



INNER HARMONY WITH LUANN CIBIK

# *Feng Shui* *for* *The Soul*

**Create a Home for Your Soul!**

*Inspired by the teachings of Denise Linn*  
*Created with love by LuAnn Cibik, Inner Harmony School*

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## Welcome to Your Elemental Soul Home Journey

Welcome to a journey of remembrance — a journey into the heart of your home and the soul of your being.

These pages are inspired by the beautiful teachings of Denise Linn’s *Feng Shui for the Soul*, and sprinkled with my learning through my years of teaching and working with elemental energy.

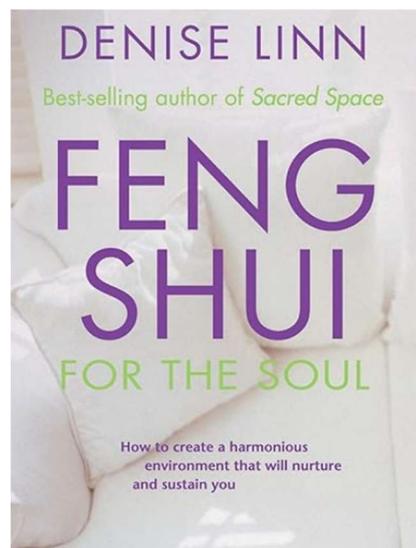
My intention is that this workbook helps you understand your elemental nature, honor your truth, and create a living space that supports your spirit.

Your home is more than walls and décor...

It is your sanctuary, your mirror, your ally, your sacred container for transformation.

As you explore each page, may you feel guided, seen, and inspired.

It is with great reverence and honor that I present this workshop based on Denise Linn’s groundbreaking book “Feng Shui for the Soul”.



You can purchase the book for more details at <https://a.co/d/0PAJYyB>

## Blessing for Your Journey

Let your body soften. Let your spirit open.

May this journey help you see yourself with clarity.

May it guide you to create a home that reflects

your beauty, your truth, and your ancient wisdom.

May your elemental nature come alive.

May your home greet you, meet you, support you, and uplift you.

And may you remember:

You are worthy of a life — and a home — filled with harmony and joy

When I was first certified as a practitioner by Denise in 2002, I was in love with all the various methods and details that make up the realm of Interior Alignment® and Medicine Wheel™ feng shui. I had trained with other teachers, and loved learning the rules about spaces and cures for when the design fell short. But those systems didn't seem to address the people who actually lived there, and who they were really, what they loved, how they thought and operated in the world. The people and their uniqueness are what is needed to make their home feel great.

As I stepped into the role of feng shui practitioner those many years ago, what struck me was how we can just focus on some really basic principles from ***Feng Shui for the Soul*** to create a house that truly feels like a home to the people who live there, AND support their goals and dreams.

I hope this course allows you to more deeply understand yourself, the people you live with and also your home. From there the ideas can spark on what simple changes you can make that brings your house to a home for your soul, AND empowers you to be your best and most shimmering self!



## What Your Soul Craves in a Home

For your home to become a sanctuary where your soul can truly flourish, there are four essential qualities. When these are present, your space becomes a vibrant ally — a place that nourishes, uplifts, and supports every facet of your being.

### Quality 1. A Sense of BELONGING

Your soul longs to feel, “Yes... *this is my place.*”

It doesn’t matter whether you live in a hotel room, a cottage, or a sprawling estate — belonging is something you **create** through intention and authenticity.

A space can be exquisitely decorated, yet feel hollow or impersonal if nothing reflects *you*. Beauty alone is not enough; your soul needs signs of your passions, your joys, and your story.

Consider what whispers “*I belong here*” in your home:

- photos of beloved family or friends
- colors that make your heart lift
- artwork that moves you
- treasures you’ve crafted with your own hands

- objects connected to your dreams
- Style that reflects a heritage you honor
- In a landscape or location that feels ‘right’, such as a city, small town, or countryside

**Reflection:**

*What do you have in your home right now that makes you feel like you truly belong there?*

*What could you add to create more of a sense of belonging, or what needs to be released to more truly align with your identity?*

## **Quality 2. A Feeling of SAFETY**

Your home should be a refuge — a place where you can exhale deeply and be fully yourself.

Safety is physical, emotional, and spiritual. It might come from simple things like a sturdy lock on the door, or from the presence of objects, people, or memories that remind you that you are held, supported, and loved.

Think about the spaces where you relax most easily... the corners where your shoulders naturally drop. Sometimes merely adjusting the furniture or adding some means for privacy can create a beautiful new level of security for you and your Soul.

### **Reflection:**

*What in your home allows you to feel safe — physically, emotionally, and spiritually?*

*What spaces feel unsafe for you, and how could you change this?*

### **Quality 3. A Connection to NATURE**

Your soul is wired to respond to nature — her colors, textures, rhythms, and gentle medicine. When your home includes natural elements, you feel more vibrant, grounded, and alive.

