



Tools to Balance Energy: Plants

平衡能量的工具: 植物 🌳

We typically use pomegranate trees, lemon trees, peach trees, banyan trees, and other plants and flowers to adjust the energy of our surroundings. However, when it comes to harmonizing the home environment or dispelling disharmonious Yin Qi, the most commonly used are pomegranate trees, money trees, lemon trees, orange trees, orchids, and jasmine. Among these, the most frequently used are the pomegranate tree, money tree, and lemon tree. Each plant has its own unique properties. These plants can be purchased either online through a nursery website or in person at a garden center such as Home Depot. They are typically easier to find in the spring, especially pomegranate trees.

When using these plants to adjust the surrounding energy, it is important that you purchase them yourself rather than receiving them as gifts. The ideal plants are those that can flower and have lush foliage. These plants are usually placed in areas of the home that are prone to attracting Yin Qi—such as spots directly facing the entrance, high-traffic areas, or spaces with a strong Yin Qi presence.

These energy-balancing plants may die. The reason for their withering is that they absorb external Yin Qi or harmful yin energy. When the amount of Yin Qi becomes excessive, even these highly Yang plants can be overwhelmed and die. At that point, you should replace the plant with a new one and place the weakened one outside in the sunlight. If it receives enough Yang energy, it may recover. This is part of the natural cycle of all living things.

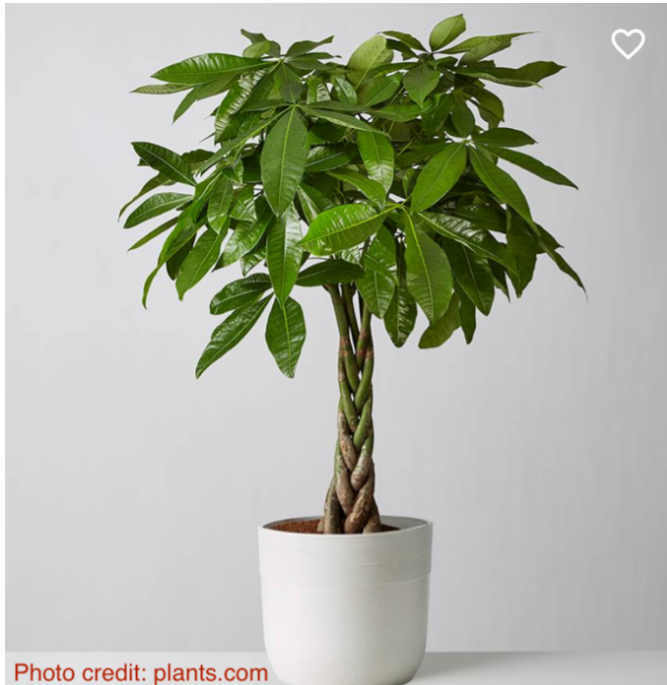
一般我们会用石榴树，柠檬树，还有桃树，榕树等其它的一些植物花草来调节我们周围的环境。但是我们调节家里的居住环境的时候，或者是来驱赶不和谐的阴气的时候，我们一般用得最多的是石榴树，发财树，柠檬树，还有橘子树，兰花，茉莉花等。一般比较常用的就是石榴树，发财树和柠檬树。每个植物都有自己的特质。这些植物可以通过苗圃网站在线购买，也可以在像 Home Depot 这样的园艺中心线下购买。通常在春季更容易买到，尤其是石榴树。

当用这些植物来改变周围环境的时候，要用自己买的而不是别人送的。大小最好是能够开花，枝叶比较茂盛的。一般把这些植物放在居住的环境里面比较容易招惹阴气的房屋的缺口，比如正对着门口的位置，人活动比较多的地方，还有阴气比较重的地方。

这些平衡能量的植物可能会死亡。死亡的原因就是它吸收了来自于外界的阴邪的能量，会出现枯萎。当阴气多到一定程度的时候，就会让这些阳气十足的植物死亡。这时候我们需要换一盆新的，然后把濒临死亡的植物，放到院子里在太阳底下。当阳气充足的时候，它也许能够活回来。这就是自然界万物循环的一个过程。



