

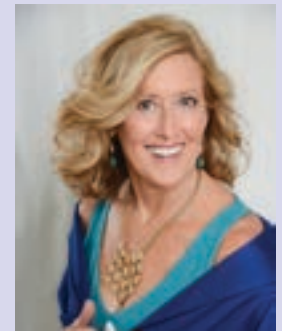
First, make sure that your home isn't already too metal and perhaps cold and unwelcoming. We can integrate and place symbols of the fall harvest, like pumpkins and gourds, at our front door or dining rooms. In the middle right area of our home we can also add the freshness of more white and metallic sculpture or decorative mirrors. Also, warm up your home with lots of Earth Element (Earth creates Metal) so think cozy tangerine, cappuccino or golden throws, extra blankets ready for the beds, and pillows and other accessories in seasonal, earthy colors.

Again, much of the desired results and balance can be adjusted easily and most completely with the Five Elements theory, and we can also apply this for the entire home and also room by

room. Each of the Five Elements should ideally be present in all rooms and spaces, otherwise there is an imbalance created. These spaces can feel weak, lethargic, uneasy and draining. Instead of home feeling healthy and calm and supportive, it might be creating a sense of anxiety, stress and unease. Even the colors we choose might inadvertently weaken the overall Feng Shui of the places that are meant to restore and nourish us the most.

All of this is easily remedied by easy, inexpensive and accessible Feng Shui Five Elements "adjustments" and when the elemental balance is achieved, we truly can experience "SPACE AS MEDICINE." for spaces that feel as good as they look.

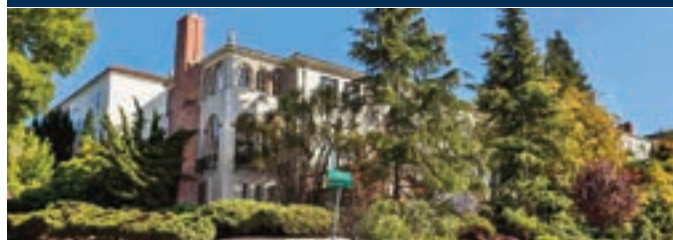
Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2015 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



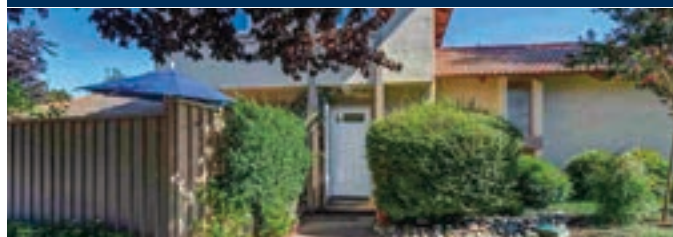
Tom Stack



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