This connection can show up in countless ways:

- houseplants or fresh flowers
- natural materials like wood, stone, clay, wool
- views of the sky or garden
- imagery of forests, animals, oceans, or mountains
- the gentle flow of a fountain
- seasonal décor that honors the turning of the wheel

#### **Reflection:**

*What do you have in your home right now that helps you feel connected to Nature?*

*How could you more deeply connect to the cycles of nature in your home? Daily cycles, moon cycles, seasonal cycles?*

#### **Quality 4. A Sense of the SACRED**

Sacredness is not about religion — unless that is meaningful for you.

It's about creating a space that honors the Divine within you and around you.

A home with a sacred quality feels calm, intentional, and infused with reverence.

This might be an altar, a meditation corner, a place to pray or give thanks...

or simply a spot where you pause each day to breathe, reflect, or connect with your inner wisdom.

Your home should include something that reminds you of the mystery, magic, and luminous spark that lives within you.

#### **Reflection:**

*What invokes a sense of sacredness for you? The smell of incense? Certain sounds?*

*What do you have in your home that allows you — and your space — to feel sacred?*

## The Elements and Your Clan

Every person carries a unique elemental signature — a “soul clan” that shapes how you feel, create, and thrive in your home. In this section, we will explore the Four Elements and discover which elemental clan resonates most deeply with you.

Once you understand your elemental nature, you can begin to align your space with it. Certain styles of architecture, shapes, colors, sounds, scents, and design details naturally nourish your elemental self. When you bring these qualities into your home, it becomes a place where your spirit feels instantly recognized and supported.

*A*S HUMAN BEINGS we tend to see reality as composed of distinct segments and compartments. For example, we measure time in terms of decades, years, months, days, hours, minutes, seconds, and even nanoseconds. We have also taken the vast and mysterious panorama of nature and divided it into separate parts that we label the elements. In truth, the elements exist as a glorious matrix of shifting patterns in a state of constant flux. They spiral in and out of existence in ever-changing patterns of movement and form. However, it is often only through separating and defining the natural forces around us that discernment and wisdom can evolve. This can be likened to a musician who studies the separate notes of a scale in order to eventually create beautiful music that is a complete synthesis of tone, volume, rhythm and tune. Or like the artist who must first learn the properties of separate colors in order to combine them in images that defy understanding and enter our hearts.

True nature is a melding and blending of the elements – a cauldron of air, water, fire, and earth. None can exist without the others, and it is not just that they interact with each other, because in the truest sense, each element has an imprint of the others within it. Each is part of the others. The tree that grows from the earth, takes energy from the sun, water from the rain, and oxygen from the air... and all are needed to sustain life. Dividing nature into four (or five) separate elements is not what defines balance. Rather it is the adjustment of the harmonic forces, which lie outside the perception of our senses and which are symbolized by the elements, that creates a sense of wholeness. This is the balance that gives birth to miracles.

*~ From Feng Shui for the Soul*

## The Four Elements

To the First Nation people, the indigenous people of this continent, the elements are not only the physical elements of actual air, water, fire, and earth, but they are also the four conditions of matter. Many ancient peoples looked at the world as four elements:

- Air refers to all gases
- Water refers to all fluids
- Fire represents all radiant and electrical phenomena
- Earth symbolizes all solids.

They also represent principles of life:

- Air represents movement
- Water represents fluidity
- Fire represents transmutation
- Earth represents stability.

These teachings remind us that the elements are not separate from us — we embody them. They show up in our personalities, our preferences, and even the way we design and inhabit our homes.

## Astrology and Your Elemental Nature

The zodiac gives us another lens into our elemental makeup. Each sign is aligned with one of the four classical elements, offering clues to our natural strengths, tendencies, and energetic style.

### **Fire Signs** *Aries · Leo · Sagittarius*

- Traits: passionate, energetic, bold, courageous, spontaneous
- Characteristics: radiant leaders who love adventure and risk
- Energy: *Yang/Masculine* — expressive, dynamic, action-oriented

### **Earth Signs** *Taurus · Virgo · Capricorn*

- Traits: practical, steady, grounded, hardworking
- Characteristics: reliable, responsible, focused on the material world; occasionally stubborn
- Energy: *Yin/Feminine* — receptive, introspective, stabilizing

### **Air Signs** *Gemini · Libra · Aquarius*

- Traits: intellectual, communicative, curious, social
- Characteristics: logical thinkers who value freedom, ideas, and connection
- Energy: *Yang/Masculine* — creative, conceptual, expressive

### **Water Signs** *Cancer · Scorpio · Pisces*

- Traits: emotional, intuitive, sensitive, nurturing
- Characteristics: deeply attuned to feelings; adaptable, imaginative, sometimes moody
- Energy: *Yin/Feminine* — emotional, relational, receptive

These descriptions can help illuminate the elemental threads you carry within you.

