



Fall

Fall has arrived and we now 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. With each seasonal change, we try to align ourselves with the world in which we live. Fall, 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.

Try incorporating the following practices into your daily routine for a healthy and harmonious fall season.

Practice Qigong

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 is a posture from The Eight Brocades that benefits the lungs and large intestine. In a wide stance with your knees bent, cross your arms in front of your chest as you inhale, when you exhale, pull one elbow back as though drawing a bow to shoot an arrow. Look in the direction of the arm representing the arrow. Repeat on the other side.

If you are not familiar with this posture, consider taking a Qigong class to learn this simple yet powerful form.

Pay Attention to Your Breathing

Breathing exercises are one of the best ways that we 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.

Enjoy the Bounty of the Season

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

Let Go

This is the time of year for us to look within and release any thoughts and emotions that bring us sorrow. Grief is the emotion associated with the lungs. It may present itself as sorrow, melancholy, loss of the past. 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 fall 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. Spruce up your surroundings by finding a metal basket in which to organize your desktop, add some new mirrors or place your favorite photo in a metal picture frame.