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Gratitude, the Metal Element, and Autumn Feng Shui

By Michele Duffy



A proper round mirror (water symbol) is placed over the fireplace in this Orinda home's "Completion" area to create balance. Photos provided

Autumn is upon us and gratitude in feng shui is closely interwoven with the "Completion" area of the Feng Shui Bagua, which also rules "Creativity, Children and Joy."

The "Completion" area of your home is the right middle area or quadrant from the front entrance (see Feng Shui Bagua map). The Metal element - represented by metal sculptures, frames, abstract metal art, round objects, and metallic, white, or grey colors - is fully awakened in autumn and rules our gratitude for an abundant harvest. The metal element is not often discussed in feng shui but when properly activated it is regarded as a cure for negative energies, especially in the health and financial areas.

The harvest is a time of gathering the fruits of our labor and taking stock of what worked, who helped us, as much as what is no longer needed or what we might be wise to let go. Many people play significant roles in whether or not the completion of our harvest is bountiful, abundant and meaningful. This area is also ruled by children, which represent the "completion" of a loving union; when we consider how fearless children are we can understand why joy and creativity is also represented in this area.

Part of "completion" involves intentionally and creatively thanking those who we are grateful for, and whether it is a hand written note, a small token, a dozen fresh eggs from your chickens, a dinner out, a prepared meal delivered, or a gift basket, completing the cycle of your own harvest with appropriate gratitude toward others ensures that a new cycle of abundance will be greatly favored.

Place images in metal frames that depict harvest, sunsets, the heavens, joy, and creativity in this middle right completion area. This is also an appropriate spot for all of the children's portraits and photos that we most certainly removed from the master bedroom, which due to your good feng shui application has transformed into an adult sanctuary. The noisy TV, musical instruments, or your musical devices of choice (metal) can all be placed here as well.

Since the metal element is also closely linked with heaven and the divine, utilizing the metal element in feng shui is often thought to distinguish those who are merely average in success (mundane), from those who are linking the divine and conducting the metal element to generate help from the divine.

Since earth generates and creates metal, square shapes or yellow ceramic pots work perfectly. Metal also produces the water element which can be represented with wavy shapes, black color or a watery scene; water is closely associated with money, wealth and prosperity. Do not dull the clarity that the metal element delivers with the wood element. Limit the number of plants in this area, definitely no cactus here, and no wood frames. If you are feeling overwhelmed or panicked about completing tasks with joy, or creativity is lacking with projects, or your ability to express yourself is thwarted, just go to the right middle area from your front door and look around to see if there is an abundance of the fire element. Remove or subdue as much of the fire element here; for example,

remove candles, spherical and triangle shapes, red objects or art. Why do we want to minimize fire here? Because fire is not the friend of metal and melts it. If you have a fireplace in this area, a round (metal) mirror, symbolizing the water element over the fireplace will be an effective cure or adjustment since water puts fire out.

Before this Thanksgiving arrives express yourself appropriately and thank in a myriad of creative ways those who have helped you along the way - including your own children!



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