### **Using any online astrology calculator, what is your:**

Sun Sign: \_\_\_\_\_ element: \_\_\_\_\_

Moon Sign: \_\_\_\_\_ element: \_\_\_\_\_

Rising Sign: \_\_\_\_\_ element: \_\_\_\_\_

## Elements As Archetypes – *From the Medicine Wheel Feng Shui manual*

Each element can be thought of as an archetype associated with specific qualities. Although you may find aspects of yourself in all of the elemental personality types described below, often there will be one that most closely reflects your personal approach to life. Discovering which element is the most closely related to you can be helpful when you are helping create a home that will best suit your needs.

Some people will find that there is a certain amount of crossover in their affiliation with elements. You may find that you are more of an Air person in one part of life, with Water qualities predominating in another area. An example of this might be someone who operates in a highly organized, intellectually detached way at work (Air Clan Person), could have a much more emotional, intuitive style at home (Water Clan Person).

This crossover is completely natural and simply reflects the beautiful complexity of being human.

**NOTE:** It's important as we dive deeper into the elements, that you release any thoughts of the Chinese Five Element system. Those elements are based on how the invisible energy of qi moves. Of course there are Five Element Archetype personalities, but for our purpose here we will stay within this four-element dive as a new way to explore and understand the amazing being that is YOU!

## Archetypal Air Clan Person

### Affirming Qualities

Air Clan people carry the gifts of grace, clarity, and diplomacy. They are often intellectual souls with a natural pull toward the arts, ideas, and inspiration. Idealistic and humanitarian at heart, Air Clan individuals tend to be open-minded and expansive in their thinking. Freedom is essential to them — they need to feel unbounded, uplifted, and spacious.

They are articulate, innovative, artistic, and often make exceptional teachers because of their ability to see the big picture and communicate it with ease. Air Clan people are natural bridge-builders, able to bring together diverse viewpoints and help others find common ground. They frequently hold a lofty perspective on life, seeing patterns and possibilities that others might miss.

The Air Clan person usually has a clear strategy for their life. Where some people navigate through emotion or instinct, the Air person is guided by logic and thoughtful consideration. They tend to have a long-range vision or “master plan,” evaluating life events according to how they fit into that blueprint.

Air Clan individuals rarely take impulsive risks. They prefer to carefully assess the facts before making major decisions. Organized, methodical, and deliberate, they move with intention.

In their homes, you’re unlikely to find clutter or a collection of sentimental mementos. Air Clan living spaces are typically simple, uncluttered, and curated with objects that are either functional, aesthetically refined, or both. They are drawn to homes with clean lines, elegant design, and a sense of visual harmony.

### Restrictive Qualities

At times, Air Clan people may become indecisive because they can genuinely see *all* sides of a situation. Their reliance on intellect can overshadow the wisdom of intuition or a simple gut feeling. Their broad concern for the collective good may sometimes cause them to overlook the needs of those closest to them.

### Symbolism

The Air Element symbolizes Mental Power.

It embodies freedom, movement, expansion, and lightness of being.

Air lifts, clears, inspires, and exhilarates — carrying ideas, visions, and dreams on invisible wings.

## Archetypal Water Clan Person

### **Affirming Qualities**

Water Clan people navigate the world through the deep currents of emotion, intuition, and feeling. They are natural caretakers — quietly protective and exquisitely attuned to the needs of others. Their nurturing presence makes them guardians of the young, the vulnerable, and anyone who needs gentle support.

Highly empathic, they often sense the emotional undercurrents in a room before anyone else does. Water Clan individuals offer comfort without seeking recognition; they help because it is simply who they are. They inspire hope, soften fear, and remind others of their strength. Loyal and steadfast, they are often described as the kind of friend who stays through every season of life.

There is a quiet, steady heroism within Water Clan souls.

Relationships are the heart of their world. A Water Clan person seeks authenticity, sincerity, and emotional truth in all connections. They need to feel part of a family or soul-tribe — a circle where they know they belong. The past holds meaning for them, not out of nostalgia, but because it roots their relationships in story, memory, and continuity.

### **Restrictive Qualities**

When under stress, Water Clan individuals may respond in one of two ways:

They may bottle up their emotions, holding everything in until it becomes almost unbearable...

or

their feelings may spill outward, flooding situations or relationships with more intensity than they intended.

Sometimes they may become fixated on a single issue, allowing it to overshadow other important parts of their life. Letting go can be challenging for Water Clan people; they hold on tightly — to people, to memories, to meanings — even when releasing would set them free.

### **Symbolism**

The Water Element embodies Emotional Power.

It is fluid, nurturing, flowing, and deeply healing.

Water teaches us the wisdom of sensitivity, the strength in softness, and the sacred art of adaptability.

## Archetypal Fire Clan Person

### Affirming Qualities

Fire Clan people move through life with intensity, brilliance, and speed. They are the visionaries — always scanning the horizon, sensing possibilities, and sometimes even glimpsing the future before it arrives. Their presence can ignite motivation and courage in others, making them powerful and inspiring leaders.

Yet for all their outward fire, these individuals need deep periods of privacy and solitude to refuel their inner flame. Their retreat time is not a rejection of others; it is a sacred necessity. Their difficulty setting boundaries can drain their energy, but it is intricately woven into the very qualities that make them luminous visionaries in the first place.

