



The FENG SHUI of— Autumn & Earth Energy

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The signs of autumn are all around us—leaves are gorgeous warm colors, and the days are shorter and nights are cooler. But there is a very important transitional period between summer and fall that we feel in our bodies but that we are not necessarily consciously aware of.

This brief cycle occurs with each change of the seasons, but is most felt in the shift from summer to autumn, as the fire of summer must create the earth element, which in turn produces the metal energy of autumn. Nature can be a real tease during this time. We can have some relatively cool days and chilly nights, and all of a sudden it seems like it's summer again—it's incredibly warm out, but the leaves are falling! This is the experience of the earth element; a state of flux that is all the while wooing us to begin turning inward.

In Feng Shui, earth energy is in the center of the *bagua* and is like a whirling *tai chi* that sends *qi* out in all directions to penetrate and permeate a room or building. It is important to have the center of your home balanced and peaceful, as the quality of *qi* that it emits will have a great impact on all other areas of the *bagua*. There is no *I Ching* trigram for the center; it is (or should be) a place of freely moving, yet perfectly balanced, *yin* and *yang* energy. The color associated with earth *qi* is yellow, and the element itself is in sand, clay, crystals—and, of course, soil.

The vital organ that carries earth energy is the spleen—a hard-working organ that tends to take a beating through poor diet, negative habits, and being too sedentary. You can be kind to your spleen, as well as your entire digestive system, by allowing the spleen to finish its work as it prepares to rest, and refrain from eating at least 3 hours before bed-time. Your

spleen (and stomach) will thank you! The emotion of the spleen is worry and overconcern. No wonder we experience digestive problems when we are upset!

The short time that nature blesses us with earth *qi* is all preparation for the onset of fall and the energy of metal. This year the equinox arrives on September 23. This day has equal number of hours of dark and light, and the dark, *yin qi* will continue to increase until winter.

The metal element of autumn and its *qi* is in the NW area of the Feng Shui *bagua* and is associated with creativity and children. The color of this area is white, suggesting an innocence and purity of the child-like mind and heart. It is also a time to nurture

our inner child through creative projects and doing the things we love.

Autumn is the time to build our immune system and clear the lungs both of physical toxins, as well as the emotion of sadness. When we are sad, the lungs contract and cannot fill with *qi*. There is a great lung-clearing *Qigong* exercise on YouTube (*Immune Boost Qigong/Master Liu He*) that you can practice. It will bring in fresh energy into the lungs and help build your immune system to prepare for Winter. Try it! ■

Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant and has been a Feng Shui professional since 1998. She 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 taode-signs@ymail.com.

