

## EVERYDAY FENG SHUI

Feng Shui by Maria  
February Column 2024

### Empower Your Life Through Feng Shui

Are you looking to realize your goals? Feng Shui creates an environment that radiates out positive energy and nurtures your life.

My first book - "Empower Your Life Through Feng Shui – an easy 8 step guide to achieving your goals" is currently being published, and hopefully will be available at Bookshop Benicia, Angel Heart 4 You, and Amazon soon. I can't wait to share this valuable information with you. I call it "Your Personal Feng Shui Consultation in a Book!" After reading it, and reflecting your needs in its workbook format, you will be able to apply easy enhancements which will help you achieve your life goals.

With over a decade of experience as a Feng Shui consultant, I have witnessed the power of Feng Shui to dramatically transform people's lives. The goal is to go slow and take it one step at a time, which is why I created this workbook in a reflective step-by-step format.

By the end of this workbook you will have:

1. An understanding of the Feng Shui principles
2. An guide to easy Feng Shui enhancements
3. A map of your home using the Feng Shui Bagua
4. An evaluation of your greatest needs and life goals
5. Ideas for creating vision boards and affirmations
6. Learned how to use the Five Feng Shui elements to balance your home and your life

Whether your goals are love, health, prosperity, career, creativity, travel, or personal development, the strategies in this workbook will empower you to achieve them.

### What is Feng Shui?

The ancient Chinese art of Feng Shui explores the connection between you and your environment and is the study of how to arrange your environment to enhance your life. It is NOT a mystery. Your environment is here to support you, and when it is uncluttered, peaceful, beautiful, and filled with positive memories, it allows you to center yourself and relax. In a happy and relaxed state you can be more open to opportunities that come your way. An environment that is arranged with intention following Feng Shui principles will support you in achieving your life goals.

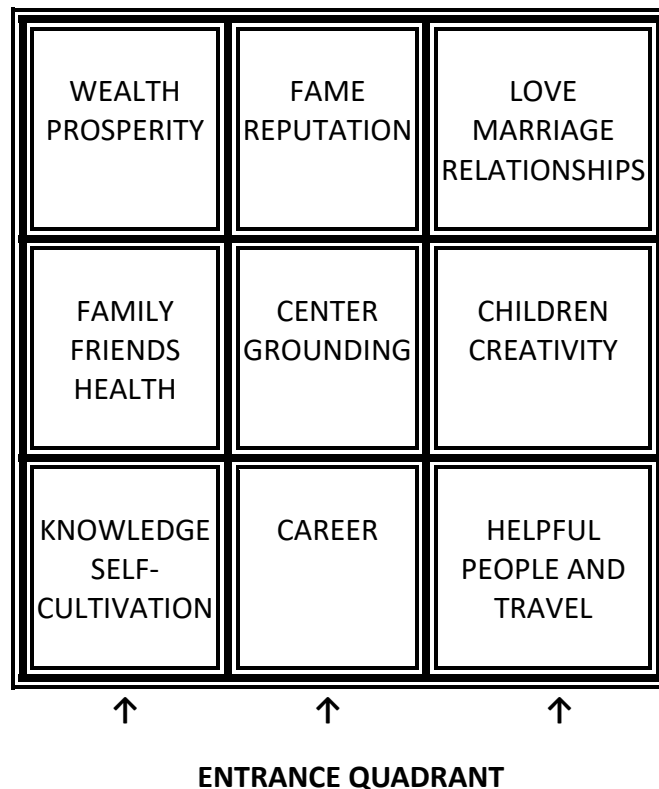
Feng Shui, which means "Wind and Water," originated in China more than three thousand years ago when early Chinese Feng Shui practitioners began exploring nature to locate the most secure and stable places to live. Ultimately, they determined that the most favorable locations were those that offered physical protection at their backs, somewhere between the top of a mountain, which they found too windy and precarious, and the base, which was prone to flooding.

Eventually they settled in areas that were midway between the wind and the water. In their search for desirable living conditions, they discovered that some areas held more positive energy than others. To understand why, they studied patterns in nature and observed that five basic elements—Water, Wood, Fire, Earth, and Metal—made up the natural world and existed in a continuous nourishing cycle of creation: Water nurtured wood, wood fed fire, fire burned down to ash to make earth, earth turned into stone which made metal, and metal could be made to hold water. These elements later became known as the Five Feng Shui Elements.

