



Feng Shui Balance and the Fire Element of Summer!

by Michele Duffy



Many of us associate summer with adventures near and far, joyful family time and lots of outdoorsy activity. So what is good Feng Shui for maintaining our own personal Qi (energy) when it's really hot outside and potentially draining? With a warming climate, how do we avoid burnout and stay in balance in the face of the stress of rising temperatures?

First, Feng Shui Five Element theory governs summer by the **Fire Element**. One of the most important Feng Shui concepts is to *live in harmony with any season*, so we need to consider what we personally have control over.



The hot sun in the active summer season gives off enormous warming energy, creating the hot and dry climate we experience. We can do several things to counteract the heat. Begin by eating less and more mindfully. If you do not feel like eating much or eating heavy foods, that is a healthy reaction to the intensity of the summer season!



Second, increase your intake of cool or room temperature fluids during the summer months. When the fire element is excessive, it can cause dehydration, painful inflammation of the joints, dryness of the lungs, inflamed throats, and it dries up our internal waterways too! We actually need a lot more water, so make a habit of consistent water refreshment.

Third, remaining in balance in the hottest season of the year should include more Yin or cool foods in your diet to counteract the strong Yang or hot energy of the summer season. Avoid eating hot foods and eat more fresh fruit, multicolored salads, vegetables, nuts and seeds. Consume

less heavy foods, such as meat and dairy. Adjust your diet to stay in balance during the summer.

Some excellent seasonal summer fruits to include in your diet now are watermelon, cantaloupe, plums, peaches and apricots. Including more seasonal summer veggies, both raw and in your recipes, such as asparagus, broccoli, cauliflower, white mushrooms, sprouts, summer squash, cucumbers, and corn, creates "*Food as Medicine*".



Adding some bitter foods, such as cranberries, watercress, seaweed, mustard greens, lemon, cilantro, and cabbage, specifically balance the organs ruled by the Fire Element. During the summer, the heart is one of the most active organs and proper functioning of the small intestine is crucial to absorption of nutrients. This is a good time to avoid excessive meat, dairy, bread and sugar to keep these organs from over exerting themselves.

Eating a seasonally appropriate diet will also really help you regulate your mind and body and avoid burn out in the summer months.

Wearing cooler blue colours is another way to balance your personal qi in the hot summer. Avoid wearing too much red – too much of a good thing isn't necessarily wise.

Add a Feng Shui water feature to your back left area of your yard to soothe the Self.



The Fire element rules the Fame & Reputation area of the Feng Shui Bagua map, so this is an excellent location for your BBQ grill or fire pit – in the back middle area of your yard!



Finally, understanding the Fire Element at the level of personal spirit expresses that we can connect to love, laughter and enthusiasm more readily in summer. We can feel our emotional selves thawing out and in the season of maximum expansion, summer, we are more aware of ourselves in full bloom.

We can easily reconnect to family and friends in summer and share the warmth of our souls, enriching our lives with love, getting closer to others, forgiving, and also being receptive to others. Fire represents our capacity to love and be loved.



Fire allows us to be self-confident, compassionate and to easily communicate with one another, openly and warmly.

Fire energy is transformation, warm and hot. It represents vitality, energy, enthusiasm, creativity, mental activity, intuition, memory agility and sparkling movement.

Tips for Feng Shui Balance in Summer

To stay in balance, pace yourself, stay cool indoors or in the shade during the hottest hours of the day and remember to consistently incorporate yin or restful parts into your day to counter balance the fast paced activity heavy quality of summer.

Be giving of yourself to others. Listen. Give others what they want ... not what you think they need. Be flexible and try to reconnect with family and friends in the leisure of the summer months.

Get your personal circulation system activated by recreating outside in nature and get moving early in the day to avoid the mid day heat of summer days.

Happy Summer!!!



Michele Duffy, M.F.S., was recently Canyon Ranch's Feng Shui Master, working privately with guests and presenting Feng Shui topics in weekly lectures. Since 1999, she has professionally created "Space as Medicine" Feng Shui for national residential and commercial clients, providing space clearings & blessings, Feng Shui color, lighting & art consultations. Michele currently lives in Orinda, California, with her husband, children and Jack Russells! She can be contacted by phone at 520.647.4887 or email at spaceharmony@gmail.com <http://www.mandalafengshui.com>

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