



## A FENG SHUI TIP for Fall Energy

*This is the season when nature is releasing. Join the energy of the season by sorting out and giving away what no longer serves you!*

Autumn is good time to take a good look at your health and your lifestyle. Start by looking around you. Are you living in chaos? Is there clutter everywhere? You may want to consider a good gathering and elimination session. Feng Shui can help you find order in your life.

Often we put off clearing clutter because we think we don't have time...

### **Try the 9 minute Feng Shui approach!**

- **Get two large plastic bags or boxes:**
  - one is for items you definitely are ready to release
  - the other is for those things you are still debating whether or not you are going to keep or release
- **Take 9 minutes to sort** (or 27 minutes, if your schedule permits )
- **Do this once a day for 27 days**
- **Take a few days off and then revisit those items you are unsure about**
- **Feng Shui Guideline:** Keep items that are currently useful or that you love.

*Take advantage of the METAL Energy of Autumn ... perhaps it is your time of Completion with certain items.*

*Then, with thanks, you can Release items for someone else to bring those CHI DOTS into their life ...*



*and the cycle continues ...*

A handwritten signature in black ink, followed by a red circular seal containing the Chinese characters '伦' and '点'.

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