

EVERYDAY FENG SHUI

Feng Shui by Maria
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Elevating Your Energy Through Art in the New Year

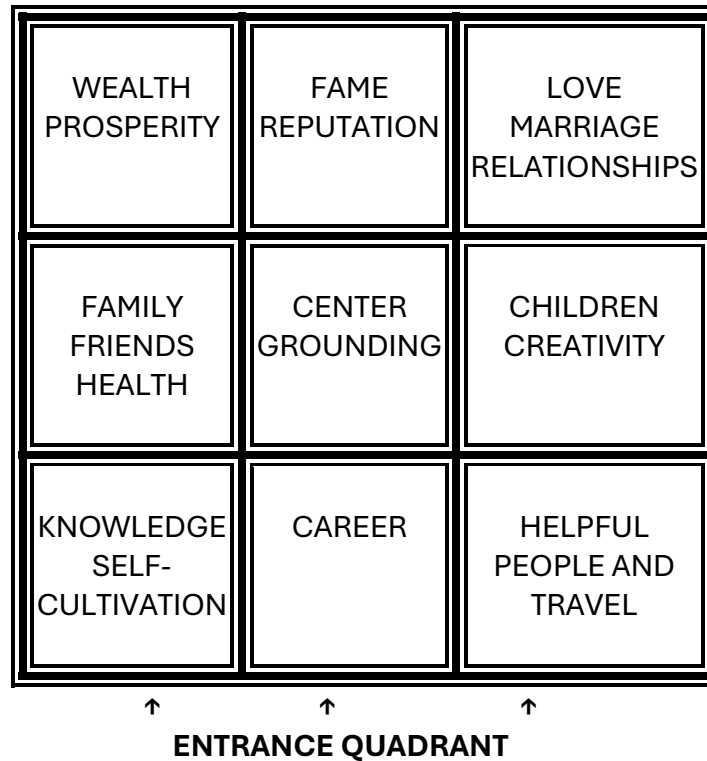
Last month, as the year drew to an end, I sat looking at the holiday decorations, waiting for the grandkids to arrive, and listening to beautiful Christmas carols. I was filled with gratitude for my beautiful home filled with art that evokes memories and lifts my energy.

That's what art does – it shifts our energy, opens our hearts and minds up to new ideas, and new possibilities. This renewed energy has a profound impact on us all and has the ability to elevate us to a place of higher receptivity.

Art is such an important Feng Shui Ch'i enhancer, that I select art carefully for the area it will be displayed and thereby energize. For example, we're in the process of remodeling our guest bathroom. It is in the Fame and Reputation area, adjacent to the Love and Marriage guest room, which is in tan, cream, and burgundy. We decided to also do the bathroom in those same colors. The wall facing the bathroom door needs a vibrant uplifting piece of art that reflects Fame, such as upward movement, celebration and red tones. I found a beautiful picture of three cranes flying upward over a burgundy sun. This is such a perfect symbol of upward movement, that I can't wait until the project is completed.

To get the most benefit from art and colors, match them with the function of each room. Use the Bagua map to help you choose the appropriate art and colors that correlate with the goals in your life. The Feng Shui Bagua, represented as a grid of eight sectors, with the Center being the grounding force comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." Each of the nine areas is associated with colors and art representations. If you want romance and your Love and Marriage Area is in the dining room, choose art that's romantic and appropriate for your dining area, such a couple dining, a romantic restaurant with a table set for two, or just a picture of a pair of fruits or flowers. If you wish to improve your health, and your Health and Family area is in the bathroom, display art that evokes radiant health and vitality, such as a floral scene, or pictures of you and friends or family enjoying an activity together. Rooms should take on the color palette of the Bagua area they reside in, except for the Master Bedroom, which you will learn is treated with the qualities of the Love Area, no matter where it is located in the Bagua.

