

Feng Shui

Tips to ease into the harvest season

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Photos provided

Consciously celebrate the bounty of fall with a visual display of the fruits of the harvest season. For example, be inspired by all of the reminders of fall's cornucopia with sumptuous pumpkins, red or orange berries, acorns, uniquely shaped gourds, pinecones, yellow, orange or purple mums and fragrant apples to welcome the abundant joy of the harvest to your home. Arranging the auspicious symbols of fall that you love at your front entrance sets a tone and welcomes the joy of the harvest season to your home.

Symbols of fall's harvest create a welcoming centerpiece for your dining room, too. Apples are symbolic of peace, pinecones conjure longevity and good health, pumpkins are believed to fend off negativity, and mums are a sign of wealth and abundance. Infuse your home with the energy of the harvest and gratitude for all that you have personally accomplished so far this year.

Fall is also a great time to remind ourselves to brighten up our spaces. Make sure the path to your front door is well lit, add full spectrum lighting inside your home and place candles in all the areas people gather to introduce the necessary warmth to your home.

It's also important to be personally grounded (metal depletes grounding earth) through healthy self-care, creating healthy boundaries, and saying yes to what really nourishes our souls this time of year. Reconnecting, cooking in your kitchen, hosting gatherings, spending time with friends and family are part of the joy of the season. It isn't unusual to feel like going to bed early or rising later, if possible, and generally it's wise Feng Shui to go with the flow.

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