

Fall, Flowers and Feng Shui

By Pat Heydlauff

You might think just what does Feng Shui have to do with fall and flowers; the answer is everything. Every time we change seasons, we automatically shift energy whether we know it or not. With the arrival of fall we start to change our eating habits, the clothes we wear and our outdoor living style.

If you reside in a northern climate you automatically start digging out your jackets right along with your flowers and bulbs that are not winter hardy. You may even be preparing to leave your home for the entire winter and migrate south to a second home, condo or apartment where the climate conditions are warmer during the cold weather ahead. If you live in the west or the south your changes will take place more noticeably in your living style, especially when it comes to your outdoor activities; fewer barbecues and pool activities.

So just what does this have to do with Feng Shui? Just like Feng Shui, the change of seasons is all about energy. There is a shift of energy from really hot to pleasant and even cool temperatures, in some parts of our country, cold temperatures. There is also an energy shift of day light when the days get shorter with the sun setting earlier and rising later forcing most of us indoors more of the day. A change even occurs in the way we decorate the outside of our homes.

This type of energy shift every few months of the year is very positive and invigorating. These energy shifting seasons motivate us into removing any old dried up dead plants left over from the heat of the summer and planting new ones full of life and vivid fall colors. It also makes us take inventory of any outdoor decorations in our flower gardens and yard such as flags, garden statues and even door mats. Fall is the perfect time to evaluate whether they are in good useable condition and should be stored or if it is time to part with them and replace them when next summer arrives

The storage of outdoor decorative items when broken chipped cracked or weather worn becomes clutter in your garage and storage area and creates the same negative energy as clutter would in the home. If you really love some of the items and they can be repaired place them into a temporary holding area where you will be sure to repair them before moving them into their permanent winter storage space. Take a close look especially at things made out of fabric. They take a beating from the summer sun and can become very faded and weather worn in just one season. Whether it is outdoor furniture cushions, a charming decorative flag that hangs near your front door or is a fabric door mat, examine it closely to make sure it is still vibrant enough to attract positive energy to your home and front door.

Evaluate everything decorative from summer that you are taking down and putting away. Is the ribbon or the flowers on the wreath you so proudly displayed on your front door all summer worthy of hanging one more year or has it had it. Anything that is worn, torn or faded holds negative energy over to the new fall season ahead if you do not toss it. It will also harbor that same negative worn out or faded energy throughout the next three seasons in your storage space and magnify its negativity. Remember my rule of thumb, “if it is broken, chipped, torn, faded or just plain worn out, get rid of it”.

Once you’ve completed that process, use the same scrutiny when putting out those wonderful fall items including ghosts and goblins for Halloween or turkeys and pumpkins for the Thanksgiving season that you’ve stored for a whole year. If it is still in great condition, display it proudly. If not, determine whether it can be repaired and do so before decorating your home with it. If it can’t be repaired and provide you positive energy, get rid of it and replace it with something that will.

Fall provides all of us no matter where we live wonderful opportunities to energize our world with a whole new palette of colors shapes and designs that we seem to use only this time of the year. Enjoy the energy provided by those warm earthy colors in the trees when their leaves become radiant yellow burnt orange and fire red. These colors are seldom seen other times of the year and tend to warm the heart and energize the soul.

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"Everything you say, think and do matters."

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