Fire Clan people are discerning about who they allow into their private world. They prefer meaningful one-on-one conversations over small talk, yet paradoxically they can move and inspire large groups with remarkable ease. They are direct communicators who go straight to the heart of truth. They have a gift for seeing what is essential within a person or situation.

Fire Clan souls are courageous, optimistic, and pioneering. They excel at beginning projects and initiating movement. Stillness can feel suffocating to them — without stimulation, inspiration, or progress, their vibrant energy quickly stagnates. Like a flame, they need movement and oxygen to stay alive.

### Restrictive Qualities

At their more challenging moments, Fire Clan individuals can appear hyperactive, volatile, or overpowering. Following through on long-term projects may be difficult for them, and boredom strikes easily. Their intensity, while powerful, may feel overwhelming to others.

Fire Clan people can also be fiercely self-critical. They often judge themselves far more harshly than anyone else would. When they struggle with maintaining healthy boundaries, they may overcorrect by appearing distant, aloof, or emotionally cool.

### Symbolism

The Fire Element represents **Spirit Power**.

It is radiant, illuminating, catalytic, and transmuting.

Fire burns away the old, lights the path forward, and transforms everything it touches.

## Archetypal Earth Clan Person

### **Affirming Qualities**

Earth Clan people are deeply attuned to the physical world. They are protectors by nature — steadfast, loyal, and fiercely devoted to those they love, especially the young or vulnerable. Security and stability matter profoundly to them, and they often take great pride in their physical bodies, feeling most at home when they are connected to the land or working with their hands.

They may not be overly talkative unless the conversation touches something they feel passionate about. Earth Clan individuals often possess a natural affinity for plants, wood, stone, and minerals. They tend to excel in hands-on pursuits such as gardening, woodworking, crafting, or stone masonry — anything that allows them to shape, build, or tend the earth's materials.

There are two primary expressions of Earth Clan energy, and many people recognize aspects of themselves in both.

### **The Grounded Earth Clan Person**

This type is stable, practical, and deeply rooted. They are the “salt-of-the-earth” souls — steady, reliable, creative, and wonderfully original, especially in anything involving manual craftsmanship. Their approach to life is slow, deliberate, observant, and thoughtful.

### **The Adventurer Earth Clan Person**

This second expression carries the same earthy strength but channels it in a more lively, spirited way. These Earth Clan individuals are bold non-conformists, instinctive and spontaneous. They are energized by challenge, often rebellious toward authority, and happiest when they're in motion — laughing, exploring, celebrating, or leading the adventure. Their decisions come from instinct and gut wisdom rather than careful analysis.

### **Restrictive Qualities**

At times, Earth Clan people can become overly attached to a particular idea or opinion. Even when evidence suggests change would be helpful, they may struggle to shift their perspective. This rigidity can show up as stubbornness, narrow-mindedness, or an emotional guardedness.

In relationships, they may hesitate to commit long-term, but once they do, their loyalty is fierce and enduring. Earth Clan individuals may also become impatient or intolerant when they perceive others as clingy or overly dependent. They are naturally drawn to vitality — strength, stamina, and physical presence in themselves and others.

## **Symbolism**

The Earth Element represents **Physical Power**.

It is the energy of fertility, manifestation, achievement, stability, and abundance.

Earth is the grounding force that holds, nourishes, and brings dreams into form.

## **Who Am I Elementally?**

What are my Affirming AIR qualities?

What are my Restrictive AIR qualities?

What are my Affirming WATER qualities?

What are my Restrictive WATER qualities?

What are my Affirming FIRE qualities?

What are my Restrictive FIRE qualities?

What are my Affirming EARTH qualities?

What are my Restrictive EARTH qualities?

**WHAT DO I FEEL IS MY ELEMENTAL MAKEUP :**

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## ELEMENTAL QUALITIES of Architecture and Design

### The Air Clan Home

Stepping into an Air Clan home feels like entering a space filled with breath, clarity, and uplifted energy. The atmosphere is expansive, elegant, and light — almost as if the rooms themselves are exhaling serenity. Clean, sleek lines define the space, and the overall style often leans toward the classical or timelessly modern. There is always a sense of understated good taste.

You might notice a single exquisite Ming vase placed with intention in a niche, or a minimalist ikebana arrangement — perhaps three flowers paired with a dramatic piece of dark wood — gracing the mantle. Everything feels deliberate, curated, and balanced. Even if a bit of clutter appears, an underlying sense of order quietly anchors the space.

Air Clan homes often evolve according to a thoughtful plan. Remodeling projects unfold in a measured sequence — the bathroom this year, the kitchen next — each step carefully considered.

Because Air Clan individuals tend to organize their lives through intellect and analysis, their homes reflect this methodical approach. Minimalism, Zen-like simplicity, modern elegance, and clean architectural lines all resonate with them. These are not homes shaped by whimsy or chance; even their warmth has an intentional, composed quality.

