



Photo provided

Try this easy fall space clearing technique to refresh your space for the beauty of the fall season. You will need bells or a gong and positive intention.

1) If you can, first open all doors and windows of your home, letting the crisp fall air in.

2) Start at your front entrance door and slowly walk clockwise around your home. As you ring the bells with precision, so the sound reverberates in your space, simultaneously and mindfully chant a prayer that symbolizes good luck and good fortune to you. In Feng Shui we often use “Om Ma Ni Pad Me Hum,” which symbolizes good fortune, health and happiness.

3) End up back where you began at the front door and visualize everything is cleansed and released from your home that no longer serves your higher purpose.

4) Express gratitude for all of your blessings, accomplishments, successes, and the harvest you observe in your own life and home.

5) Wish for all sentient beings to also receive the blessings of the fall season of harvest.

Personal wellness will also be refreshed and realigned with the cooler autumn temps by adapting and cooking up those root vegetables like carrots and beets in stews and soups and choosing warmer foods and drinks in general, incorporating warmer spices like ginger, turmeric and cinnamon as we go. This also nourishes our stomachs and digestive systems (earth element is depleted by metal) and helps us to personally stay healthy and grounded and aligned with the changing energy of the season.

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION Li Fire South Red Summer	RELATIONSHIPS Kun Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

The Bagua Map: Front Door

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