

## The 5 Elements of Interior Design

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### Interior Design vs Interior Decorating

**What is interior design?** Interior design is designing all spacing within the home. This includes, furniture, floors, lighting, walls, doors, windows, trim work and design pieces.

**What is decorating?** Decorating is improving the look of a room or rooms within your home. Change rooms with color, lamps, flowers, portraits, anything to place within your room or rooms to make more beautiful.

**Interior design** and **Interior decorating** are often mistaken for being the same thing, but the terms are not interchangeable. While they have many similarities, interior design and interior decorating have a few differences: some subtle, some significant.

#### What is Interior Design

**Schooling** - Interior design is a profession that requires specific schooling and formal training. The work involved usually includes studying color and fabric, computer-aided design (CAD) training, drawing, space planning, furniture design, architecture and more. Upon graduating designers often apprentice with a registered and established interior designer before moving on to create their own companies.

**Credentials** - In most states and provinces professionals are required to pass an exam and become registered with a governing council (which one will depend what country and state/province he or she is in) before they can be called designers.

**What They Do** - Designers are comfortable with spatial planning and can help design and renovate interiors, right from drawing up the initial floor plans to placing the last decorative accent. They don't just enhance the look, they enhance the function of a room.

**Who They Work With** - Interior designers often work closely with architects and contractors to help achieve the look the client desires, whether that client is designing a residential home, an office, a hotel, or any other interior space.

#### What is Interior Decorating

**Schooling** - Interior decorators don't need to have formal training or schooling because decorators focus primarily on aesthetics. Decorators don't generally take part in renovations or structural planning. They come in after that part is complete and focus on the surface look of the space.

**Credentials** - Even though no schooling is required to become an interior decorator there are many programs and courses available. These courses often focus on color and fabric, room layouts, space planning, furniture styles and more.

**What They Do** - Decorators are great for coming into a room and whipping it into shape. They can help clients decide on a style, choose a color scheme, purchase furniture, and accessorize. They're often brought in to spruce up an existing space that needs to be updated or redone.

**Who They Work With** - Decorators don't generally work with any contractors or architects since structural work is usually complete before they come on board. They do however sometimes work with furniture makers, upholsterers, and other industry professionals.

#### Should I Hire a Designer or a Decorator

Who you should hire will depend on your needs. If structural changes are desired (such as removing

a wall, moving plumbing around, or adding new windows or doors) an interior designer is the better choice. They can help plan for significant structural changes and help make them happen. If there are no structural changes needed but you need help deciding on a style; choosing wallpaper, paint, and furnishings; picking window treatments, and choosing lighting and accessories, a decorator will probably do the trick. They know what works together and can transform a room to suit the clients' needs and desires, without doing any technical work. Both interior designers and interior decorators create beautiful and functional spaces, but they are separate professions. Assess your needs before deciding which one to hire.

## The 5 Elements of Interior Design

Whether you are working with existing furnishings and fabrics or "starting from scratch" with an empty room, you should always use the elements and principles of design as a guide in choosing everything. The elements are your tools or raw materials, much like paints are the basics to a painter. The elements of design include space, line, form, color, and texture. The principles of design relate to how you use these elements and are balance, emphasis, rhythm, proportion and scale, and harmony and unity.

### Space

Space defines the boundaries and sets the limits on the functional and decorative things you can do. Usually you will not determine the space; instead, you will be faced with the challenge of using the existing space effectively.

### Line

The lines in a room are second only to color in importance when it comes to setting the overall mood or feeling of a room. The lines of window fashions should support the dominant line of the room. In most situations, the dominant line is straight (vertical, horizontal or diagonal) rather than curved. Your choice of emphasizing the direction of lines will determine the mood you want to create.

*Vertical lines* -- add height and dignity, creating a more formal atmosphere. Vertical lines also balance the horizontal lines found in most furniture.

*Horizontal lines* -- tend to create a restful, informal feeling. They work well in casual rooms or as relief to the strong verticals of formal rooms. Diagonal lines attract attention and lead the eye. They can be disturbing unless supported by verticals or opposing diagonals.