Inside an Air Clan home, closets and shelves reveal their truest nature: everything sorted by type, size, purpose, or color. Books aligned by subject or height. Media arranged alphabetically. Systems — electrical, plumbing, heating, air — are usually maintained with near-engineer precision.

The overall feeling is one of calm order, continuity, and timeless style. An Air Clan home communicates stability, grace, and a future-oriented sense of harmony.

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### Air Clan Design Cues

Feeling – lofty, elegant, classical, simple, sleek lines, open, spacious

Shapes – rectangular

Style – modern, minimalist, colonial, Scandinavian, industrial, art deco, high-tech design

Features – taller than wide; high ceilings; tall windows; architectural columns

Surrounding Landscape – panoramic vistas; wide sky views; homes perched on hillsides or mountaintops

Garden – formal, classical layouts; sweeping lawns; defined borders; groomed hedges; tall trees like eucalyptus, aspens, and evergreens; bamboo or reed plantings; classical statuary, columns, fountains, winged angels

Interior Style – light, airy, elegant, open; formal yet inviting; skylights; slate; track lighting; tall windows; visible open space beneath sofas and beds

Accessories – books; fine art; tall vases; slim furniture; bookcases; metal accents; excellent audio equipment; electronics; black-and-white photography; mobiles; wind chimes; shoji screens; uplighting lamps; floor-to-ceiling curtains

Textures, Patterns, Fabrics – sheers; crisp cottons; solids; damask; chintz; stripes

Metals – aluminum, stainless steel, chrome

Plants – iris, orchids, lilies, daffodils, and tall spiky-leafed plants

Aromas – lemon, lime, pine, eucalyptus, juniper

Lighting – halogen; bright; white; crisp; well-defined

Animals – birds, especially eagle, hawk, falcon

Music – classical; Vivaldi; Mozart; Bach; flute; shakuhachi; wind instruments; jazz

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## **WHAT DO I RESONATE WITH IN AN AIR DESIGN HOME?**

## The Water Clan Home

Walking into a Water Clan home feels like stepping into a warm embrace. There is an immediate sense of comfort — a feeling that you can exhale, settle in, and simply *be yourself*. These spaces are often filled with the familiar symbols of traditional, heartfelt home life: bread baking in the oven... handmade quilts layered on the beds... a loyal dog curled by the hearth... a soft welcoming sofa... curtains fluttering gently in the breeze... roses blooming outside the window.

In a Water Clan home, nothing is chosen for trendiness alone. Everything is selected because it feels *real* and emotionally meaningful. A table leg may have puppy chew marks — and that's perfectly fine, because it's part of the story of the family. Instead of fragile, untouchable objects, you'll find handcrafted treasures: pottery mugs with a chip of love, hand-knit blankets, heirlooms worn soft with time.

The Water Clan home is honest, authentic, and deeply human. It is a home for *living*, not for display.

Sentiment matters here. Every object holds a memory or connection: a child's drawing, a wreath made with love, a seashell collected from a meaningful trip, a not-exactly-beautiful lamp cherished because it came from a dear friend. These are the sacred relics of relationship, and they are honored.

Water Clan homes are also the most romantic. Floral prints, lace curtains, beeswax candles, soft colors, and scented soaps weave an atmosphere of tenderness and emotional nourishment. Relationships are the heart of Water energy, and the home reflects that truth — with framed family photos clustered together, refrigerator doors covered in children's drawings, poems, and mementos of those they love.

Some Water Clan homes carry the simple, soulful honesty of Shaker design — clean, humble, practical beauty. Others may spill into clutter, collecting mementos from the past as symbols of relationships they cannot let go. Their love for others sometimes leads them to hold on to far more than their home actually needs.

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## Water Clan Design Cues

Feeling – comfortable, flowing, feminine, nurturing, natural, cozy

Shapes – circles

Building Style – country cottage, Victorian, Cape Cod, Craftsman bungalow

Building Features – homey charm (simple or ornate); fretwork; Victorian gingerbread; circular windows; curved paths; ivy or climbing roses; rounded corners; curved rooflines; wooden structures; lush vegetation near the house

Surrounding Landscape – rolling hills; rounded land forms; streams; ponds; slow rivers; mists; rain; trees with rounded tops (maples, willows); full leafy shrubs

Garden – intimate enclosed spaces; meandering paths; cozy benches; pools, fountains; abundant flowers (roses, violets, lavender, primroses); pastel and sweet scents; birdhouses and birdbaths; hanging baskets; statues of Kwan Yin or Venus; hidden bowers and secret nooks

Interior Style – cozy, sentimental, layered, comfortable; lots of pillows; lace and ruffles; French country influences; soft textures; mismatched furniture that feels charming; draped fabrics; deep plush sofas; oak and pine pieces

Accessories – fountains; aquariums; round ceramic vases; bowls of water; fresh or silk flowers; teddy bears; toys; baskets; antiques; vintage fabrics; handmade items; Blue Willow plates; heirlooms; memento trunks; family photos; figurines of children, animals, fairies, angels, unicorns; handmade quilts; thriving plants

