

THE FIVE ELEMENTS

Jeanette Maguire Design
function | form | intuition



The properties of the five elements and their relationships to each other are useful when you want to create balance through adding, subtracting, supporting or diminishing any particular element and their corresponding traits.

Using **The Control Cycle**—fire melts metal, metal chops wood, wood displaces earth, earth absorbs water, water dampens fire—you can diminish an overabundance of a particular element.

Using **The Creative Cycle**—fire creates earth, earth produces metal, metal holds water, water feeds wood, wood feeds fire—you can support and enhance an element.