*Curved lines* -- add a softening effect and keep the room from becoming too stiff. Use curved lines with some restraint to keep the room from becoming too soft and overly feminine.

### Form

Lines that join together produce the form, or shape, of an object, which in turn impacts the overall feeling of a room. Straight lines create rectangles, square and triangles. Curved lines form circles and ovals. The rectangle is the most popular form and is often the dominant shape in a room. Triangles provide stability and curved shapes soften the contours of objects.

### Color

More than any other element, color can make a room beautiful. Color can set the mood. It can make a room warmer or cooler, larger or smaller. It can hide unsightly features or call attention to the center of interest. Even with the simplest furnishings, the proper use of color can transform a room.

### Texture

Texture is playing an increasingly important role in home decorating. Visual texture is a material's apparent smoothness or roughness. To maintain and enhance a casual feeling, use fabrics that are more heavily textured, nubby or rough visual texture. Smooth, shiny surfaces such as silk, moiré, chintz and silk-like looks support a more formal feeling in a room. Using several levels of complementary textures adds variety and maintains interest. However, it is a good idea to avoid dramatic contrasts in texture

## Wu Xing

The **Wu Xing**, (五行 wǔ xíng) also known as the **Five Elements**, **Five Phases**, the **Five Agents**, the **Five Movements**, **Five Processes**, and the **Five Steps/Stages**, is a fivefold conceptual scheme that many traditional Chinese fields used to explain a wide array of phenomena, from cosmic cycles to the interaction between internal organs, and from the succession of political regimes to the properties of medicinal drugs. The "Five Phases" are Wood (木 mù), Fire (火 huǒ), Earth (土 tǔ), Metal (金 jīn), and Water (水 shuǐ). This order of presentation is known as the "mutual generation" (*xiangsheng* 相生) sequence. In the order of "mutual conquest" (*xiangsheng* 相生) or "mutual overcoming" (*xiangke* 相剋), they are Wood, Earth, Water, Fire, and Metal.

"Wu Xing" is often translated as **Five Elements** and this is used extensively by many including practitioners of Five Element acupuncture. This translation arose by false analogy with the Western system of the four elements.<sup>[1]</sup> Whereas the classical Greek elements were concerned with substances or natural qualities, the Chinese *xing* are "primarily concerned with process and change," hence the common translation as "phases" or "agents."<sup>[2]</sup> By the same token, *Mu* is thought of as "Tree" rather than "Wood".<sup>[3]</sup> The word 'element' is thus used within the context of Chinese medicine with a different meaning to its usual meaning. Evolution of language in this way is not without precedent. It should be recognized that the word 'phase', although commonly preferred, is not perfect. 'Phase' is a better translation for the five 'seasons' (五運 wǔ yùn) mentioned below, and so 'agents' or 'processes' might be preferred for the primary term *xing*. Manfred Porkert attempts to resolve this by using 'Evolutive Phase' for 五行 wǔ xíng and 'Circuit Phase' for 五運 wǔ yùn, but these terms are unwieldy. In some ways arguing for one term over another is pointless because any single word is probably inadequate for translation of what is a concept.

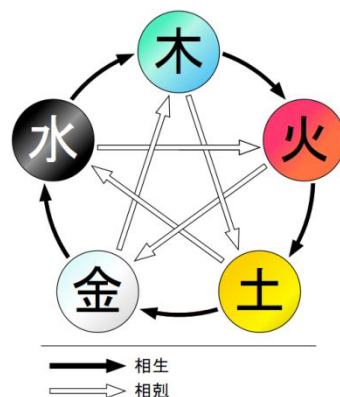
Some of the Mawangdui Silk Texts (no later than 168 BC) also present the Wu Xing as "five virtues" or types of activities.<sup>[4]</sup> Within Chinese medicine texts the Wu Xing are also referred to as Wu Yun (五運 wǔ yùn) or a combination of the two characters (Wu Xing-Yun). These emphasize the correspondence of five elements to five 'seasons' (four seasons plus one). Another tradition refers to the *wu xing* as *wu de* 五德, the Five Virtues (zh:五德終始說). The system of five phases was used for describing interactions and relationships between phenomena. After it came to maturity in the second or first century BCE during the Han dynasty, this device was employed in many fields of early Chinese thought, including seemingly disparate fields such as geomancy or Feng shui, astrology, traditional Chinese medicine, music, military strategy and martial arts. The system is still used as a reference in some forms of complementary and alternative medicine and martial arts.

