



## AUTUMN

With the arrival of autumn, we enter the season of harvest and storage. This is the transition time from the brightness and openness of summer to the relative stillness of winter. In Traditional Chinese Medicine (TCM), humans are considered microcosms of the natural world and thus are a part of the same cycles that occur in nature. With each seasonal change, we try to align ourselves with the world in which we live. Within the Five Elements Theory in TCM, there are correspondences in the natural world that are associated with each of the Five Elements – season, direction, emotion, direction, color, sense and many more.

Autumn, associated with the Metal Element, comes with a sense of gathering and stocking up mixed with a sense of poignancy as the days grow shorter and cooler. This is the time of year for us to look within and release any thoughts and emotions that bring us sorrow.

Here are some ideas to help you have a happy and healthy fall:

### Focus on Your Breath

Breathing exercises are one of the best ways that you can support lung health. Mindful breathing can assist in reducing stress and anxiety. Deep breathing helps to increase the supply of oxygen to your brain and stimulates the parasympathetic nervous system. This helps to promote a sense of calmness and relaxation. There are many breathing techniques but one of the easiest is simply to count your breaths. You can do this lying down, sitting or standing. Once in a comfortable position, take a long, deep breath in through your nose for two counts then exhale slowly, through your mouth, for two counts. Repeat five times.

### Step Up Your Qigong Practice



The lungs and large intestine are associated with the Metal Element. Skin issues, allergies, coughs, colds or asthma problems during this time of year usually signal a lung/large intestine imbalance. Step up your Qigong practice during this time to help re-balance the function of these organs and build up some much-needed Qi. Drawing a Bow, a posture from The Eight Brocades is a simple yet powerful Qigong energy exercise that benefits the lungs and large intestine.

## **Eat Seasonally**



As the days become shorter and cooler, start adding warming foods like soups and stews to your diet. Try some new recipes incorporating autumn produce. Some good additions in autumn are pears, leeks, onions, sweet potatoes, beets, cabbage and broccoli. And don't forget some spices – cinnamon, nutmeg, allspice, clove and cardamom.

## **Release**

Grief is the emotion associated with the lungs. It may present itself as sorrow, melancholy, loss of the past or a sense of longing for the future. Holding these emotions can affect the lungs and large intestine. Nature instructs us about our cycles of creating and letting go. Trees naturally lose their leaves in the fall to conserve energy during the winter months. The energy of autumn supports our letting go of old hurts and sorrows no longer needed leaving us receptive to new and pure energy.

## **Add Some Metal to Your Decor**



Since autumn highlights the Metal Element, try adding a few pieces of metal to your home and office. According to the principles of Feng Shui, the attributes of the Metal Element bring precision, simplicity, clarity, integrity and joy to your surroundings. Find a metal basket in which to organize your desktop, add mirrors or place your favorite photo in a metal picture frame.



## Autumn Correspondences

<b>Organ</b>	Liver
<b>Direction</b>	West
<b>Positive Emotion</b>	Caring
<b>Negative Emotion</b>	Sorrow
<b>Color</b>	White
<b>Taste</b>	Spicy
<b>Sense</b>	Nose
<b>Time of the Day</b>	Afternoon/Dusk