

## **EVERYDAY FENG SHUI**

Feng Shui by Maria

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### **Feng Shui Bathrooms to Cleanse and Uplift Your Energy**

Seven years ago we remodeled our master bathroom, and since it was in the Health area of our home, we made sure to add enhancements which would nourish the Wood element such as wooden cabinets, floral art, and shades of green and black. Now we're entertaining the idea of updating our guest bathroom which is located between Love and Fame. This time we'll use red and earthtones to enhance the Fire element.

Lately, my clients have had bathrooms in various locations in their home; in the Knowledge and Self Cultivation, Center, Love and Marriage areas, and some even in the Wealth and Prosperity areas. What to do if the bathroom is in each of these important areas of your home? In Feng Shui we know that "where the eye goes, the Ch'i flows." Ch'i is your vital life energy which flows through your home, and this old Feng Shui saying especially applies to all bathrooms within it.

Bathrooms are classically considered potential threats in Feng Shui because often they are often unadorned places that can pull your energy down the drain. At the same time, bathrooms are a necessary part of your home, and your life. Therefore, it is important to minimize opportunities for Ch'i to flow out of your home too quickly, taking with it your prosperity, health, or relationships. All is not lost! It is easy to correct a bathroom's pull on your energy and enhance your life, with some easy Feng Shui corrections.

#### **Balance the Water Element**

Elementally speaking, the bathroom is very watery and can be balanced by adding items or designs associated with the different elements. Both Earth and Wood elements work to regulate the Water element imbalance. Earth controls Water, so by adding earth tones, and items made of ceramics and rectangles, the room begins to feel balanced. The Wood element draws the Ch'i upward from the drains, therefore bringing in plants helps to purify and freshen the air, as well as adding to the balance. We can design our bathrooms so that the Ch'i flows freely, and our health, wealth and happiness flourish!

#### **Some Important Rules for Bathrooms**

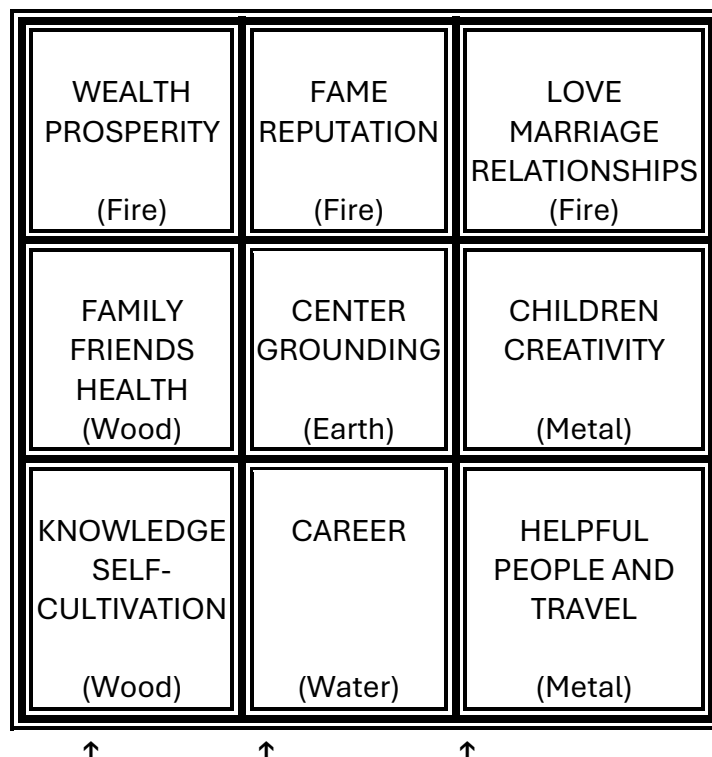
- Keep your bathroom clean, neat, orderly, and uncluttered. Make sure you dispose of shampoo and other cosmetic bottles that are almost empty or too old to use.
- Close toilet lids, sink stoppers, and shower curtains to conceal water outlets, or cover the drains with small rubber mats used for that purpose.
- Repair leaky faucets, showerheads, and toilets to prevent waste.
- Install adequate lighting for convenience and balancing the watery energy.

