



sum...sum...SUMMERTIME CHI

take advantage of cures & remedies offered by this **FIERY** energy

Ahhhhhhhhh Summer. It's hard to believe that the first day of summer came and went a couple months ago! The bluebird whirlygig in my "Ming Tang" is enjoying the honey bees and butterflies visiting glorious August coneflowers.

Why is it that summer seems to fly by so quickly while, for some, winter just seems to drag on forever? Well, believe it or not, it's all about the energy you "feel" in each season.

In the grand scheme of nature, each season has its own unique form of energy and carries with it the attributes of Yin or Yang. Yin energy relates to the cooler, colder months of the year, [Autumn](#) and [Winter](#). Quiet, stillness, calm, dark, contracting, gathering, introspection – these are just a few of the many characteristics of Yin energy.



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On the flip side - activity, warmth, heat, expansion, growth, movement, and light, describe the energy of nature in the [Spring](#) and [Summer](#). To many, it's really no surprise that when you take time to stop and "smell the roses" you think about how much better you feel – how much more alive you feel in the Spring and Summer months. Notice how much time you spend outdoors, how much more active you are, how your mood has improved by the longer daylight hours, and how great you feel with a little sunlight on your skin.

You are literally feeling and absorbing the energy or CHI that nature so freely provides for every human being on the planet. Since the beginning of time it has sustained and helped the human race thrive. According to Asian culture, CHI, the "life force" that creates all things, flows through all things and connects all things.

It is the "energetic glue" that keeps everything together. Einstein confirmed that even though something may appear to be solid, it is in fact only energy - atoms and molecules that constantly spin and vibrate, each to their own frequency - which creates matter and the world we see and experience around us. These are what I call [CHI DOTS!!](#)

Whether you choose to live life aware and fully conscious each day, that's another matter. Unfortunately, most of us are living our lives in hyper-drive, never taking the time to stop, turn off our electronic devices, step outside at lunch or just go for a simple evening walk to soak up some sun and watch the colors of a sunset.

You know, without a doubt, that when you do how good you feel afterwards. It's so sad that most of us never take the time to fill up our own well, to re-energize our body, mind, and spirit on a daily or even a weekly basis.



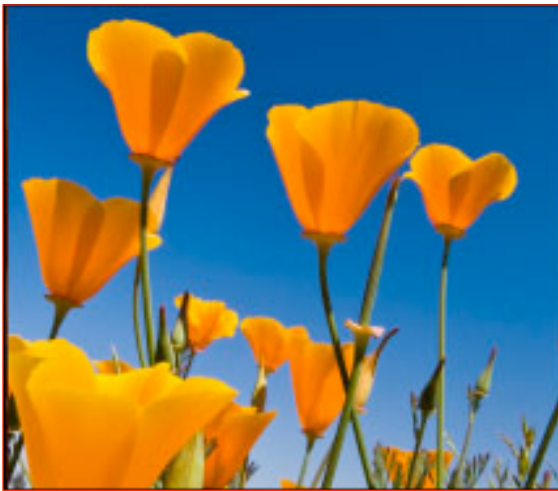
As a society we are greatly out of balance and we need to get back to basics. One of the easiest ways to do this is to utilize the healing energy of nature itself. The Summer months offer you myriad opportunities. The ancient Chinese were very keen and astute observers of nature and soon realized the immense and infinite wisdom it offered to mankind.

Feng Shui was born thousands of years ago from sheer observation of the powerful forces of nature upon humans, animals, and the land itself. Over time, an ancient culture learned how to harness the positive forces, while deflecting the negatives forces of nature, in order to benefit their towns and villages. When harnessed and used correctly, they would not only survive, but thrive! These principles still hold true.

Living today, the first step is to become consciously aware of your surroundings indoors and outdoors. For the summer months my focus will be primarily on the outdoors and the cures and remedies that you can take advantage of. Some of these include light, life, sound, color, and [water](#) ... each one in its own unique way can be used to energize your body, mind and spirit.

Light: Sunlight – worshiped by the ancient Egyptians for its life-giving properties. Your body desperately needs the [FIRE](#) energy the sun provides and exposure to sunlight is an important source of vitamin D. The major function of this vitamin is to maintain normal blood levels of calcium and phosphorus. It aids in the absorption of calcium, helping to form and maintain strong bones. So get out and soak up some rays today! Even just 10 to 15 minutes a day will make a difference.

Life: This includes all forms of [plant](#) and animal life. Add a few plants and a vase of fresh cut flowers from your local farmer's market to your home and watch the difference it makes. Don't have a green thumb? No problem – go for a walk through your neighborhood or local park. Take in all the greenery and colors that surround you.



Get out and do some gardening – a little effort goes a long way. Plus, working with the soil helps us to become more grounded with a greater connection to [EARTH](#) and energy.

Sound: All uplifting and pleasant forms of sound in and around your home will benefit you. Consider installing a water feature in your backyard or small table top water fountain near your home's front entrance. Hang a beautiful sounding wind chime in your garden or near your front entrance to attract the flow of positive energy. Add a birdbath or feeder and you'll enjoy the sounds of singing birds.

Color: Since humans are such visual creatures by nature, I cannot over emphasize the immense importance that color plays in your everyday life. Just take a look at the way nature has used color in the wide variety of fruits and vegetables. So tempting to the eyes, so nutritious and healing for our bodies! We never seem to eat better than during the summer months ... definitely "food" for thought!



Color can evoke emotions and uplift your spirits in the simplest of ways – blooming plants in your garden, fresh flowers in your home, the colors on your walls, and even in the clothes you wear. Take a good look around and embrace this wonderful form of energy.

Water: Water is life – plain and simple! Over 70% of the planet, our bodies and each of our cells is water. If all water on our planet were to disappear tomorrow, life as we know it would cease to exist. This is considered to be one of the most powerful and widely used cures in Feng Shui today. Fresh, clean, moving water attracts and gives off a high level of positive energy.

Ever notice how good you feel when standing close to a water fall or even after a good rain fall? This is due to the release of negative ions into the atmosphere. Negative ions are charged particles that carry a “negative” charge. They attach themselves to dust, dander, mold, and other air born pollutants, which have a “positive” charge, and drop them to the ground. They literally clean the air so we can breathe easier and feel better.

Some of the many other benefits include increased oxygen levels in our blood, revitalized cell metabolism, a stronger immune system, increased energy levels, increased mood elevation, decreased stress levels, and an increase in focus and learning abilities ...WOW!

AMAZING!

So there's no better time than now, this Summer, to bring a waterfall...OK something a little bit smaller, like a water fountain... into your home and start enjoying all the health benefits!



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