know, I had an interesting experience in Australia. An acupuncturist had done a reading for me and he had mentioned that I had too much fire in my heart which I didn't really understand, so I asked and I said, my physical heart or my spiritual heart? And he said, it's your spiritual heart. And his name was Feng, interestingly enough because it's the first word in Feng Shui. He instructed me to begin a daily meditation in which I imagine water filling my body up completely. And this is really good because at the time I was living in Canberra, Australia which is really very arid, not very much water. He also mentioned, the second point was that maybe you should move somewhere else, closer to the ocean. Because you really require that fire element. And also he said, winter climate might even support the water element further, because snow and that type of a climate really is, it's like water, it has just been condensed, so it would be strengthening for the water element which is related to kidneys in Chinese acupuncture. So, I left feeling like I had a pretty incredible elemental balance with him and I did move from that area, I moved up to Sydney, which is right on the ocean and I felt a lot better being near the water and getting more rest and drinking lots of water really helped with that overactive fire element as well. So, in Feng Shui, when we are working on the elements, we are not just working on our environment, we are working on our own bodies. We are working on our psychology. If there is an elemental need in our body, we can help to correct it with the Feng Shui. We still have to eat food and drink water and so forth, and take care of ourselves, but we can help to correct that imbalance through the environment.

So if a client, for instance, had too much fire...

**Candace** Before you start, let me ask another question.

**Stephen** Sure Candace.

**Candace** Can you, because I'm just so engrossed in listening to your story here, can you explain to our listeners each of the elements and which one supports the other so that they can take that and utilize that in their home. Remember when you were talking about prosperity and water would feed that, could you go through the elements and tell them which element feeds the other and enhances it?

**Stephen** Yes, a real basic understanding of how the elements improve the life qualities, would be like we mentioned before, the wood, the plants or the water would be very recommended for prosperity. And then we have for fame, I'm just going to do a clockwise circle around the BaGua. For fame, and respect and recognition we would be thinking about fire because it is related to the sun. The whole idea of the Venus and when the sun reaches the highest point in the sky, it is symbolic of a person's star has risen. They are becoming more outwardly recognized. They are becoming more viewable so to speak. And so we would want fire to be stimulated in the fame and the rank and the respect BaGua. So you could use candles, again, you could use wood, because wood stimulates fire. You put wood on a fire to help it grow, that kind of thing. Moving over to the marriage and the loving relationship sector, the element that it is related to would be earth and so, what would help in that area would be to have images that would be either color representations that would relate to the earth, landscapes of the earth. Images of relationships, of couples, of pairings that would include the psychological aspect of being in relationship. The element that would help to strengthen relationship again, would be fire. Fire would help to get that romance off the ground and get it kindled and then the earth element would help to bring it to fruition and help it achieve longevity. And then continuing with the candles, the candle idea. Wood would not necessarily be an incredible benefit in the marriage sector. But the fire and the earth would be the two premium elements. And then we move over to creativity and children. We would be thinking of the element that best is represented in that area would be metal, which is interesting. Kids are very creative. I don't know why they determined metal for that area, but they just do.

So the creativity, the child likeness, the innocence aspects of oneself would be enhanced through say, a metal wind chimer, a number of metal wind chimes, things like this. Images that would be playful that would enhance that creative childlike side. Those would be good elemental enhancements. Anything metallic. And then again, earth colors, yellows would be of imports of blessing in that area as well. And then we come to, where do we go from there, we go from there to helpful people I believe. Helpful people would be the next quadrant. And helpful people would be weakened by fire but it would be enhanced greatly by metal. Again, those 2 quadrants share the same element. The children and the communication and the childlikeness and playfulness area of metal and then the helpful people, whether it's spiritual helpers from the other dimensions or angels or spirit guides, our Creator, or if it's people who we know, friends, family. You could put images of people that you would like to have be helpful to you. Images, your family, friends, loved ones, it would be nice to have your family and your friends helpful to you. That is always a positive. And so the metal elements again would be enhanced with helpful people and spiritual helpers. And then we move from the helpful people area, we move to career and communication. And obviously that is an incredible water element, that is a big water element, perhaps one of the biggest. So, water and wood would be very good elements in those areas. The wood would help to draw the water up symbolically and help them move it, elevate it, so it's not so stagnant. And then the fountain obviously would get the water circulating, ideas would get moving. It would be symbolic of greater communication, enhanced communication with others and with oneself, perhaps through writing, telephone calls, business contacts. It could even result in travel relating back to helpful people which also relates to travel. The next Gua, we would move over to the self knowledge, wisdom. Self knowledge is very important. We have to have a time to get back to ourselves and get centered, time not just running around doing our 'to do' list and being frantic, getting our groceries. But we need time that is just, ah, okay, I can sit and read a book and not have any distractions and I feel very much that I'm getting in tune with my own energies. Again this area would be empowered by the earth element, particularly

