

9 Fall Feng Shui Projects

Fall is a time of balancing and grounding or “Earth” element. Use this season to focus on stability on your life and your home, while preparing for winter. Having a personalized Feng Shui consultation with your floor plans will give you individualized feedback and solutions for your home or work space. However, there are many universal ways that you can shape your environment on your own:

1. Visualize making changes in your home or property to bring stability to you and your family. Visualizing is a first step of doing, and helps you define and refine what you’d like to do.
2. Prepare your front entrance: If your landscaping will soon be dormant or covered with snow, add color and interest to your entrance with a brightly-colored pot or vase, (practical!) welcome mat, or decorative flag.
3. Prepare your yard for winter. Clear dead leaves (energy) and cut dead stalks, so that you’re ready for spring’s growth energy.
4. Get ready for winter weather and cooler temperatures by fixing all external doorknobs, railings, or stairs that need repair. Safety means better balance!
5. Pick one drawer or closet shelf a week for 9 weeks and clear that clutter! Less clutter means less dusting, which means cleaner indoor air.
6. Find your favorite room or area of home. Take time to make repairs, clear clutter and refine this “balancing” space for you. Encourage each family member to do the same. You’ll have an indoor haven in cooler weather.
7. Wash your windows (and/or hire help). Clear windows increase creativity, and provide you with fresh views if it is too cold for outdoor activity.
8. Bring energy – life – to your home or apartment by placing a bird feeder at your window or in your yard. They’ll be thankful for the food and you may enjoy the company.
9. Experiment with one new cleaning product that does not have harmful chemicals. Notice if you can achieve a cleaner home without the smells and dangers of harsh products. Check online for ideas and use natural products and remedies when possible (vinegar products, cayenne pepper for pests).

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