

EVERYDAY FENG SHUI

Feng Shui by Maria

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Making Dreams Come True with Feng Shui Vision Boards

What are your dreams? During the Covid year, I envisioned transforming my columns into a book. To bring that vision to life, I created a vision board to guide my creative journey. It hung in my office, where I could see it every day as I wrote. That simple practice kept me focused and inspired—and today, that vision is a published book.

A very important Feng Shui tool for achieving one's goals is visualization. Feng Shui believes that when you picture what you want to have happen, the more likely it is to happen. Feng Shui is a blend of physical "seen" enhancements and mental "unseen" intentions. When you intend to bring about changes in your life by making enhancements to your home, the powers of affirmation and visualization will help those enhancements manifest your intention.

An easy and fun way to visualize the achievement of your goals is to create a vision board. Vision boards are a collection of images, words, and objects that represent your hopes and dreams. They depict images of where you want to be and what you want to happen.

Vision boards work on many levels:

- 1) A Vision Board helps you set and prioritize your goals and intentions.
- 2) Seeing your vision board regularly, with images and words representing your goals, and wishes helps remind you of what you want to do, who you want to be, and what you want to have. The vision board helps to ensure that you continue to move towards those things, both consciously and unconsciously.
- 3) Vision boards are fun to make and tap into your creativity.

Most of all – THEY WORK! They have worked for me and for others. I can look back at past vision boards I have created and am excited to compare them against the final results.

Here are the steps for creating a vision board:

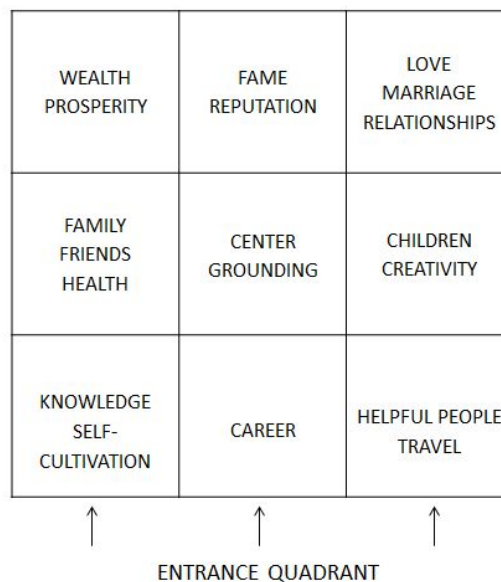
- Begin with a board (11x14 or 8 ½x14 are the most practical sizes, but anything goes).
 - Visualize exactly what you want to happen and how you want to feel.
 - Cut out images from magazines, calendars, and photos that represent these goals, and glue them on your board.
 - You can make your board three-dimensional by adding glitter, string, stickers, shells etc.
- Remember that you have freedom of expression in creating your board.

- Add inspirational words that are very specific to your goals. Words are very powerful; they turn ideas into action.
- Add specific affirmations that you write yourself, as if the goal has already been achieved.

These are but guidelines. A vision board is a personal representation of your goals. Therefore, it must speak to you.

Connecting Your Vision Board to the Bagua:

In Feng Shui the Bagua is represented as a grid of nine sectors. It comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams,” with the Center for grounding. Incorporating these areas in your vision board helps to connect with emotional energy.



Vision Board Enhancements for Each Bagua Area

- Career: The power to achieve your career goals (black or very dark colors, images of glass/crystal items, water features)
- Knowledge and Self-Cultivation: Personal growth, the ability to self- enrich and be at peace (images of items made of wood, blue and green colors, pictures of tranquil wooded landscapes)
- Health, Family, and Friends: Strength, vitality, growth (images of items made of wood; blue and green colors; pictures of trees, flowering plants, people in a healthy state)
- Wealth and Prosperity: Gratitude and abundance (images of opulent items in the purple color spectrum, round-leaved plants)
- Fame and Reputation: Integrity, how you are seen (red, items representing the Fire element with candles and lighting, personal awards)
- Love, Marriage, and Relationships: Receptivity and intimacy (images of items in pairs, art or photos depicting romance, reds and pink colors)

- Children and Creativity: What makes you happy, childlike, creative (images of metal items, white and pastel colors, whimsical art, pictures of children)
- Helpful People and Travel: Synchronicity, being at the right place at the right time (art or images of spiritual guides, travel locations, metal items; white, black, or gray colors)
- Center: Grounding and centering (ceramics, yellow and earthtone colors, rectangle shapes)

Keep the vital energy in your board by pointing words and pictures toward the Center, which represents you. If you want a boost of energy focused on one area of your board—in Love, Marriage, and Relationships, for example—point your words and pictures toward that area.

You're done! Display your board in a location where you will see it every day. This will keep you grounded, keep you focused, help you grow, and remind you of what you are grateful for. Once you have achieved the goals, update it or create a new board for a new project. Enjoy the journey unfolding in your life.

Feng Shui at Work:

If I or any of my friends and family are experiencing health issues, going in for tests or surgery, I create a vision board to place in the Health, Family, and Friends area of our home next to a flowering plant or vase of fresh flowers. The board would contain pictures of healthy, thriving people and pictures of flowers and words such as “Healthy, Thriving, Healed.” I would also add an affirmation stating what I want to have happen. “The tests came out negative.” “The surgery was successful.” “I am healthy and thriving.” Placing a picture of the person in a happy, healthy state near the board further energizes the intent. Once the message on the board is achieved, I transition the plant to the garden and remove the board.

I always create a vision board whenever we start a home construction project. For instance, when we began a renovation project in our kitchen, I created a board with these enhancements:

- * In the Center, I placed a colored version of our architectural plan on a yellow background, representing the finished product and grounding element. I placed pictures and affirmations in all areas of the Bagua, all pointing to the Center.
- * In Knowledge and Self-Cultivation, I placed the business card of our contractor.
- * In Health, Family, and Friends, I placed pictures of our new wooden cabinets.
- * In Wealth and Prosperity, I placed a log of our budget and the word affordable.
- * In Fame and Reputation, I placed pictures of our lighting.
- * In Love, Marriage, and Relationships, I placed pictures of a pair of items, as well as the words “We Love our Kitchen.”
- * In Children and Creativity, I placed the card of our designer.

* In Helpful People and Travel, I placed the names of all the friends and contractors who have advised us and worked on the project. Additional words such as “Completed, Easy Remodel, New and Improved” appear as well.

* In Career, I placed a picture of our black appliances.

The minute we hung the board, in a place where I could see it daily, we felt a shift in energy. We met with a plumbing supply company that gave us a great price for our sink and fixtures, the designer came up with a beautiful new style of oak door that we love, and we got an appointment with a tile company to view the four designs of granite. This company also had backsplash designers. Suddenly, things began to click. I’m happy to say that our project was very successful. I’m sold on vision boards!

Affirmations:

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 written as if they already happened are very important. Examples of affirmations for a Vision Board: *“I have found my soul mate.” “I am thriving in my dream job.” “The remodeling project has been completed smoothly and within budget.”*

Visualizing and affirming success will help make your dreams come true.

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.

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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** (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.