- When all else fails, at least keep the door to the bathroom closed.
- If your bedroom leads to a bathroom without a door, make it a priority to install a door, curtain, or screen to visually separate the bathroom from the bedroom, so that the toilet is hidden.
- Ideally the toilet is placed so you don't see it from the bathroom door (located in its own "water closet" or behind a wall or screen). When this is impossible, hang a round faceted cut-glass crystal from the ceiling between the door and the toilet to help lift and circulate the Ch'i.
- Ensure proper ventilation.

### **Bathrooms 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 and centering. Each sector of the Bagua is represented by one of the Feng Shui elements, with corresponding colors, shapes, and items.

Bathrooms should take on the qualities of the Bagua area in which they reside. Make all bathrooms beautiful! You will quickly lift the Ch'i with a fresh coat of paint, new bathroom linens, candles, art, plants and inviting scents. Locate your bathrooms in your home in relation to the Bagua and have fun enhancing each one with its own special characteristics.



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**ENTRANCE QUADRANT**

Here are some examples of using the Bagua attributes to enhance your bathrooms:

#### Bathrooms in Knowledge and Self Cultivation Area

- \* Items in wood, the colors of blues, greens, or black and in the shape of columns or stripes
- \* Healthy plants with rounded soft leaves
- \* Art depicting nature scenes

#### Bathrooms in Health/Family/ Friends Area

- \* Healthy floral arrangements or art depicting vibrant flowers
- \* Photos of family, friends or representing perfect health
- \* Items in wood and the colors of blues, greens, or black

#### Bathrooms in Wealth Area

- \* Opulent items in the purple color spectrum
- \* Art representing wealth
- \* Healthy, round leaf plants

#### Bathrooms in Fame Area

- \* Photos or art representing achievements, inspiration, celebration or suns and stars
- \* Items in shades of red
- \* Items representing the fire element with candles and lighting

#### Bathrooms in Love and Marriage Area

- \* Pairs of items (candles, love birds, soaps, etc.)
- \* Art or photos depicting romance
- \* Colors of red, pinks and white

#### Bathrooms in Children and Creativity Area

- \* Photos of children or items made by children
- \* Items in metal and the colors of white and pastels
- \* Whimsical art

#### Bathrooms in Helpful People and Travel Area

- \* Art or figures pertaining to spiritual guides, mentors, or places where you have traveled, or want to travel
- \* Items that have a powerful personal association with your spiritual beliefs, or inspirational sayings
- \* Items in metal and colors of white, black or grey

#### Bathrooms in Center Area

- \* Items in ceramics, the colors yellow, earth tones, and rectangle shapes
- \* Art depicting earth tone scenes such as fields, deserts, sunflowers etc.

We can design our bathrooms so that the Ch'i remains vibrant, helping our health, wealth and happiness to flourish!

#### Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. That's why all enhancements need to be made with intentionality and written or stated as if they have already happened. Sit quietly and ask yourself if you are being drained in some way either environmentally, mentally, physically, or spiritually. If so, the time is now to lift this downward pull on your vitality and stop this drain on your Ch'i. *"I have eliminated negative relationships, and stressful situations from my life."*

#### Feng Shui at Work:

As mentioned earlier, our master bathroom happens to be in the Health, Family and Friends area, a Wood element area. Knowing how important to good health this area is, we enhanced it by painting the walls a sage green (wood), adding beautiful cherry wood cabinets (wood), a large mirror (water, which feeds wood), artificial floral arrangements and art representing flowers. (wood) We further enhanced with black and sage green towels. (water and wood). Having also a balance of the Earth and Metal elements in natural stone counters and rectangular tiles, the room feels perfectly balanced, feels like a spa each time we enter, and our health is thriving.

Our guest room bath being in the Love and Fame Fire areas really needs updating. Fortunately, it already has a cranberry-colored tile, which, even though a bit dated and funky, works in this area. We plan to change the wall color to a light mushroom earth tone, upgrade the lighting, paint the dark oak cabinets a lighter barnwood shade to match the bedroom furniture, tile the floor a light earthtone, add plants, and hang art representing celebration and love. I can't wait to see what a difference it will make for us and our guests.

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 is now available for purchase on my website, and at Bookshop Benicia.**

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\* **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](http://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