



Many of us begin to feel the full force of the YANG energy of summer during the transition that gives way from the budding spring to the heat and luminosity of longer summer days. Summer is a time of movement, expansion, travel, activity, passion, and when the Fire element, the fame and reputation (Li) area of the Feng Shui Bagua is in full force

Invite summer into your home for all of the Blessings of the changing season.

1. Cool down and balance your personal ch'i (vitality, energy)

Include in your diet this summer YIN foods & beverages to balance the strong YANG aspect of summer. Eat fresh, healthy, local, vibrant & organic fruit & veggies, and remember to take plenty of cool filtered water and slimming green ice tea sweetened with local honey for allergies. Pay attention to your heart as it is particularly associated with the fire element of summer so include bitter foods and practice daily yoga, meditation or tai ch'i to promote stable emotions and heart health with anger reduction!

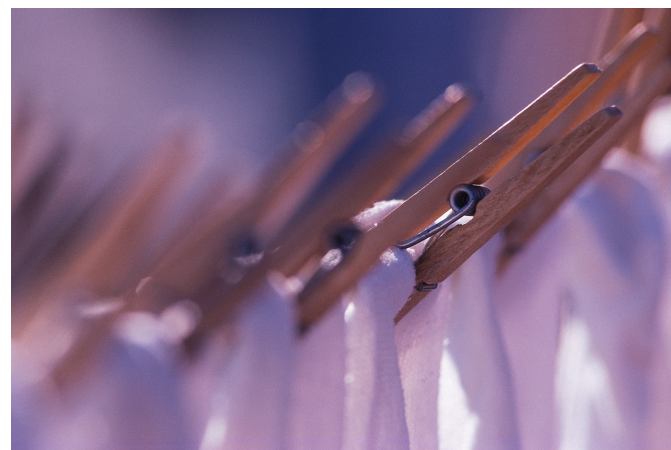
2. De-Clutter

Clutter creates anxiety, depression and stokes the flames of many derivatives of anger (too much heat, bad for heart) adding to the lethargy or burn-out we sometimes experience during the summer months! Receive the reservoir of strong Yang energy of summer to carry you through the colder months and clear out your desk, the kitchen, hallways, the center of rooms, your garage. Create room for summer fun with

summery images, tactile objects like shells, and let the good times roll!

3. Cool down your space

Turn off overhead lighting, go green & keep thermostats at 78 degrees and use ceiling fans instead of lowering the air conditioner, use fewer & more low lights, table lamps, go greener w/dryer usage and dry clothes for 20 minutes & then hang them to air dry, introduce cooler blues, greens, purple as accents to existing warm reds (no red bedrooms please),



orange & yellow rooms or paint a new colour with low VOC paint (www.citron.com). Implement a fountain near your entrance to fully activate the much needed water element in the parched summer, play rain music, install pleasant metal chimes with hollow tubes so the ch'i circulates.

4. Cool the Western Direction



For most of us living in North America., the western direction and it's harsh glaring "sha" ch'i, the result of the strong afternoon summer sun, is the area of our gardens & homes that need extra protection from the Fire element. Locate that side of your home and

garden and take care to keep shades drawn, garden & plants watered & shaded, and turn ceiling fans on.

5. Use your stove

We all love to cook on outdoor grills in summer, but do not ignore or forget to use your kitchen stove to remain connected to life's opportunities, creativity, abundance & resources, so use all burners by rotating the burners you use everyday, hang a metal chime over your head, & keep it spotless.



6. Activate Li

In Feng Shui, summer is also associated with the color red, and the element of fire and the Li gua (area) called, "Fame, Reputation, Courage, Vitality, Image and Persona." It's important to let your light shine and bloom into your fabulous self! Li is located in the middle back area of your home or plot from the front door so to activate place outdoor lights, hang red lanterns, place fire pits, red candles, or hang a round Swarovski crystal spheres from 9 units of red string and wash all of your windows.

7. Travel safe

Practice visualizing trouble free, stress free travel and recite the mantra "I see a safe journey and I see a safe return", protect against burglaries while you are away, so the trip goes smoothly de-clutter and nourish with fresh oil & gas and clean your car, for road trips place a soft nurturing blanket on back seat to balance the sharp yang of the car and stock car with cold re-usable water bottles, and take ample photos to remember your fun summer trips.



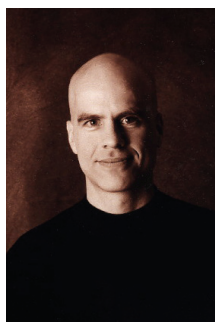
Michele Duffy lives and practices Feng Shui in Tucson, Arizona. Creating energetic solutions for balanced living since 1999, Michele is delighted summer is here and looks forward to creating harmony in your space and astonishingly in your life, with her authentic, intuitive and modern approach! Michele specializes in heart centered blessings, astrology, colour consults, space clearings, home staging, real estate, Feng Shui design & architecture guidance, and making your space POP!

Contact Michele at spaceharmony@gmail.com or call 520-647-4887 to schedule a consult for your home or business!
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