

EVERYDAY FENG SHUI

Feng Shui by Maria
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October is a Great Travel Month, and Feng Shui Can Get You There

The more temperate climate, and fewer crowds make October a perfect travel month. We can attest to that having just returned from a wonderful trip to Paris and Portugal. Normandy, Giverny, Porto, and the Douro Valley were spectacular. So many of our friends are choosing this time to enjoy travel experiences such as Ireland, England, France, Portugal, Spain, Puerto Vallarta, Hawaii, Cabo and many more fabulous locations. How is this all related to Feng Shui?

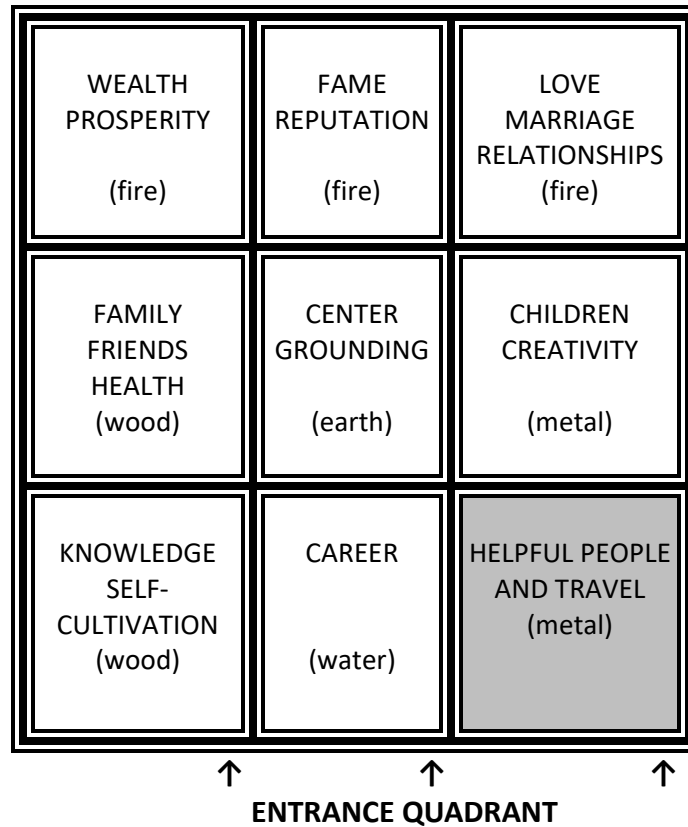
Feng Shui is the ancient Chinese art of arranging your home to help you live your best life. So, if you long to travel, Feng Shui can help. Just as in every other facet of life, achievement follows intention, visualization and affirmations. “If you picture it, it will happen.” In your home there is an area specific to travel and synchronicity. Enhancements made with intention in that area will help you achieve your travel goals.

Travel and the Bagua

The Feng Shui Bagua is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the center for grounding.” The area specific to travel is the Helpful People and Travel area. Located in the front right corner of your home. When everything is aligned, people and places give us the inspiration and guidance we need. This is total synchronicity . . . everything falling into the best place possible!

The Elements for Helpful People and Travel

The elements for the Helpful People and Travel area are Metal and Earth. Representations of the Metal element such as rocks and natural crystals work well here, as do circular shapes and white, gray, and pastel colors. Adding representations of the Earth element such as ceramics, rectangular shapes, and earth tones works in conjunction with the Metal element to help you achieve your goals.



Interior Enhancements for the Helpful People and Travel Area of Your Home or Business
(Choose One or More)

- Items in the colors white, black, or gray and circular in shape
- Art, photos, or figures pertaining to spiritual guides, mentors, or helpful people
- Photos or mementos of special places where you have traveled or want to travel
- Items made of metal such as furniture, lamps, frames, figurines
- Quotes, and affirmations pertaining to synchronicity, helpful people and travel

Exterior Enhancements for the Helpful People and Travel Area (Choose One or More)

- Items and flowers in the color white
- Garden art representing spiritual guides (angels, saints, Buddhas, etc.)
- Rocks and stones

What to Avoid in the Helpful People and Travel Area

- Too much of the color red, animal prints, and cone or triangle shapes representing the Fire element, which melts metal
- Anything that blocks synchronicity such as piles of clutter, unopened mail, dead or dying plants