Textures, Patterns, Fabrics – flowing and draped fabrics; French country patterns; Liberty prints; Laura Ashley styles; calicos; florals; gingham; pastels; soft wool; stripes and plaids

Metal – silver, pewter, hand-cut tin

Plants – tulips, roses, daisies, lavender, African violets, philodendron, prayer plants, ferns

Aromas – floral scents: lavender, rose, jasmine, ylang ylang, neroli

Lighting – soft, warm, glowing; shaded lights; rice paper lanterns; candles; lighting that feels as if it glows from within

Animals – dolphins, whales, seals, fish; baby animals of any kind; pandas, koalas, polar bears

Music – melodic and soothing music; Chopin; Brahms; new age; nature sounds; country western; lullabies

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## **WHAT DO I RESONATE WITH IN A WATER DESIGN HOME?**

## The Fire Clan Home

Fire Clan people live with an intensity and brilliance that few can match. Because their energy naturally draws people toward them — and because their presence often inspires or catalyzes others — their home becomes their sanctuary. The Fire home is a private retreat, a place where they can withdraw from the demands of the outer world, replenish their energy, restore their spark, and come back to center.

The Fire Clan home reflects a deep desire to bring balance to a passionate life and to contain the powerful flame of their inner world.

Fire Clan individuals are intuitive and often visionary, able to sense possibilities before they arrive. As a result, their homes often carry an atmosphere of mystery, spirituality, and symbolic depth. You might find altars scattered throughout the house — or clusters of objects arranged with symmetrical intention — each grouping holding meaning and serving as a point of focus.

In a Fire home, the focal point is everything.

Furniture arranges itself around it, energy moves toward it, and there is usually one major focal point that anchors the entire home, like the heart of a flame.

Fire Clan homes feature well-made, timeless objects. But unlike the formal precision of the Air home, here these classic pieces are gathered into bold, artistic groupings that feel intuitive yet somehow perfect. An 18th-century chair might sit beside vibrant African pillows. “The good stuff” might be present — but not always used daily. Some areas may be set aside for display alone, almost like sacred tableau or expressive shrines.

Gorgeous fabrics often flow throughout the Fire home — lush drapes pooling on the floor, abundant tassels, dramatic swags, rich colors and textures. Where Water might leave the circuit-breaker box exposed out of honesty, the Fire home conceals it behind a beautiful painting or piece of art. Everything leans toward beauty, richness, and the pleasure of the senses.

Unlike the expansive openness of the Air home, the Fire home is full of intimate nooks and contained spaces. Fire needs containment or it becomes overwhelming, so corners may be softened with screens, draped fabrics, statues, and plants. Each room pulls inward, creating safety and focus. Lighting is adjustable; dimmers allow Fire souls to soften or ignite the atmosphere depending on their inner flame.

During the day, curtains fly open to let the sun flood in. Fire craves light — warm, golden, and alive.

## **The Unconfined Fire Home (Fire-Out-of-Control)**

A very different expression of Fire energy shows up in the Unconfined-Fire Home — intense, electrifying, and full of vibrant, erratic edges. Colors may clash wildly: scarlet reds with bright greens, jet black with sunflower yellow. The space feels like a living flame — brilliant, sharp, and exhilarating.

You might see a polished metal sculpture centered in the living room beneath a massive modern painting splashed with wild strokes of orange and black. Carpets may be absent; curtains minimal or nonexistent. This style resembles an avant-garde gallery — footsteps echo, sound travels, and energy moves fast. People don't walk here; they *run*. The phone rings, someone answers, and instantly rushes out the door. Everything vibrates.

This environment can be intensely stimulating and may be perfect for someone overwhelmed by Water energy — someone who needs fiery vitality to wake up, shake loose, or break emotional heaviness.

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### **Fire Clan Design Cues**

The design cues that follow include descriptions for both types of Fire homes. Where appropriate, you'll see headings marked "1" for the serene Fire Sanctuary and "2" for the Unconfined-Fire style.

#### Feeling –

1. Private sanctuary, muted edges, hidden corners, calming, rich, eclectic
2. Erratic, bright, vibrant, sharp, brilliant

#### Shapes –

Both: triangles, pyramids

#### Exterior Building Style –

1. Tudor, Baroque, Chateaux, eclectic old-meets-new
2. Highly dramatic modern architecture

#### Building Features –

1. Confined symmetry; traditional architecture; brick, stone, wood or combinations
2. Sharp angles; erratic lines; large windows; innovative roofs; unusual room layouts

### Surrounding Landscape –

Both: dramatic landscapes — mountains, cliffs, buttes, deserts

### Garden –

1. Soft monochromatic gardens with ivy, abundant flowers, herbs; lush combinations of color and texture; small private spaces; latticework; intimate benches; garden swings; contemplative corners; beautiful gates
2. Stones arranged in modernistic patterns; topiary; dramatic plantings; multi-level terraces; Southwestern plant palettes with sand, cacti, and succulents

