



Use colors that represent metal including white, grey, silver, and metallic.

The earth element “creates” or produces metal, so use the earth element in the Helpful People area. Since fire melts metal, avoid red and the fire element in this area to keep it strong and vibrant.

Helpful people always include family and friends – even trusty and faithful pets – but they also include enemies and strangers. While it is easy to see the connection with why family and friends may be blessings in our lives, our enemies can

be our most profound teachers of patience or impermanence. Also, remember that our enemies today can become friends tomorrow, and our friends today could someday turn against us.

Heaven also occupies the Helpful People area, underscoring that the Divine is always the most helpful to us; we turn inward, to our spiritual food for strength and spiritual grounding, so many blessings manifest. Expressing gratitude for our spirituality can give us great and real comfort, especially on Memorial Day, when we may contemplate those we have lost.

This Memorial Day tell your loved ones how much you appreciate counting them among the blessings in your life. Activate and bless the Helpful People area of your home, expressing your gratitude with specific symbology that is personal, physical and spiritual.

Share your gratitude and give thanks to all those who have given of themselves, without expectation of repayment so life could be filled with peace. As you do, reflect that you contribute to the global good, hope, light and peace in the world, and that perhaps you honor them best, this Memorial Day, by starting first with your own heart.



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

Thank you for recycling this paper. It is printed on at least 50% recycled material and vegetable based ink and should be recycled again.

