



## Fall 2023

With the arrival of fall, we enter the season of harvest and storage. Fall, associated with the Metal Element, comes with a sense of gathering and stocking up – a time for introspection, reflection and release. This is a time of year when we can 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**

The lungs and large intestine are associated with the Metal Element. During the fall months it is important to nurture the lungs as they can become susceptible to respiratory imbalances. Breathing exercise are one of the best ways to support lung health. Deep breathing helps to increase the supply of oxygen to the brain and stimulates the parasympathetic nervous system. This in turn helps to promote calmness and relaxation.

There are many breathing techniques but one of the easiest methods 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 and then exhale slowly, through the mouth, for two counts. Repeat for five times. You can also do this using three and four count breaths.

### **Eat Seasonally**

As the days become shorter and cooler, start adding foods like soups and stews to your diet. Now is the time to transition to warmer, cooked and more moistening foods, so drag out your soup pot and crock pot.

Try a new recipe or two incorporating seasonal produce. Pears, leeks, onions, sweet potatoes, beets, cabbage, mushrooms and broccoli will all be good additions. And don't forget to add some spices – cinnamon, nutmeg, allspice, cloves and cardamon.

### **Release**

Fall is the season of letting go. This is the perfect opportunity to reflect and then shed those thoughts and emotions that hold us back - especially grief – the emotion associated with the Metal Element.

Grief may present itself in a number of ways: sorrow, melancholy, longing for the past or wishing for a brighter future. Holding on to these emotions can affect the lungs and large intestines. Nature provides us with the example of gracefully letting go. Just as trees naturally lose their leaves in the fall, we too can use the coming months to release those thoughts and emotions that no longer serve us. This allows us to move forward with confidence, clarity and optimism.

### **Add Some Metal**

As autumn is associated with the Metal Element, try adding some pieces of metal to your home or 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 the things on your desktop, add a mirror or place your favorite photo in a metal picture frame. You can also display a coin collection or your favorite jewelry or hang metal chimes.