Seeing how this balance of earth’s elements and forces encouraged the flow of Ch’i in natural environments, the early Feng Shui practitioners studied ways to apply the same principles in their homes. They created a grid map with eight sectors around a center to mark the areas in the home that represented what they believed were the most significant areas of one’s life:

1. Career, 2. Knowledge and Self-Cultivation, 3. Health, Family, and Friends, 4. Wealth and Prosperity. 5. Fame and Reputation, 6. Love, Marriage, and Relationships, 7. Children and Creativity, 8. Helpful People and Travel, 9. Center and Grounding

They called this map the “Bagua,” which originates from the I Ching or Book of Changes and literally means “eight trigrams.” The ninth sector, the Center, is the hub of the home and the area that grounds and energizes the surrounding areas of the Bagua.



Whether you realize it or not, your home environment either supports or drains your life energy. The early practitioners believed that the physical arrangement of the Bagua areas in their homes corresponded to the quality of these areas in their lives. From the ancient teachings of the early practitioners, we have learned that Feng Shui can be applied to the home environment in simple steps. The first is to place the Bagua over the layout of the home to locate the areas that correspond to the Bagua's nine sectors. The next is to make "enhancements" to these areas, such as clearing clutter, arranging items with intention, and balancing the Five Elements and Yin Yang Energy to draw the Ch'i into the space and support its flow. Making a few simple changes in your home can have an immediate and powerful effect on your personal well-being, as well as on the material aspects of your life. I call it empowerment through environment! You create a supportive environment for yourself by decluttering and enhancing the spaces in your home to help circulate the Ch'i.

Over the years I have found that some of my clients are overwhelmed when trying to make changes in their home and don't know where to start. So, being a believer in accomplishing big tasks a little at a time, I have developed an easy system for enhancing one's home environment one area at a time, in eight manageable steps that will help you to internalize Feng Shui principles and lead you to achieving your goals.

My book will lead you through these easy steps:

1. Map out your home using the Bagua.
2. Evaluate your needs and life goals (more love, health, prosperity, career, etc.).
3. Analyze your home's Bagua map and prioritize an area you have the greatest need to improve.
4. Clean and declutter your area of greatest need.
5. Enhance your area of greatest need and write affirmations of your goals.
6. Anchor "missing" areas outside the Bagua map or the structure itself.
7. Create a vision board that depicts your goals.
8. Balance the Five Elements and Yin Yang Energy. You will feel the energy shift as soon as you begin!

Clients have asked if they can enhance more than one area of the Bagua map at a time in steps three through five. My purpose in suggesting that you begin by prioritizing one area of greatest need and focusing on your goals in that area is to keep the process manageable. Once you have enhanced your first area of need and feel the shift in energy, you will find it easier to move to the next Bagua areas you want to improve. In workbook fashion, I have included questions at the end of each chapter to help you reflect on the current state of your life, the goals you want to achieve to make it better, and ways you can apply Feng Shui principles in your home to help you achieve

your goals. Your written responses will serve as a useful guide as you begin to practice the art of arranging your home to enhance and empower your life.

I look forward to sharing this helpful book with you soon, so you too can benefit from the effects of positive Feng Shui energy.

### Feng Shui at Work

Testimonial: “The effects of Feng Shui on my business have been incredible. From the time we did the consultation and the actual corrections, we experienced positive results. From that moment forward the flood gates opened. This year has been unbelievably successful. Our financial success has blossomed. Another benefit . . . people often make comments about how good it feels to be in my shop.”

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put “Feng Shui” on the subject line, or visit my website at [www.fengshuibymaria.com](http://www.fengshuibymaria.com), (where you can read past columns), or Facebook “Feng Shui by Maria”, where I post pictures as examples to enhancements. My book will also be available for purchase on the website.

\* **I have a BLOG** – Just go to the website and click on “Blog”: You can view many pictures and, I will respond to your questions quickly

Until then...Blessings!

### **Maria McCullough - Bio**

Maria McCullough is the owner / founder of **Feng Shui by Maria** ([www.fengshuibymaria.com](http://www.fengshuibymaria.com)) and is a speaker and educator with over 20 years of experience. She is a graduate of the Western School of Feng Shui and has personally trained with Terah Kathryn Collins, founder of the Western School of Feng Shui, specializing in Essential Feng Shui® and author of numerous books including “The Western Guide to Feng Shui.” Maria is trained in residential, business, and landscape consultations. She offers virtual consultations nationally and internationally, as well as in person locally.