

HOW TO USE SUMMER MEMENTOS TO IMPROVE THE ENERGY OF YOUR MIND AND SPACE

By Feng Shui Master Pun-Yin

August is a good time to acquire objects from the summer that have happy memories and positive energy associated with them. Metaphysically, the time and location where the object was collected come with a vibration, and therefore, an emotional sensation. Since thought itself is in many ways an object, start pampering your own spirit with things around you, using the Feng Shui wisdom.

These days, too many people are under pressure all the time, which in Feng Shui is considered a Yang (intense) state of mind—physically feeling overwhelmed. It is ever more important to nurture your own energy through objects that come with a Yin (calming) vibration to balance the intensity. So, take time for yourself to go for a nature walk; let the sun and nature's elements heal you. To let the positive connection you tap into extend beyond, look for small stones with soft edges that are beige or gray—representing the Earth Element in Feng Shui—to bring home. This stone collection, when placed in the correct meridians in your

surrounding or chakra points on your body, can alleviate the tension in you, since the Earth Element absorbs it.

A Feng Shui consultant who knows your Five Elements Chinese Astrology Composition can help you create a customized routine, using timing and direction that are beneficial to you, specifically in resetting your Chi (energy).

For people who need motivation, perseverance, or confidence, elevating the Yang (progressive) energy through an object representing the Fire Elements helps. So, before the summer season ends, buy a candle holder and/or candles from a trip you are enjoying that can give you an energy boost from the positive memories associated with it. Understand that you have the power to initiate the intention, so set the intention of it by feeling the energy boost and power from it during the search.

For people who are going through a tough cycle, carrying too much negative emotion, it can be crucial to know how to use the Water

Element in Feng Shui, to cleanse off the stress energy. Then, your mind will be refreshed and you will be more objective in how you view people and situations, therefore coming up with better solutions.

In Feng Shui, the Water Element cleanses and rejuvenates all lives; a Feng Shui consultant who knows the layout of your floor plan and your own personal energy level can recommend the right type of water fountain or aquarium at the correct meridian of your space to help neutralize the tension. An energy cleanse, using elements from nature in a bath that's customized to your own energy vibration (calculated from the Five Elements Astrology Composition) can be a powerful reset routine.

Once Labor Day hits, wrap up your summer with elements that can give you the competitive edge for autumn and beyond. ♦



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