

EVERYDAY FENG SHUI

Feng Shui by Maria

April 2026 Column

Good Health and Healthy Relationships with Feng Shui

My husband is at home recovering from a recent shoulder surgery, and my five year old grandson is also recovering from surgery, having a benign tumor removed from under his jaw. Both are healing, and doing well. The Feng Shui enhancements we made at both of our homes helped the procedures go smoothly, the results good, and the healing as painless and speedy as possible. Feng Shui may not stop health issues from occurring, but it can help in prevention and healing.

If your area of greatest need is health, yours or that of a loved one, or if your relationships need to be rekindled, begin here. Believe it or not, the energy in your home can help you achieve your health and relationship goals. The Health, Family, and Friends area is particularly associated with “strength and good health.” The healthier we are, the more options we have to enjoy life.

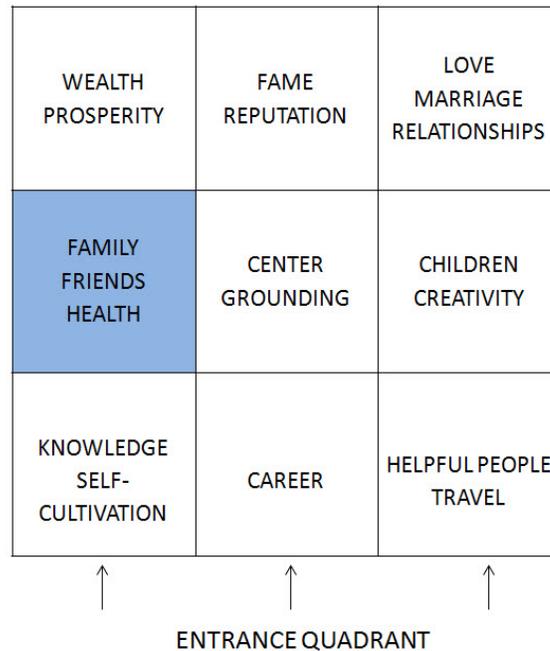
Feng Shui seeks to balance energies within space to promote happiness, health, and good fortune. All of us can benefit from creating a beautiful and aesthetically pleasing environment within our homes—and this can help with health!

The premise of the Health, Family, and Friends area of the Bagua in Feng Shui is the importance of nurturing your physical health, and loving family and friend relationships so that you have supportive foundations when unforeseen difficulties occur. In the *I Ching*, the Health, Family, and Friends area of your home or business is called “shocking thunder,” as it refers to the many life challenges which may present themselves at any time. The healthier our relationships are with family and friends, the more we prosper from the opportunities and emotional support they provide.

Location in the Bagua and Your Home

The Feng Shui Bagua map, comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams” with the Center for grounding. This grid, illustrating the nine sectors of your life, is intended to be superimposed over the floor plan of your home. The Health, Family and Family area of your home is located in the middle left of your home.

Whatever room your Health, Family, and Friends area resides in, basic Feng Shui principles can help you nurture and strengthen your health and your relationships.



The Element for Health, Family, and Friends

The element for the Health, Family, and Friends area is Wood. Representations of this element are in the blue and green color spectrums and in columnar shapes or stripes. All representations of the Wood element are important here: Plants (live or artificial), wooden furniture and decorative items, fountains, art representing flowering plants, representations of family and friends. Floral scenes and vibrant flowers best represent the Health, Family, and Friends area.

Are you feeling as vibrant as you would like? Flowers can help! Flowers play an important role in Feng Shui. Their strong colors, beauty, and life can draw powerful Ch'i into your home. Fresh flowers are ideal, but artificial flowers work if they are kept clean and fresh looking. Flowers also have great healing powers. For centuries they have been used for medicinal purposes, but in Feng Shui, the simple act of surrounding yourself with flowers and placing them in auspicious areas of your home can improve your health and increase your energy.

Interior Enhancements for Health, Family, and Friends Area of Your Home or Business (Choose One or More)

- Begin by decluttering the space.
- Use any shade of blue or green and some black (representing the Water element which feeds Wood), then add florals.
- For a boost in health, choose to decorate with floral art, floral cloths, floral designs in carpets, or floral wallpaper.
- Bring in plants and fresh flowers, either in flowering plants or cut flower arrangements.
- Enhance with wooden furniture and items made of wood or grass, such as basketry.

- For a boost in relationships, hang pictures of friends and family in this area in black or wooden frames. Create a gallery of joyous pictures of people in healthy, happy states.
- Add your affirmations calling in health and happy relationships.

Exterior Enhancements for the Health, Family, and Friends Area (Choose One or More)

- Make sure the area is clutter free and that there are no dead or dying plants.
- Enhance with lush, healthy flowering plants.
- If you have a window in this area, enhance the view as much as possible.

What to Avoid in the Health, Family, and Friends Area

- The colors white or gray (they represent the Metal element which cuts Wood)
- An excess of circular shapes and anything made of metal (Metal Element)
- Art or pictures representing single or sad and lonely looking people

Special Health Concerns

If someone in your home is having health challenges and is going through, or recovering from surgery, activating the energy in the Health, Family, and Friends area of your home is especially important. You can do this easily by:

- Decluttering the area
- Bringing in a healthy flowering plant or a vibrant bouquet of flowers (fresh or artificial)
- Displaying pictures of the person in a healthy, active state in athletic activities or exhibiting health and joy
- Placing blue or green candles in an altar with your pictures and flowers
- Writing or stating affirmations of the positive outcome

If you have a two-story home, enhance the Health, Family, and Friends area of both floors. For a more powerful cure, place flowers in the Health, Family, and Friends area of every room.

Feng Shui at Work:

For both my husband and grandchild, I place a picture of them in a happy, healthy state near a fresh bouquet of vibrant flowers. I wrote an affirmation such as, “The surgery went well, the tumor was benign, the healing process is painless and successful. He is healthy and thriving.” The surgeries were at different times, so I focused on one at a time, and since we have a two-story house, I placed a similar arrangement in our upstairs bedroom foyer, and downstairs exercise room. (Both Health areas)

A student in one of my classes was concerned about health issues and her lack of energy. Once she applied the Bagua to her home, she discovered that her Health, Family, and Friends area was in her master bedroom closet. She was horrified to discover that her cluttered, messy closet was keeping her from achieving the vibrant health she desperately needed. She began a cleaning and decluttering regimen, donated many items (giving them

new life), and allowed herself the luxury of reserving an empty shelf for “possibility.” She placed a lovely bouquet of silk flowers on the shelf, hung a green 30 millimeter round faceted glass crystal from the ceiling, and pasted a floral wallpaper strip around the top of the closet. As she worked, she made positive affirmations. She loves the change her efforts have made; she nourishes herself each time she steps into her closet. While decluttering, she found renewed energy and is now walking daily, eating better, feeling much healthier, and planning to nurture other areas of her home.

Affirmations:

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; written or stated affirmations expressed as if they have already happened are very important.

Sample Affirmations for the Health, Family, and Friends Area:

- “I am healthy and thriving.”
- “I enjoy supportive relationships with loving friends.”

If this is your area of greatest need, the time is right to enlist the energy in your environment to help you achieve your goals, to strengthen your personal health and the health of those around you, and to build strong, lifelong relationships with your support system of family and friends.

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.

My book is now available for purchase on my website, at Bookshop Benicia and Benicia Main Street. You can also get a signed copy at the Benicia Library Local Author Fair – April 18th 1-4 pm.

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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) 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