



Moving to Yin ... the CHI DOTS of Autumn

Nature is releasing. The maple trees in my yard are shedding their leaves in an effort to conserve their CHI.

The CHI around you is constantly changing with the passing hours, days and seasons. It is important to stay in sync so that you are not only aware of what kind of energy is currently affecting you but, importantly, how to use that energy so that it is beneficial to you!

The [Equinox](#) has past and this time of year can be an interesting combination of [Yin and Yang](#) activities. You are probably settling back into a routine following a busy and active [Yang summer](#). After getting into the groove of balancing a new school year, a career and well..."life", you will soon find yourselves gearing up for another busy time of year, the Holidays.



While the energy during this time of year naturally fluctuates between Yin and Yang, you may also notice a flux in the weather. It will become more Yin (shorter, colder days, longer nights) the closer we move to the end of the year.

The switching of the seasons (and energies) can be a challenging time for some people so it's important that your surroundings support and nourish you.

If your personal CHI DOTS are becoming more Yin you probably feel less motivated, more reflective, less social, and, in some cases, you may even feel a little depressed. Not surprisingly, the most Yin time of the year (dead winter), can promote a sense of isolation and disconnection from others.

This 'shift' can be very significant to your overall state of being. [Click Here](#)... learn how to maintain (or regain) your equilibrium this Fall.

Using Feng Shui seasonally can uplift and update your living and working spaces accordingly!

Handwritten signature and a red circular logo with the Chinese characters 'CHI' inside.

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