images that promote a sense of strength, a sense of introspection, a mountain, is always a good picture for the self cultivation area, for the self wisdom area and inner peace. It's got solidity, it's got a sense of stability and it's got a sense of rising up, a clear perspective. You can see for long ways. That is always positive. You want to be able to see for long distances. And images of birds I think would be very important particularly birds that are regal, like an eagle, or a hawk. They have far seeing eyes. An owl, that would also give a sense of that deep wisdom and introspection, patience. Then the next Gua we would move to would be family and ancestors Gua, which would be very much dedicated to the wood element, wood rises up and it grows. And we want to have either wooden products there, desks, or things that are made out of wood. Another thing that would help the wood element to grow strong is, of course, water. So, the wood area would be strengthened by a fountain. Those are 2 elements that work very much in tandem, wood and water. Strengthen the ancestral connection, the family connection, the relationships that we have with our family members, whether alive or passed over at this point. Those relationships go on. And wood is symbolic of that family lineage, that family connection.

And then finally, for the final area, would be health. And health would be related to the earth element. And generally the earth element is thought of as in the very center of the structure, giving the solidity of connection. All the other elements kind of are the spokes and the earth element is the central hub. So, we want to keep the central hub nice and free and clear. If you had like some nice stones or some objects or images that implied connection or groundedness, representing images of the earth, a globe, things like this that okay, we are all living on the earth and you are strengthening the earth element through various messages of images as well. How's that? Does that work?

**Candace** Wow.

**Stephen** It's a mouthful.

**Candace** Well, there really is so much just in this one arena of Feng Shui to learn and know about.

**Stephen** Yes, it's vast.

**Candace** I think you've been really, that was a really clear understanding of the different BaGuas and the elements that are attached to it. What I really enjoyed was hearing about, not just the elements that are attached to each Gua, but also, what other elements support that, and what elements not to use. That was really incredible. Can you give me a few more examples about the elements and how you have seen that play out in some of your clients' lives?

**Stephen** Sure, I'm trying to think of some very specific instances. I've had a client that had some legal problems. And was really having a difficult time. And I think that there was a lot of overabundance of red in his environment. And I recommended that a lot of these tapestries, these red tapestries be just taken down for the time being, I didn't think he needed the extra publicity, and it wasn't good publicity. It was fame, but none the less, it was not positive fame. And so, he did take those tapestries down and he added a couple fountains in place of those symbolic fiery tapestries. And the legal case did work itself out. In fact, he didn't have to go to court over it. So, I think that is an example of, I don't want to say, bad Feng Shui, but less desirable ways of orienting the space. Not to say that the Feng Shui caused this, but perhaps complimentary and by changing the Feng Shui, he could modify the messages he was broadcasting and modify the psychology that he saw on a regular basis and begin to identify less with a fire element and more with a water element, which I think was beneficial for him over the few months that that was ongoing. And then the case was just completely dropped. So, that is an interesting example.

**Candace** What I hear you saying then is that you can use Feng Shui to actually change the circumstances in your life?

**Stephen** Yes, you can Feng Shui intentionally to change circumstances. Again, there are a lot of other factors, particularly the factors of well, what we are thinking and what are we speaking and what are we doing that are very important factors as well that go along with the Feng Shui. So, we have to pay attention to all those factors too.

**Candace** But changing the Feng Shui, can that change a person's thinking?

**Stephen** It can. It can influence a person's thinking, I mean, just imagine if you grew up in a palace and were surrounded by beautiful surroundings all the time and that type

of ambiance would be just amazing compared to if you lived in a really gross apartment that was just dirty and so forth. Yes, absolutely, the environment has an amazing impact on our circumstances. But then again, you hear people who live in these really depressing environments that come out of the ghetto and make something of themselves. So, there's always these other stories of people that transcend the limitations. And the poor Feng Shui would obviously be a limitation. If you can enhance the Feng Shui, then you get a lot of that limitation out of the way, it's a little easier to create that life that you really want. So I agree with you fully.

