

Feng Shui

Tips to ease into the harvest season

By Michele Duffy

Like many ancient philosophies, Feng Shui observes different aspects of the phases of the Five Elements – water, wood, fire, earth and metal – to inform the changing patterns in our lives, homes and bodies. Simply take a look outside and use nature's canvas to adjust your home for the season.

The metal element of fall conceptually symbolizes in Feng Shui refinement or precision, beauty, completion and finishing up. Take a look at your home office workspace. Do you have a project that has been dragging on and on and needs to wrap up? Use the precision and completion of the metal element to push your project goal toward the finish line. Stand in the doorway and look into the home office room. Divide the space into nine equal squares and ask what is presenting in the middle right area of completion (metal/harvest). Placing a symbol or reminder of the project

you want to complete in that area will send out your wishes for the energetic of completion.

Do you have relationship attachments you feel ready to release or find closure on? The middle right area (completion/harvest) of your master bedroom would be an ideal spot to place something that symbolizes the relationship you want to release.

Adding more warmth (fire) and glow into your home environment with warmer hues and truly yang colors like tangerine, sunshine yellow and earthy browns can be an intuitive way to balance out the metal element associated with fall. Bring back the cozy carpets under your feet or light a fire in the fireplace. Surround yourself with cozy red, orange or brown throws that will bring the necessary balance into your space by adjusting the missing elements of fire and earth.

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