### Interior Style –

1. Drapes, fringe, canopy beds, elegant centerpieces, porcelain Kwan Yin, gilded Buddhas, chandeliers, candles, tapestries, wall-to-wall carpeting, oriental rugs, fireplaces
2. Sharp, brilliant, immediate; phones ringing; rearranged layouts; vibrant combinations of color, texture, smell, and sound; few or no family photos; frequent cycles of intense mess and rapid cleanup

### Accessories –

1. Candles; leaded crystals casting rainbows; jewel-like glass; beautiful frames; intimate table settings; tasseled pillows; pairs of objects; rich fabrics; ornate pieces grouped with handcrafted ones
2. Sharp angles; pyramids; clocks with visible second hands; electronics; televisions; stereo systems; track lighting; large bold paintings; modern sculpture; objects grouped in threes

### Textures, Patterns, Fabrics –

1. Velvets, jacquards, brocades, silk, textured wools, rich solids, intricate designs, handwoven textiles
2. Zigzags, herringbone, plaids, bright electric colors; rough textures; plastics; vinyls; black leather

### Metal –

1. Gold, wrought iron, copper
2. Stainless steel, aluminum

Plants –

1. Ferns, ivy, begonias, chrysanthemums
2. Sansevieria, indoor trees, spiky-leafed plants, spider plants, fast growers

Aromas –

Both: cedar, sage, piñon

Lighting –

1. Muted or dimmed; many lamps with warm bulbs; candlelight
2. Bright and vibrant; colored bulbs

Animals –

Both: phoenix, thunderbird, reptiles, lizards, snakes

Music –

1. Nature sounds, Beethoven, soft jazz, new age music, world music
2. Loud, dynamic, vibrant music

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**WHAT DO I RESONATE WITH IN A FIRE DESIGN HOME?**

## The Earth Clan Home

The moment you step into an Earth Clan home, you are wrapped in an atmosphere that feels deeply organic, sensual, and richly textured. This home exudes grounded abundance — treasures from many lands, handcrafted baskets, earthen pots, natural fibers, and the layered scents of life itself. You might catch the aroma of sandalwood, frankincense, or even a simmering pot of ratatouille drifting from the kitchen.

An Earth Clan home says, with unapologetic clarity: “Forget the rules — this is what I love.”

There are *two distinct expressions* of Earth energy in the home — and both are equally powerful.

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### 1. The Natural & Organic Earth Home

This style is simple, earthy, and honors a return to the natural world. Here you might find:

- unbleached muslin, linen, and natural sisal
- unglazed pottery and handmade baskets
- lots of healthy plants
- oversized pillows on the floor
- a Indigenous People’s drum on the wall
- primitive art from Africa or South America
- a handmade blanket draped over the bed

This home feels grounded, unpretentious, and authentic — a place where the earth herself is invited indoors.

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### 2. The Sensual & Succulent Earth Home

This is the most sensory-rich of all elemental homes — a feast for eyes, touch, scent, and sound. These homes overflow with luscious textures and passionate abundance:

- velvets, velour, satin, rich brocades
- ornate gold frames
- candlelit altars
- eclectic pillows in antique fabrics, animal prints, paisleys, and velvets
- statues, carvings, candles, and incense

Here, you might find a gilded Buddha sharing space with an old Spanish carving of St. Francis — a celebration of diversity, depth, and soulful artistry. This home is juicy, expressive, and alive. Sensuality is woven into every corner.

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## Earth Clan Design Cues

Feeling – earthy, warm, eclectic, grounded, abundant, fertile, solid, secure, rich, sensual

Shapes – square

Exterior Style –

Southwest, log cabin, ranch house, Mediterranean, Spanish hacienda, castle; adobe, brick, stone, wood, or plaster

Building Features –

Square, squatty, close to the earth; homes that appear to have grown from the land itself; structures that echo the natural environment around them

Surrounding Landscape –

Earth Clan homes thrive when they blend naturally with their surroundings. The architecture should match the region — adobe in the Southwest, wood cabins in a pine forest, stone cottages in rocky or mountainous regions. Earth homes look and feel like they belong exactly where they stand.

Garden –

Earth gardens are playful and sensory-filled. Expect surprises:

- a frog statue peeking from the bushes
- whirligigs among the flowers
- iron sculptures made from old machine parts

These gardens celebrate native plants and honor the local climate.

A cactus and rock garden in New Mexico is perfect; an English rose garden there would struggle. Earth gardens feel like they arise naturally from the land.

Interior Style –

Overstuffed couches, heavy rustic wooden furniture, tile or wood floors, big wooden cabinets, potbellied stoves, brick walls.

Once arranged, Earth Clan rooms tend to stay that way — stable, grounded, reliable.

Accessories –

Plants everywhere, dried herbs, hanging pots, wooden bowls, pottery, macramé, animal prints, wrought iron candleholders, terra cotta tile, folk art, jugs, rocks, stones, upside-down drying flowers, potpourri, Mexican or Spanish earthenware, batiks, colorful teapots, baskets with lids, trunks, and handcrafted treasures.

