

FAQs @ Metal Adjustments

As with all the elemental remedies, they should be to scale with the size of the space you are trying to balance. Small rooms can have small amounts of metal and large rooms would need more.

Metal is anything made of copper, brass, bronze, iron, steel, gold, silver or aluminum.



Metal adjustments can be inconspicuous and incorporated into the furnishings or equipment in a room.



A general truth is that metal is most effective when **exposed to the atmosphere in the room**. However, having some metal item tucked away behind a desk or under a bed is absolutely better than no metal at all.

The choice of metal item(s) you choose may have to do with whether I recommended the metal to be semi-permanent or just an annual adjustment.

Metal should be **heavy**, such as fifty to a hundred pounds in an average sized room.



You can use smaller metal items, which cumulatively add up to a lot of weight.



Another option for a metal adjustment is to have something that **chimes** like a strand of bells on a door knob or a pendulum clock. Some forms of sha qi (negative influence) can be dispersed with the **sound of metal**.



Another option is for metal to cover a large surface area.



Can I use something symbolic for metal?

I don't think anything really compares with real weighty metal. However, there are some **complementary** items you can add to your real metal, which are related to the metal element, such as:

The metal colors are **white, gray, silver, and gold.**



Round objects resonate some of the metal phase.



The **recorded sound** of a piano playing can help transform the energy in a room that needs metal. This is because the piano keys strike metal strings.



There are a number of Chinese **Folk remedies**, which just so happen to be metal, and they can be used if you like, but they are not mandatory, such as:

Chinese Gold coins



Brass Mandarin Ducks



The Calabash

The calabash, made of metal or a natural gourd, is symbolic of the mouth (Dui) and also a medicine bag, used by doctors and healers from ancient China. Historically, it has been used to address the 2 star of sickness and health. It is associated with the metal element, but be careful where you get a calabash, along with any other metal trinkets from China. Some of them have dangerous levels of lead in them.



My main objection to folk remedies is that they just don't even seem to be substantial enough in size or weight to work where you need them.

My friend's Feng Shui consultant recommended they use something called a "Salt Water Cure." What is that?

The Salt Water Cure is a jar of water with salt in it and some Chinese gold coins. This is an odd looking remedy, which some practitioners swear by. The salt creeps up the jar and you really have to be careful where you place these jars. I have never recommended them because I like remedies to be elegant and inconspicuous. But this is an alternative metal remedy.



I've heard that mirrors are the water element since they reflect like water, but I've also heard they are the metal element. Which is true?

The original mirrors were pieces of polished bronze or brass, with the first mirrors credited to the Chinese some 4,000 years ago. They often had elaborate and mysterious engravings on the front or back too. A modern mirror with silver backing can be a metal remedy too.



My child's bedroom needs metal, but children's bedroom furniture is almost always wood. What should I do?

You can hide metal weights under their wood beds or dressers. Sometimes however, you can find safe and fun metal furnishings for kids.