Five Elements	Wood	Fire	Earth	Metal	Water
<b>Zang</b> (臟)	Liver	Heart	Spleen	Lung	Kidney
<b>Fu</b> (腹)	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
<b>Tastes</b>	Sour	Bitter	Sweet	Pungent	Salty
<b>Sense Organs</b>	Eye	Tongue	Mouth	Nose	Ear
<b>Tissues</b>	Tendon	Vessel	Muscle	Skin and Hair	Bone
<b>Emotions</b>	Anger	Joy	Worry	Grief	Fear
<b>Seasons</b>	Spring	Summer	Late Summer	Autumn	Winter
<b>Environment</b>	Wind	Heat	Damp	Dry	Cold
<b>Directions</b>	East	South	Middle	West	North

## 陰陽五行

陰陽五行者，古中國之物觀也。多為哲學、中醫學及占卜用。五行乃金、木、水、火、土。天地之間，太極判而為陰陽，陰陽分而為五行。太極理也，陰陽五行氣也。理必寓乎氣，氣不離乎理。故天一生水，天三生木，天五生土，三者皆陽之所生；地二生火，地四生金，二者皆陰之所生。析而言之，為五行；對而言之，為二氣。陰陽之分，天陽而地陰，日陽而月陰，春夏陽而秋冬陰，東南陽而西北陰也。然晝則天地皆屬陽，夜則天地皆屬陰，春夏則天地日月皆陽，秋冬則天地日月皆陰，東南則四時皆陽，西北四時皆陰。譬之手焉，左陽右陰，不可易也。而左右仰皆陽，覆皆陰。仰覆熱皆陽，寒皆陰。

五行者，一陰陽也；陰陽，一太極也。本未嘗相離也。其質形於地，是以潤下之水、炎上之火、曲直之木、從革之金、稼穡之土。其神運於天，則為春夏秋冬。土寄旺於四季而名曰沖氣。其質存於人身者，為肝、心、肺、腎、脾。其神舍於人心者，為仁、義、禮、智、信。質者，其粗也；神者，其精也，亦未嘗相離也。五行相生相剋，相生，乃金生水、水生木、木生火、火生土、土生金；相剋，則乃金剋木、木剋土、土剋水、水剋火、火剋金。



發展西周末，有「五材說」，《國語·鄭語》「以土與金、木、水、火雜，以成萬物」及《左傳》「天生五材，民並用之，廢一不可」皆有此載。至《尚書·洪範》「五行：一曰水，二曰火，三曰木，四曰金，五曰土。水曰潤下，火曰炎上，木曰曲直，金曰從革，土爰稼穡。潤下作鹹，炎上作苦，曲直作酸，從革作辛，稼穡作甘。」，五行始立，成一定式，並推演他物。戰國末鄒衍首提五行相勝（剋）相生，以述天命所歸，勝生之序乃定。是時，《內經》用五行於醫學，成中醫基石。漢董仲舒賦五行予德義，以為木為仁，火為禮，土為信，金為義，水為智，後成儒家之本也。

總述五行之大，蓋含萬物，難以全述，故僅簡列其於方位、天干、顏色、神獸等諸者之系也。

五行	木	火	土	金	水
五色	青	赤	黃	白	黑
五方	東	南	中	西	北
五季	春	夏	季夏	秋	冬
五臟	肝	心	脾	肺	腎
五腑	膽	小腸	胃	大腸	膀胱
五情	怒	喜	欲	悲	恐
五味	酸	苦	甘	辛	鹹
五常	仁	禮	信	義	智