EVERYDAY FENG SHUI
Feng Shui by Maria
December Column 2026

Fun in the Home: Honoring Your Inner Child During the Holidays

With the holidays approaching, something magical happens: we all seem to become a little more playful. Have you noticed? We shop for gifts, admire sparkling holiday lights and beautiful store windows, decorate our homes, bake cookies, visit with friends, host parties, and wrap presents. Some of us even lace up our skates and head to the ice rink. There is something about this time of year that brings out everyone's inner child.

Perhaps that's why we love seeing the holidays through a child's eyes. Children have a wonderful ability to marvel at the simplest things, finding excitement and delight in the little moments we adults sometimes overlook. What if we could carry that sense of wonder with us throughout the year? The secret is to nurture our inner child by remaining curious, creative, playful, and engaged with life.

You don't need to have children to embrace this spirit. Exploring new interests, expressing your creativity, and allowing yourself to play can open the door to new friendships, unexpected adventures, and joyful self-discovery.

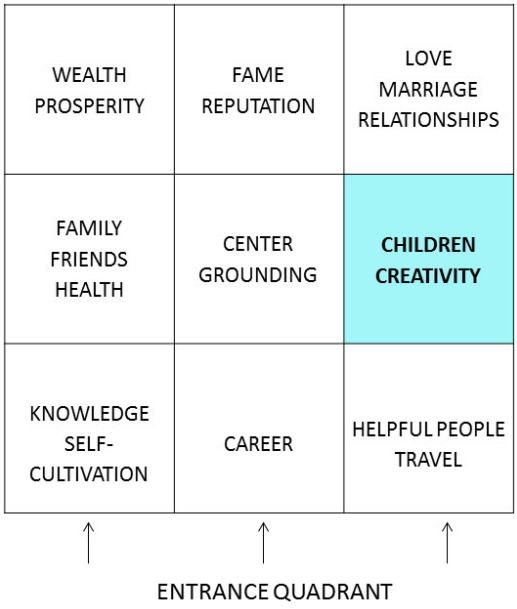
In Feng Shui, every home has an area dedicated to fun, hobbies, special interests, children, and creativity. Known as the **Children and Creativity area**, this part of the Bagua encourages us to experience joy and satisfaction through creative expression and play. It represents that energizing creative spark within all of us, regardless of the medium through which we choose to express it. It is a place where the whimsical is welcomed, personal interests are celebrated, and imagination is given room to flourish.

Enhancing this area of your home can support your children's growth and well being while also encouraging your own creativity, playfulness, and sense of wonder. After all, having fun isn't just for children!

Children and Creativity and the Bagua

The Feng Shui Bagua, is represented as a grid of nine sectors. It comes from the Chinese philosophy, “The I Ching,” and means “eight trigrams’, with the center for grounding and centering. In the Bagua, the Children and Creativity area is in the right middle side of your home or office. This area is known as “Joyous Lake” because it represents your inner child, and your children’s well being.

In whichever room of your home this is area of the Bagua resides, using basic Feng Shui principles to enhance it can help you discover your playfulness, creativity and inner child.



The Element for Children and Creativity

The element for the Children and Creativity area is Metal. Metal is represented by anything made of metal, the minerals in the earth, rocks, crystals, and precious stones. Its colors are in the white and pastel colors, and its shapes are circles and ovals.

Interior Enhancements for the Children and Creativity Area of Your Home or Business (Choose One or More)

- Begin by decluttering the space.
- Add shades of white and pastels.
- Enhance with art representing children or created by children, as well as fun, whimsical art. This area is a great place for a craft room to exhibit your personal creativity.
- Display pictures of your children, as well as items associated with your childhood.
- Add items made of metal, and items in circular or arched shapes.
- Add your affirmations calling in children's success and creativity, whether theirs or yours.

Exterior Enhancements for the Children and Creativity Area (Choose One or More)

- Continue with the pastel and white color spectrum in flowers, pots, cushions, umbrellas.
- Display metal or whimsical garden art.
- Install a children's play structure, swings, sandbox, or a children's garden.
- Enhance with a metal seating arrangement, bringing in circular and arched shapes.
- Decorate with natural stones.
- Add your affirmations calling in children's success and creativity, whether theirs or yours.

What to Avoid in the Children and Creativity Area

- Too much of the color red, representing the Fire element which melts metal.
- In children's rooms, avoid a lot of active decorations and colors. Focus more on pastels and calm colors.

Feng Shui at work:

A few years ago, I heard about a woman who was at a loss on how to enhance her Children and Creativity area because it was her laundry room, and she felt it was strictly utilitarian. She did not realize that it was a diamond in the rough. After learning more about Feng Shui, she decided to wallpaper the room with a collage of all her children and grandchildren. She already had the white metal of the washer and dryer and now added representations of her loved ones. Laundry is no longer a chore; she beams and is reenergized each time she's in there. I loved this idea, and since my laundry room is also in this area, I chose to make large photo collages of my daughter's pictures from birth on. Knowing that she is an Earth element person, I chose to further nurture her by painting the walls a pastel yellow and adding a yellow orchid and whimsical art. I love doing laundry now, and my daughter is thriving!

A client and her husband did not have children but enjoyed doing many things together. During the Covid shutdown they discovered that they loved cooking together. Amazingly enough, their beautiful gray and white kitchen was in their Children and Creativity area. They had fun tapping into their mutual culinary creativity and expanding their knowledge and love for each other.

Children's bedrooms are particularly nurturing in this area of the home; particularly if the colors are kept in pastel hues which are more calming than bright primary colors. Self-esteem posters are wonderful additions. Serenity is the keynote here. When you calm the bedroom down you calm the child down too.

I'm my daughter's last house this area was in an alcove between the entrance and living room, which she dedicated to her artistic daughter's craft area, including a turquoise table and organized shelves. Many happy hours were spent in this area. It gave me joy each time I visited.

There is no end to the creativity this area can generate! A client has this area as her quilting room, while another creates in her home office, another couple created a gallery of their children's pictures in their stairwell, while another with no children made a gallery of pet pictures. During the holidays, this is a wonderful area to adorn with holiday decorations. Have fun with it!

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 are already happening are very important.

Sample Affirmations for the Children and Creativity Area

- "I can tap into my creativity for solutions to keep my home and business thriving."
- "My children are healthy and thriving."
- "My son's room has been transformed into my reading sanctuary. It nurtures me."

Feng Shui on a Shoestring

If you have an empty room, a room in turmoil, or a room you would like to turn into something else, begin by placing one object you love in that room. This one act will begin to transform the energy. We call it "moving the Ch'i." Further the transformational process by decluttering the space a little bit each day and continuing to add items you love. Soon you'll feel the positive Ch'i flowing throughout the room.

The Children and Creativity area can greatly influence the well being of your family, as well as the creativity that keeps you energized and motivated. It is the most fun area of your home; use it to create a whimsical paradise to keep the Ch'i flowing.

"No matter how old you get, if you keep the desire to create, you are keeping the child within you alive." John Cassavetes

Let the magic of the holiday season bring out the child in you. Happy Holidays!!!

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 (which I call a Feng Shui consultation in a book) is available for purchase on my website, Bookshop Benicia, and Benicia Main Street.

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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 locally.