



Get creative with your outdoor space by hanging a mirror and twine a vine around it.



Wash patio furniture before covering or storing.



Happy gardening and happy growing!
Cynthia Brian

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Gratitude, the Metal Element, and Autumn Feng Shui

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Since the metal element is also closely linked with heaven and the divine, utilizing the metal element in feng shui is often thought to distinguish those who are merely average in success (mundane), from those who are linking the divine and conducting the metal element to generate help from the divine.

Since earth generates and creates metal, square shapes or yellow ceramic pots work perfectly. Metal also produces the water element which can be represented with wavy shapes, black color or a watery scene; water is closely associated with money, wealth and prosperity. Do not dull the clarity that the metal element delivers with the wood element. Limit the number of plants in this area, definitely no cactus here, and no wood frames.

If you are feeling overwhelmed or panicked about completing tasks with joy, or creativity is lacking with projects, or your ability to express yourself is thwarted, just go to the right middle area from your front door and look around to see if there is an abundance of the fire element. Remove or subdue as much of the fire element here; for example, remove candles, spherical and triangle shapes, red objects or art. Why do we want to minimize fire here? Because fire is not the friend of metal and melts it. If you have a fireplace in this area, a round (metal) mirror, symbolizing the water element over the fireplace will be an effective cure or adjustment since water puts fire out.

Before this Thanksgiving arrives express yourself appropriately and thank in a myriad of creative ways those who have helped you along the way – including your own children!



Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. For more info, visit www.mandalafengshui.com, email spaceharmony@gmail.com, or call (520) 647-4887.



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