Textures, Patterns, Fabrics –

Natural fabrics, linen, sisal, muslin, canvas, ethnic designs, batiks, velvets, velour, satin, rich textures, silks, brocades.

Metal –

Iron, gold, brass, copper

Plants –

Herb window boxes, lettuces, chives; dahlias, geraniums, zinnias; vegetable gardens, root vegetables

Aromas –

Sandalwood, frankincense, myrrh, cedar, bergamot, tea tree, eucalyptus, rosemary, thyme, oregano

Lighting –

Warm, glowing, candlelit, rich illumination

Animals –

Elephants, turtles, tortoises, hippos, rhinos, bears

Music –

Wagner, classic rock, blues, jazz, folk, country, heavy metal, or music with steady rhythm and strong bass

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**WHAT DO I RESONATE WITH IN AN EARTH DESIGN HOME?**

## Elemental Blends in Environments

Every person carries all four elements within them — and every home does too. Yet usually, one element becomes the most prominent. That dominant element shapes how a person feels, acts, and thrives... and it also shapes the “personality” of a home.

When the elemental nature of a space matches the elemental nature of the person living in it, the environment feels nourishing, uplifting, and harmonious.

But when they don't match, the home can feel draining, overwhelming, or even energetically abrasive.

This becomes especially important in households where one person has chosen the décor but the others belong to different elemental clans. A home that deeply supports one member may subtly weaken another — simply because the elemental energies are out of harmony.

Below are the ways people of each clan typically experience different elemental homes.

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### **An Air Person**

In an Air Home

They feel organized, focused, mentally clear, and on time. But they may struggle with indecision because everything feels so balanced and conceptual.

In a Fire Home

They may feel disjointed, irritable, scattered, or exhausted — fire “consumes” air, leaving them depleted.

In a Water Home

They may feel overwhelmed by emotion. Water homes can feel too sentimental or too fluid for an Air person's preference for clarity and detachment.

In an Earth Home

They may feel overly grounded, weighed down, or even claustrophobic among the abundance of objects. Earth's “here and now” energy can feel limiting to Air, which needs spaciousness and vision.

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## **A Water Person**

In an Air Home

They may feel the environment is too impersonal or distant — as if emotional connection is missing.

In a Fire Home

They can feel swept into emotional turbulence. Fire mixed with water creates steam — which often feels like anger, frustration, or volatility.

In a Water Home

They feel comforted, nurtured, and emotionally held. However, they may also be swept into waves of feelings that never really settle.

In an Earth Home

They may feel safe and cozy... but also sluggish or heavy. Some Water people may even gain weight in such grounded environments.

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## **A Fire Person**

In an Air Home

They may feel unprotected, overstimulated, or on the verge of losing control — because air fuels their fire even further.

In a Fire Home

They can feel blissfully aligned, inspired, and focused — or they may burn out quickly, “running their flame” too hot.

In a Water Home

Their enthusiasm feels continually dampened. Water suppresses fire, making this a challenging combination.

In an Earth Home

They may feel stagnant, stuck, or slowed down — earth puts out fire, preventing movement or momentum.

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## **An Earth Person**

### **In an Air Home**

They may feel deprived of comfort and warmth. Air homes can feel too sparse or detached for Earth's love of physical grounding.

### **In a Fire Home**

They may have wonderful fun — the erratic energy of the second type of Fire home can create lively gatherings and great parties.

But in the soft, sanctuary-like Fire home (the first type), Earth people may feel lonely or disconnected.

### **In a Water Home**

They may feel agitated or bogged down emotionally, which makes it hard to take action or complete projects.

### **In an Earth Home**

They feel secure, abundant, grounded, and deeply at home. Yet they may also become overly stagnant in their body or narrow in their thinking if everything becomes *too* comfortable.

## If Money Were No Object... Your Soul's Ideal Home

Take a moment to imagine a world where resources are limitless and every dream you have for your living space is possible. In this place of pure potential, there is no compromise, no budget, no restriction — only the full expression of your soul's deepest desires.

Close your eyes and let yourself wander into the home that would support, nourish, and celebrate every part of you. Let your imagination move without limits. This is not about practicality — this is about listening to your soul.

- What would it look like?
- Where would it be nestled — forest, mountains, oceanside, desert, meadow?
- How would light move through your space?
- What kinds of textures, colors, scents, and sounds would surround you?
- Which elemental clan feels most alive here? Or do you weave all four into a harmonious whole?
- What objects, symbols, or altars would be present to uplift and inspire you?
- How would this home help you feel safe, connected, creative, supported, and *free*?
- How would it serve the person you are becoming?

## Journal Draw and Dream!

Journal here about the home you would create if money, space, time, and circumstances were no object. Let your dreams speak. Let your spirit play.

Let your truth build the walls and open the doors.

## Affirmations for Creating Your Soul Home

I am worthy of a home that nourishes my spirit.

I choose spaces that reflect my truth.

I invite harmony, balance, and beauty into my life.

My home supports my dreams and my wellbeing.

I create my life with intention, clarity, and joy.