Art is the soul of a room; it gives it energy and life. Feng Shui makes it easy to place your art in the Bagua areas that will act to enhance your life and bring you closer to your goals. Here are some examples:



Career:

- Art - pertaining to moving water (oceans, rivers, etc.), asymmetrical shapes, and black frames
- Colors – black or dark colors

Knowledge and Self Cultivation Area:

- Art - representing calm nature scenes (forests, ferns, vineyards, etc.), columnar shapes, and wooden frames
- Colors – blue and green

Friends, Family, Health Area:

- Art - representing fresh, healthy vibrant flowers, family, friends and/or you in a healthy state, columnar shapes, and wooden frames
- Colors – blue, green, and floral

Wealth and Prosperity Area:

- Art - representing opulence and wealth, purple or round leaf plants, triangular, cone shapes, and wooden frames
- Colors – purples, blues, and reds

Fame Area:

- Art - representing celebration, animals, birds, stars, sun, fire, upward movement, inspirational quotes, triangular, cone shapes, and wooden frames
- Colors – Red

Love and Marriage Area:

- Art - representing romance, pairs of items, pictures of you and your significant other, pictures of couples, triangular, cone shapes, and wooden frames
- Colors – reds, pinks and white

Children and Creativity Area:

- Art - representing creativity and whimsy, pictures of children or child art, round shapes, and metal frames
- Colors – whites and pastels

Helpful People and Travel Area:

- Art - pertaining to spiritual guides, and/or mentors, places you have traveled to or aspire to visit, pictures of mountains or natural stone, circular shapes, and metal frames
- Colors – white, grey and black

Center Area:

- Art - representing earth scenes, deserts, wheat fields, yellow flowers or trees, or anything in the earth tone spectrum, rectangular shapes
- Colors – yellows and earth tones

Colors for the Master Bedroom – Your Romantic Boudoir

The best master bedroom colors are found in the warm skin tones of all races of people: from light beiges, tans, browns, pinks and peaches, yellows, reds, copper, gold, bronze amongst others. The colors that are too cool and do not work in bedrooms are pure white, grey, black, blues, and greens. They may look beautiful in designer showrooms, but they create a chilly room versus a sensual one. In the Master Bedroom the art and pictures should represent the qualities of the Love and Marriage area of the Bagua: pairs of items such as figurines and candles, pictures and art reflecting couples and romantic representations, pictures of you and your significant other.

Feng Shui at work:

Art has such an impact of the energy of a home, and consequently, one's life that I feel choosing art strategically is important, and the lack of art can feel like unfinished business, and even a drain. Our daughter moved into a new home almost six months ago, and has been consumed with moving, and remodeling, as well as holding a full-time job, and raising three young children as a single mother. Of course, she hasn't had much time to hang art. At the same time some health issues have arisen, some work projects have stalled, and

there seems to be a sense of exhaustion. What better time to hang energizing art? She has decorated the children's bedrooms, and decorated her master, hanging pairs of romantic pictures, and even one with a pair of mountains above the bed. What a difference that has made in her outlook and her love life. In the living room, in the Helpful People area, I recommended a large picture of grey, black and white mountains over the couch for support. At the top of the stairs, in her office in the Health, Family and Friend's area, I can see a beautiful uplifting floral painting. Her kitchen is in Fame and Reputation, and I can't wait to see the stunning sunburst she plans to hang there. The art she hangs will create a feeling of completion in the home, uplift energy, improve health, and open opportunities at work. As a mom caring for her children's well-being, I can't wait to see it!

Feng Shui enhancements do not have to cost a great deal. One of my favorite recommendations is to "shop in your own home." Just moving the art you already have to more auspicious locations based on the Bagua can make a great difference.

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

Everything in Feng Shui is symbolic. The art that you look at every day has an impact on your mood, attitude, and the ability to achieve your life goals. Look at the art you have in your home. Jackson Pollock said, "A painting has a life of its own." What is each piece "saying" to you?

We've all been given the great and beautiful gift of art, and we should be mindful of this gift. If we are, art can and will change our energy, and our lives.

Happy New Year!

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, 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) 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