



The FENG SHUI of...

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# The Joys of Fall

with a Qigong Lung-Clearing Exercise



As the warm days of late summer pass into autumn, nature is making her perennial transition from the yang months of spring and summer to the yin months of fall and winter. This change will be intuitively felt even before the Autumnal Equinox on September 22nd, as nature begins her transitions deep in the earth long before we see those changes visibly manifest. All of these shifts become more apparent with the increase in yin energy. Each passing day has less and less light, as the hours of light continue to get shorter. We feel this in our bodies and emotions; the organ associated with fall is the lungs and the feelings are sadness and grief. If our bodies or environments are not balanced, we will feel these emotions on a greater scale.

So what can you do? From a Feng Shui perspective, the area of the *bagua* that aligns with fall and the organ of the lungs is the NW sector of children and creativity. As the yin months progress, it is time for us to move more inward and do something to nurture our inner child and ourselves. The *I Ching* trigram is *tui*, it's feeling being joyful and pleasurable. This is the time to do things that will bring you inner joy and boost your sense of



creativity. Try taking classes where you are making or building things with your hands, cooking, painting, sculpture, or anything that makes you feel true happiness inside.

You can also enhance the NW area of your home, office or any room with new artwork or anything that gives you a lift. The element is metal. Try bringing in a new piece of furniture or sculpture made of metal. You can also use the color white; maybe some new slipcovers, an art deco object or something else with white in it.

This is also the time to follow the wisdom of nature in the changing season; getting a bit more sleep is highly beneficial to your organs, your emotions, and overall health. Nature is waking up a little later and going to rest a little earlier. Mother (Nature) knows best!

With all of the wildfires that we have recently experienced, our lungs have been overly burdened with smoke that we have had to breathe in. Here is an easy Qigong exercise that will help clear the lungs and dissipate feelings of

sadness. It is rejuvenating and refreshing anytime, but is particularly effective during the fall months:

**S**tand with the feet about a foot apart, legs and knees relaxed. Arms and hands are loose and comfortable at your side. Swing

the arms/hands back and down past your side—knees bend slightly as you swing the arms back—inhaling two times through the nostrils; as your arms swing back forward, make a loose fist (thumb touches index finger and fist is open) with the hands, thumbs outside. Swing the cupped hands to just above the lungs, right under the collarbone and tap, exhaling through the mouth. Repeat the arm swing/tapping/breathing pattern 39 times. You can also visualize your lungs folded in moist, billowy white clouds. ■

*Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant, has been a Feng Shui professional since 1998, and is available for consultations on-site or via phone. By using the timeless principles of the art and science of Feng Shui, Michele can help you bring balance and beauty to every aspect of your life. She is also a Certified Qigong Instructor of Ling Gui Healing Qigong School, Liu Dong's Method. Michele can be reached at (406) 582-5724 or by email at taodesigns@ymail.com.*