



METAL ... a condensing and refining Energy



ELEGANT & REFINED

FOCUS ON DETAIL

ORGANIZATION

APPRECIATION OF BEAUTY

COMPLETION

Autumn is a return to beginnings and an ordering of nature's components... completing and refining ... and oh so beautiful.

Represented by the element METAL, it is a time for reflection on the year that has past before it ends and goes dark in Winter. Metal is the most contained and focused of the [5 elements](#) and is the Energy of quality over quantity ... a love for beauty and culture ... and inherent good taste!

Metal energy is the energy of the mind. Like the mind, it has two primary aspects ... left-brained intellectual and right-brained creative!

The left-brained is dense, and utilizes your natural ability to magnetize things. Specifically, it represents your clarity of thought, your determination, and your perseverance, which can be considered internal (or, Yin) qualities. The right-brained is dynamic. (or, Yang) representing follow-up and action.

This combination of Intention and Action enables you to attract and draw-in what you want in life!

The colors in nature associated with left-brained Metal tend to be cooler. Just as the autumn leaves change from vibrant greens, to reds, and finally to subtle gold, the shades of copper, silver, gold (and metallic whites and grays) all depict Metal. This energy is inward directed and helps you to consolidate your thoughts and plans into physical form.



It pertains to the evening when you can feel relaxed but focused, wrapping up one day and mentally preparing yourself for the next.



Metal energy also is a time of joy, creativity and children! This is certainly right-brained Metal, represented by what else ... rainbow colors! Bringing all seven rainbow rays into your home, with a sun-catcher, can be a powerful boost to creativity. In the [Feng Shui Bagua](#), Metal is associated with two Life Areas: Children & Creativity and Helpful People. It also represents the West and Northwest.

The Feng Shui colors for the left-brained metal vibration are white, silver and gray and metallic colors (silver, gold, bronze). Many people paint the interior of their homes white because they want a neutral feeling. However, white is anything but neutral ... it is intellectual energy; too much of it can make people sharp and sarcastic, similar to the sharp edge of an ax!

This sharp edge can certainly be helpful in some situations, an office for instance, because it helps people focus on detailed tasks. White walls in the more social rooms of your home, however, will not serve you well.

So, if you like the look of white walls, try a creamy or rosy white to soften the overall effect. You can also have three walls white and paint one a soft warm color. This one wall will balance the rest of the room and take away any sharpness.



The most powerful manifestation of any energy is interestingly the most subtle ... shape. Metal Energy is represented by the circle, oval and the arch.

The circle is one of the most fascinating. It is Yang as the energy is dynamic, constantly moving, pushing, pulling and expanding. We think of the circle shape spinning energy outward, however, it also draws energy together. The wrapping motion of the circle draws energy from one side of the circle to the other.

The circle also represents the merging of an individual with the collective. When you sit in any room where the furniture is shaped to form a circle or at a round dining table, notice how it draws the energies of everyone sitting there into a relationship with each other! Once you make the connection, anything circular, such as a round coffee table, an arched or round window, an arched door can bring the “energy of community” into your living space.

Of course, you can add metal by doing just that...adding metal! Wind chimes and bells have long been used in many different meditation practices to call the mind back from its wanderings and return it to the present moment. Other

metal objects such as tables, desks, shelves, picture frames, plant hangers, file cabinets, or accessories can also boost the intellectual or creative energy in a room. Try metal objects in round shapes and shiny metal like copper or brass to enhance your metal CHI DOTS.



Pay attention to the [Creativity Life Areas](#) (Guas) in your home , workplace, desk, bedroom, and so forth. Stay mindful of what is currently occupying this space. **Is it something worth creating?** This can be an excellent place to display personal affirmations and visualizations of things you want to attract into your life. For instance, find photographs from magazines or write up

your 'wish list' and place it in a silver (metal) frame. **This will remind you consciously and subconsciously each day of what your true priorities and objectives are.**

Remember, metal is all about your mindfulness and mental clarity. Take time to become clear on what your priorities in life are and put energy and action into them each day. Also, look where your valuable energy is going. Your time and efforts should always receive an exchange of energy on some level, so if you feel like your 'giving' is not in balance with what you are receiving from something, consider putting your energy elsewhere.

So... in this time of Release and Completion gather your fruit of the year past, take an inventory, [Celebrate your Dance with Life](#) and see how you want to direct your energy going forward ...



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