**Candace** Wow, let me ask you. Are there other cultures that use something that is similar to Feng Shui or something like the elements?

**Stephen** Almost all of the original Aboriginal cultures do. The Hawaiians have a system, the Native Americans have a system that would be more related to the medicine wheel, setting up the elements so that the elements surround oneself. That is a fascinating approach, the medicine wheel, with the earth, the water, the fire and the air. The air would be represented by feathers or bird, the earth of course, we'd be thinking of rocks, and earthy, hard, things from the earth, stones, crystals, things like that. The water could be just as simple as a bowl of water. Fire could be as simple as just a little candle. And so when you are setting up a medicine wheel or example, which is very complimentary to the Feng Shui systems, you are placing elements in the 4 directions. And then you go in the center. Or the person that is desiring the healing, so the medicine wheel is often times used as a ritual to help balance the person's energy and help them to heal and they would call on the helpful spirits to come and speak and to bring messages to that individual that was perhaps out of touch and needing to really get back and focus and have a ritual to kind of bring them back into touch with that spiritual presence. And so the elements were arranged around that person and then they laid in the center of the elemental structure.

**Candace** Wow!

**Stephen** Interesting, eh?

**Candace** It's very, and I also know that in Europe, they call a form of Feng Shui Geomancy. So, I too know that many cultures have used a form of this science.

**Stephen** Sure, exactly, and I just remembered in India, they call it Vaastu Shastra, which is just another variation.

**Candace** Of the same thing?

**Stephen** Yes, it's all about the idea, the environment's impact and how can we best create the environment so that it really helps us live a better life. Absolutely, they all have a different take on it, but it's all the same thing. It's just how can we use the environment as a jumping off point to get into a better reality, a better life.

**Candace** Let me ask you, can you give us like a short list of the most important things people can look at?

**Stephen** Yes, well, traditionally the front door, the stove and the bed, are what they call the 3 biggies. I want to read a little bit about that for you. The front door, like I said before, represents the mouth, it represents the portal, the energy that comes into the home. The stove represents health, prosperity and the bed represents rejuvenation, rest, intimacy and soulful connection. And depending on where your structure are located in your environment and how they flow, how they work, they can either nourish the person's life or kind of inhibit the person's life. For instance, particularly in the Black Hat School, we don't want our headboard of our bed to be on the same wall that the entry way is at, because it gives a real sense of not knowing what's coming into our lives. The door is maybe right there behind us to our side, and we don't have a clear vision of what is entering. In the Black Hat School, we always want to emphasize getting the bed into a position that is the farthest point from the entryway, which is, sometimes it's not always possible given the architectural layout of the room, or the house, but it is always the ideal. The bed, being important because it stimulates all that rest and rejuvenation. If you can't rest, you can't rejuvenate. You don't have very much left to live a life. And then the front door, again, like I mentioned, it's the portal for the energy to move into the house, so we want to keep everything free and clear. It needs to be clutter free, it needs to be well lit, it needs to be easily found. You don't want to have your guest searching for your front door wandering

around looking, hey, I can't find you, I have to call you on your cell phone, that kind of a thing, that's always a hassle. And then the stove, it's odd, but Feng Shui recommends that the stove represents health and prosperity which is unique, isn't it.

**Candace** You know that, I think for the average person, is a hard thing to comprehend.

**Stephen** Yes, if we understand it from an elemental position, the stove really represents fire and it harks back to the old hearth, that was the fireplace or in earlier times, you used to have a little pit in the center of the teepee, or wherever you happen to live and you had your fire there. The fire was important because it not only cooked your food, but it kept you warm and you could do all sorts of other things with the fire as well.

**Candace** That is a great description of that. I've heard others, but I really like that one.

**Stephen** Thanks. Yes, the fire is important, the stove representing that fire because it helps you prep your food, if you've got good and healthy food, then typically you are going to have better energy. If you have better energy then you are going to create a better life. The importance of eating healthy food, the stove harkens back to that. And prosperity would just be a natural outflow of that better health and that better energy flow of the individual who is eating better meals.