Money Tree



1. The money tree has strong energy. The Yang energy it emits can dispel and drive away Yin Qi from its surroundings. Not only can it absorb Yin Qi, but it can also transform it into beneficial energy and release it.
2. Therefore, after we have dealt with matters related to the soul world, having a money tree at home is helpful. It absorbs Yin Qi and helps protect against intrusions into our property or life.
3. It is a low-maintenance plant. However, if you notice its leaves turning yellow or the tree looking unhealthy, it's because it is adjusting the surrounding energy.
4. The money tree is common and easy to find. Many different plants online are labeled as money trees, but the one we need is the type shown in the picture. It is often sold at Costco around Chinese New Year or year-round at Home Depot, typically priced between \$20 and \$40 depending on size. The larger the tree, the higher the price.
5. Please get it as soon as you can—do not procrastinate.

1. 发财树能量很强。它散发出来的阳气可以把周围的阴气驱除赶走。它不仅能够吸收阴气，还能够把阴气转化成好的能量，再释放出来。
2. 所以当我们处理完魂界的事情以后，家里有发财树会比较好。它会吸收阴气，并且帮助阻挡对我们的家产或者生命的入侵。
3. 它是一种很好打理的植物。但如果你发现它叶子变黄或者看起来不太健康，那是因为它正在调整周围环境的能量。
4. 发财树很常见，容易买到。网上有好几种植物都被叫做发财树，我们需要的是图片里这种。通常在农历新年前后，Costco 会有售，或者全年都可以在 Home Depot 买到，价格大约在 20 到 40 美元之间，具体取决于树的大小。树越大，价格越高。
5. 请您尽快配置好，不要拖延。



Pomegranate Tree



Photo credit: homedepot.com

- The pomegranate tree can absorb 100% Yin Qi in its surroundings and convert and release it as 80% Yang and 20% Yin energy (note that Yin energy is not Yin Qi).
- The pomegranate tree helps create a harmonious environment. When planted in home or in the backyard, it can make the surroundings feel calm and comfortable, with little pressure or tension.
- There are two main types of pomegranate trees: fruit-bearing varieties, suitable for outdoor planting; and ornamental varieties - such as the dwarf pomegranate - that are best kept indoors. For the purpose of adjusting home energy, the dwarf pomegranate is the recommended choice.
- Among the three trees discussed here, the pomegranate tree tends to be the most delicate and challenging to care for. Please adjust the sunlight exposure and moisture levels of the pomegranate tree according to the instructions on the plant nursery label.
- Please get it as soon as you can—do not procrastinate.
- 石榴树能够吸收周围环境里的 100% 的阴气，然后转化和释放出来的是 80% 的阳和 20% 的阴的能量（注意阴气和阴的能量是不同的）。
- 它能够让周围的环境比较平和。如果石榴树种在家里或者院子里，会觉得周围的环境让人舒服安详，没有特别大的压力。
- 石榴树主要有两种类型：一种是结果的树种，适合种在户外；另一种是观赏树种，如矮石榴，更适合放在室内。用于调整家居能量时，推荐选择矮石榴。在这里提到的三种树中，矮石榴是比较娇嫩和难打理的一种。请按照花圃的种植标签来调节石榴树的日照和干湿度。
- 请您尽快着手准备, 不要拖延。



Lemon Tree



1. Lemon trees are usually more expensive and a bit harder to find than money trees. At Home Depot, a 28-inch lemon tree costs around \$40, while a 3 to 4-foot tree from a nursery may be priced at around \$150. These trees can be kept indoors, but larger, more mature lemon trees tend to adapt better and are more likely to thrive. Smaller lemon trees are more sensitive and may struggle to grow in environments with heavier Yin Qi. It is recommended to have two lemon trees in the home, though having more is perfectly fine.
2. Please get it as soon as you can—do not procrastinate.

1. 柠檬树通常比发财树更贵，也稍微难找一些。在 Home Depot，一棵 28 英寸的柠檬树大约需要 40 美元。而在苗圃店，一棵 3 到 4 英尺高的柠檬树可能售价约为 150 美元。这些树可以养在室内，不过体型较大、较成熟的柠檬树通常适应能力更强、更容易存活。较小的柠檬树则更为敏感，在阴气较重的环境中可能难以生长。建议家中种植两棵柠檬树，但种更多也没有问题。
2. 请您尽快配置好，不要拖延。