

EVERYDAY FENG SHUI

Feng Shui by Maria

March 2026 Column

Spring Cleaning – Why Not Begin with Feng Shui?

January ushered in the New Year with fresh intentions and opportunities to put your resolutions into action. February followed with the bold, dynamic energy of the Fire Horse. Now March arrives, inviting you to embrace the rejuvenation and rebirth of spring. What better time to create greater harmony in your home — and in your life — through the timeless principles of Feng Shui?

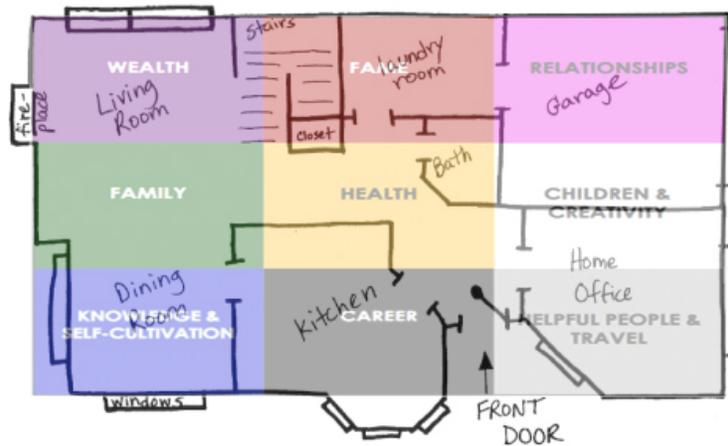
Bringing Feng Shui into your life can be easy, fun and extremely rewarding. Feng Shui is the enhancement of health, prosperity, love and happiness through a connection between your environment and your life.

You can begin this practice easily in four steps:

Step 1: Mapping Your Home with the Bagua Map

The Feng Shui Bagua map, comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams” with the Center for grounding. These trigrams form the basic building blocks that hold the most significance in our lives: Career, Knowledge/Self Cultivation, Family/Health, Wealth/Prosperity, Fame, Love/Marriage, Children/Creativity, Helpful People/Travel. This grid, illustrating the nine sectors of your life, is intended to be superimposed over the floor plan of your home.

The home’s main entrance is most always located at the bottom of the grid, (in the Knowledge, Career or Helpful People sector). Stand outside facing your front door and identify where your entrance falls in relation to the map. Draw a quick sketch of the first floor of your home’s floor plan, accounting for the geometrical shape of your home since not all houses are rectangles. Next draw a rectangle around the outside wall of your home (some areas may be missing), then divide each side by three and draw a grid of nine sectors, so that you will be able to identify which areas/rooms of your home are associated with the Bagua areas. Now your home can begin to tell the story. If you have a second story you can apply the Bagua to it for a second opportunity to enhance an area.



Step 2: Anchoring the 4 Corners

The ideal shape for a house in Feng Shui is a rectangle, yet over 90% of western homes are not perfectly rectangular. Those are called “missing corners” and it’s important to define and enhance them in some way by anchoring them to keep in the Ch’i.

To begin, locate the 4 corners of your home. If any are missing from your rectangle use enhancements to either structurally or symbolically anchor the exact location of the missing corner. Walk outside of your property until you are standing at the spot where the two walls would have met, then use one or more of the following anchoring cures.

WEALTH PROSPERITY	FAME REPUTATION	LOVE MARRIAGE RELATIONSHIPS
FAMILY FRIENDS HEALTH	CENTER GROUNDING	CHILDREN CREATIVITY
KNOWLEDGE SELF- CULTIVATION	CAREER	HELPFUL PEOPLE TRAVEL
↑	↑	↑
ENTRANCE QUADRANT		

Outdoor Structural Anchoring:

This can be as simple as installing an outdoor lamppost, adding a large boulder, trees, flowers, fences, water features, sculptures, or building a deck, arbor, or patio.

Symbolic Anchoring:

Missing Bagua areas can be energetically anchored by “planting” a natural quartz crystal, point up, where the corner would be if the structure were a rectangle. If pavement covers the missing area paint a symbol that would be meaningful to you representing the Bagua area (examples are a heart, initials, circle, star etc.)

