

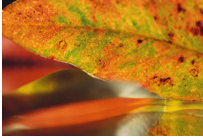
# SACRED CURRENTS

*feng shui*



## *A Transitional Season*

Autumn is the most 'transitional' season (read 'toughest') for me. I slip into winter, emerge in spring and blossom with summer. At the first sign of a chill most people are exalted but I tend to contract. So you may ask why do I begin to withdraw during this time of year? Well in fact, that is exactly what is happening in nature. Everything is starting to collect itself and move inward. Trees drop their leaves, some species fatten up for hibernation and after giving forth its harvest the earth starts to harden.



As you probably know, Chinese medicine is aligned with the changing seasons as is feng shui. Autumn is associated with the Metal element. The very nature of the Metal element is consolidation, movement inward. This is a time to reflect and to celebrate one's efforts of this year. It is also important to take care of your health as we start to become more vulnerable during this season. In traditional Chinese medicine, Metal controls the lungs and large intestines. If these become weak we can fall into depression or feelings of isolation.



The early fall season corresponds with 'Dui' on the feng shui bagua (map). Dui represents completion, things coming to fruition and celebration. This is also the gua (sector) associated with children and all creative expressions of life. Earth element supports Metal so this is the time for warm earthly colors, like brown, orange, taupe, yellow and beige. In addition, square shapes, faux fur, carpets, pottery and other grounding objects support this transition into this dark time of year. Even for those of us that thrive in the winter months, we too are preparing for a more interior time of year.

***May your harvest be abundant and your season warm + cozy, Judith***



*My colleague Rosalie Prinzivalli and I pack so much information into our day long course. It will prepare you to design your environment in support all your transitions.*

Please join us for our 1 Day Intensive on Sunday, October 19, 2014  
10a - 6p at the New York Open Center  
**Create the Life You Want: Feng Shui Tools for Abundant Living**  
course #14FAF06SA



*If you can't take a class or simple would prefer a customize consultation, please call and we can discuss your needs and budget.*

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Integrative Interior Design ~ Feng Shui Consulting ~ Space Clearing  
[www.sacredcurrents.com](http://www.sacredcurrents.com) [judith@sacredcurrents.com](mailto:judith@sacredcurrents.com) 212-410-1832 917-903-9390