**Candace** Stephen, if you were to just kind of make a recommendation to our listeners on how they, because we've talked so much today about the elements, and how they work and where they are and what they do, can you just kind of, what would be one, or two, or three things that they could do to work on using elements in their home or in their life?

**Stephen** Sure. I always love the idea of fountains. Fountains are pretty easy to work with and you can get them just about anywhere. A fountain is always a good thing. In some areas, it's less good. For instance, you don't want to have a lot of water flowing in the relationship area. And typically you don't want to have a lot of water flowing in the fame and respect area, because those are both areas that are not necessarily nourished by water. Fame is nourished by fire and relationships are nourished by fire and earth. And so, water would be kind of not conducive, it would kind of put out the fire. And earth actually diminishes water because, right

now, as I'm speaking, over on the Big Island, we've got lava flowing into the ocean, it's actually pushing the water away, which is giving more space for the earth, so the earth is kind of taking over there. But fountains are very good for prosperity, for family, for communication, for helpful people, excellent. And I think the fountain could be a benefit as well for creativity, child likeness, innocence, and self knowledge would be benefited as well. Keep that flow of communication and energy moving. What other element would you like to talk about Candace?

**Candace** Well, you touched on the water and fire. Because most people, I think, the biggest issues in their lives are prosperity and relationships. Just do a little highlight on those for our listeners.

**Stephen** Okay. Prosperity is always, you know, for prosperity, I love the symbols of the fish. It's a basic, basic symbol. But fish is such a good image for prosperity. Because the fish usually have lots of buddies and pals that they swim around with. They are never alone. That is always a good thing. Not only for prosperity, but for relationship too. There is often times a pairing or you've got a whole school of fish, so you've got huge amounts of potential relationships there. I'm kind of blending the two here, the prosperity and the loving relationships. I love the idea of fish. I've got lots of fish in my apartment. I've got a fish mobile, I've got fish calligraphy, I've got the 2 Yin and Yang fish, the Pisces fish symbols, and I've read from different Feng Shui people about the importance of fish for prosperity. In fact, Jacob Jelling, in his work, Double Fishes, he talks about fish being symbols of unlimited nourishment, and fish being symbols of abundance, because they grow so abundantly in the ocean. Also, they could be symbols of fertility, because they have such high amounts of presence in the ocean. There are a lot of fish there. We are always harvesting the ocean, there seems to be a lot of fish still available. So, they could be symbolized for unity and marriage as well as prosperity and reproduction and fertility. So, fish can do a lot for you, particularly if they are placed in the prosperity Gua. If they are placed in the living room, near where you dine, it implies that you are always going to have a plentitude of whatever it is you need, because fish are symbolic of plenty. And then again in

loving relationships, in that Gua, fish often times swim in huge schools, you always have plenty of friends, lots of loving relationships. And if you wanted to have just a symbol of unity you could have an image or a picture of 2 fish together. So that would be a nice combination. How does that work for you?

**Candace** I have to tell you, that this has been an extremely informative interview. And I think that you've given people a lot of information, so that they can take this whole concept of the elements, and bring them into their lives and start using them to create a more balanced life for themselves. Stephen, I want to thank you for being so generous with your information and knowledge.

**Stephen** You are welcome Candace. Thank you.

**Candace** And really showing the listeners how they can improve their lives. So, thank you Stephen. I really appreciate your time.

**Stephen** You are welcome Candace, thank you for having me.

**Candace** And I want to thank everyone who has joined us, and to join me in thanking Stephen, because he has done such a great job. I want to make sure that you all have his contact information. Because he really understands this whole concept of balancing. You can reach him, his website is: [www.fengshuihomes.net](http://www.fengshuihomes.net). Stephen lives in Michigan but he does travel and he does travel for consultations.

**Stephen** And I also offer telephone consultations as well. So if you feel like you don't want to have someone fly out to your property, we can do it right over the telephone. You can just fax or email your floorplan and I can work right from that.

**Candace** Fabulous Stephen. Well, there's lots of good stuff on this tape and Stephen, I'm sure, has a lot more inside of him. And Stephen, I hope to see you in the future.

**Stephen** Super, thank you Candace.

**Candace** Goodbye Stephen.

**Stephen** Thanks very much, goodbye.

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