Anchoring Indoors:

If there is no way to anchor from the outside you can hang a mirror, or a round faceted crystal on the inside wall closest to the missing area. This symbolically anchors the space.

Step 3: Decluttering or Passing On What You No Longer Need

Decluttering is the foundation in beginning Feng Shui, clearing the path for positive energy to flow in. An organized home can have a calming effect on you, your family and guests; and by passing on items you no longer need, you clear the energy for new opportunities.

In my book, I recommend using the Bagua to help locate your greatest area of need. If it's health, begin decluttering the left middle area of your home, if it's love that you are looking for begin decluttering the back left area and your master bedroom, etc. Then begin small with a closet, cabinet, desk drawer, tabletop and then move around the room.

Separate items in boxes or bags: Throwaways, pass on to others, and put in their proper place. Congratulations! Now watch for good things to flow into your life because you have let go of the old and made room for the new.

Step 4: Enhancing the areas of concern in your life

Once you've decluttered your area of need, you can begin enhancing the area in several ways.

Recommended Enhancements for Bagua Areas:

Career Area - Front Center

- * Colors: black or very dark colors
- * Shapes: asymmetrical shapes
- * Items: glass or crystal, mirrors, career images and symbols
- * Art: water scenes, flowing water such as rivers, waterfalls, oceans

Knowledge and Self Cultivation Area - Left Front Corner

- * Colors: blues, greens
- * Shapes: stripes or columns
- * Items: wood, rounded leaf plants, books, pictures of deities or inspiring people
- * Art: forests, nature scenes, peaceful places

Friends/Family/Health Area - Left Center

- * Colors: blues, greens
- * Shapes: stripes or columns
- * Items: healthy floral arrangements, items in wood, photos of family, friends
- * Art: vibrant flower scenes

Wealth Area - Back Left Corner

- * Colors: purple, blue or red
- * Shapes: cones, triangles
- * Items: items that “call the Chi” such as flags, wind chimes, whirligigs, flowing water features, (fountains, waterfalls or aquariums), opulent items, round leaf plants
- * Art: purple scenes, depicting wealth or items you wish to purchase

Fame Area– Back Center

- * Colors: reds
- * Shapes: cones, triangles
- * Items: diplomas, awards, acknowledgements, up lighting, inspirational sayings
- * Art: animals, people, fire, the sun, stars, personal images, symbols of fame, celebration

Love and Marriage Area– Right Back Corner

- * Colors: red, pink, white
- * Shapes: cones, triangles
- * Items: pairs (candles, love birds, vases)
- * Art: art or photos depicting your significant other or romance

* Children and Creativity Area– Right Center

- * Colors: white and pastels
- * Shapes: curves, circles
- * Items: creative images, toys, craft supplies, photos of children, items in metal
- * Art: whimsical art, or art made by children

Helpful People and Travel Area– Right Front Corner

- * Colors: white, grey
- * Shapes: curves, circles
- * Items: images of mentors or deities, items in metal, natural rocks, stone
- * Art: spiritual guides, mentors, helpful people or desired travel locations, mountains

Center Area

- * Colors: earthtones
- * Shapes: rectangles
- * Items: ceramic
- * Art: earthtones and rectangular

Feng Shui at Work:

A client had just moved into a new house and found that things had become very chaotic after the move; kids were restless, and nothing felt calm. I noticed that her dining room was in the center of the house, and she still hadn't bought a table. The room was totally empty with no art on the wall, and no place for the family to gather. My recommendation was to get a rectangular table, put a beautiful earth tone flower arrangement in the middle in a ceramic vase, and hang some earth tone art in rectangular frames. She loved the idea, and soon put cheery sunflowers on the rectangular table she had just purchased, and hung three large photos of each of her children with earthtone backgrounds. Within a few short days she noticed a difference! They could all gather around the table for meals, there was a calming effect. They all felt more grounded and recognized. Small changes can make a huge 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 have already happened are very important, *"I have an abundance of wealth and prosperity flowing into my life."*

This Spring, making a few simple Feng Shui enhancements in your home can have an immediate and powerful effect on your personal energy levels, as well as the physical and material aspects of your life.

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.

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