A Missing Helpful People and Travel corner:

In Feng Shui it is important that the four corners of your home are inside the Bagua, but in Western homes some of these corners are missing. If your Helpful People and Travel area is missing from your floor plan, you can anchor the area by doing one or a combination of the following cures: Anchor the missing area structurally using the metal element wherever possible, such as building a trellis or deck, planting flowers in a flower garden or planter boxes in white, adding a large stone statue of a spiritual guide or placing a large rock on the corner, or a metal seating area. If the area outside is not accessible, you can symbolically anchor from the inside, and “push the walls back”, by hanging a 30 mm round faceted crystal, placing a mirror, and/or a picture representing helpful people or travel on the inside wall adjacent to the missing area.

Longing to Travel

Where are you going this year? Do you have the travel bug? How do you make it happen?

I love looking back on a memorable trip to Paris and Portugal and believe that positive affirmations and enhancements in the Helpful People and Travel area of our home played a large role. Even when I taught Feng Shui classes, I used the Bagua to enhance the classroom to support my travel dreams. Students in my classes noticed that I had pictures of France everywhere: the Eiffel Tower in the Helpful People and Travel area; the dark Seine River at night in Career; a Paris flower mart and vineyards in Knowledge and Self-Cultivation and in Health, Family, and Friends; lavender fields in Wealth and Prosperity; and red poppy fields in Fame and Reputation. Every Bagua area was represented by my favorite parts of France.

Whether you desire to go on an exotic holiday, or a local vacation, Feng Shui can help. Feng Shui is simply about living in harmony with the world around you. When your environment is harmonious, channels are open for good things to come your way.

Create a Travel Vision Board.

Creating a vision board, or dream board is an excellent way to give imagery to your goals. To start, make a collage of pictures, words, and phrases that reflect where you want to travel and how you want to feel when you get there. Put pictures of yourself in the scenario. Act as if you're already there. Because the Helpful People and Travel area is enhanced by the Metal element, you can use white poster board with a black border or in a black metal frame, add black-and-white photos, foreign coins, and/or a small metal figure like the Eiffel Tower. Finally, write your affirmations on the board and repeat them on a regular basis as if they have already happened. For best Feng Shui, trust your feelings. Experiment and play around with your board until you reach that moment when everything clicks, and you have the perfect vision board to support your dreams. Keep it in the Helpful People and Travel area of your home and look at it every day.

Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home. All enhancements need to be made with intentionality and written or stated as if they already happened. Examples of affirmations for the Travel area: *"I loved my trip to France."* *"Everything worked like clockwork on my trip, and it ended up costing less than I expected."* *"I met the love of my life on my trip to Costa Rica."*

Feng Shui at Work

To help her achieve her travel goals, the first thing a client recently did was to do is declutter, activate, and enhance the Helpful People and Travel area of her home. In the consultation we discussed that as in every other facet of life, you achieve your goals when you focus clearly on what you want. Therefore, visualize it and it will happen. She placed her positive affirmations and created a vision board in her Helpful People and Travel area, which were very effective in helping her get to where she wanted to go. She collected pictures, and travel brochures of her dream destination, visualizing herself relaxing on a beautiful soft sandy beach in Hawaii. It definitely began the energy flow. I just received a picture of her enjoying a Mai Tai and toasting to me from the beach.

It's time to enhance your Helpful People and Travel area to access its energy for the fulfillment of your travel dreams. Feng Shui can be the solution to your desire to travel and the Helpful People and Travel corner is the best place to start.

My book is now available for purchase on my website. For immediate delivery order from the Book Baby link.

For questions or home consultations email at mtmccull@aol.com and put "Feng Shui" on the subject line, or visit my website at www.fengshuibymaria.com, (where you can read past columns), or Facebook "Feng Shui by Maria", where I post pictures as examples to enhancements.

* **Check out my 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 is the owner / founder of *Feng Shui by Maria*

(www.fengshuibymaria.com) and is a speaker and educator with over 20 years of experience, and now author of the book, ***“Empower Your Life Through Feng Shui – An Easy Eight Step Guide to achieving Your Goals.”*** 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. Maria specializes in residential, landscape and business consultations. She offers virtual consultations nationally and internationally, as well as in person local