

EVERYDAY FENG SHUI
Feng Shui by Maria
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Giving Thanks for Loving Relationships

Thanksgiving is just around the corner, making it the perfect time to reflect on our blessings and celebrate the loving relationships that enrich our lives. As friends and family gather to share a meal, create memories, and express gratitude, we are reminded of the important role love and appreciation play in our happiness. Our homes serve as the vessels for these positive feelings. The more harmonious, welcoming, and nurturing we make our surroundings, the more we invite these blessings into our lives.

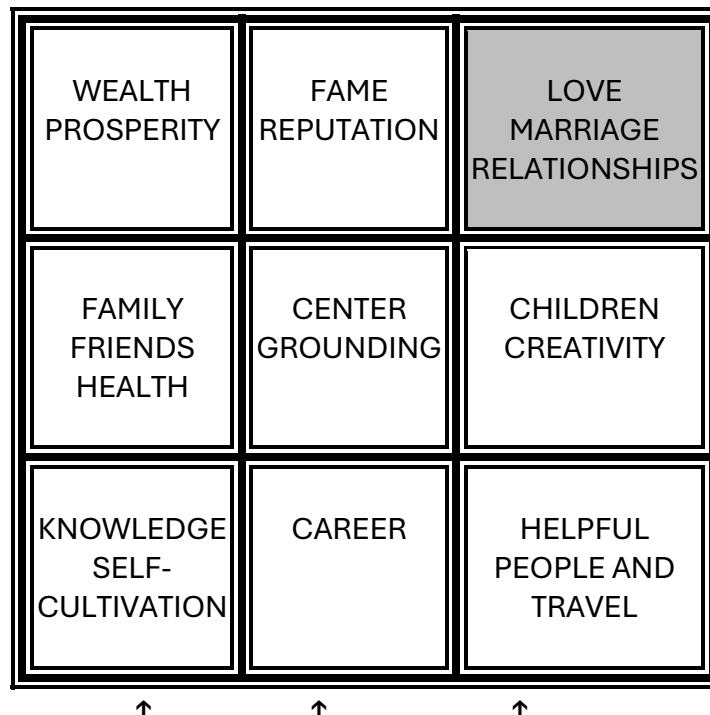
Gratitude and love go hand in hand. Expressing appreciation can strengthen romantic relationships, deepen emotional connections, and help couples navigate life's challenges with greater understanding and resilience. Research suggests that feeling appreciated is an important predictor of relationship satisfaction and can help partners weather difficult times, including financial stress and communication challenges. Of course, a single "thank you" on Thanksgiving cannot replace the daily expressions of love and appreciation that keep relationships strong throughout the year.

As we prepare our homes for the upcoming holiday, we can also turn our attention to the Feng Shui energy that supports love and relationships. A clean, clutter-free home with fresh, vibrant energy creates a welcoming atmosphere for family and friends. By incorporating simple Feng Shui enhancements into the Love and Relationship area of our homes, we can create an environment that encourages harmony, nurtures meaningful connections, and celebrates the love and gratitude that make our lives richer.

Love, Marriage, Relationships 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 Love, Marriage, and Relationship area is in the back right corner of your home or office. This area is called "receptive earth." This means beginning with loving yourself and being receptive to the give-and-take of a relationships. One of the best ways to honor and love yourself is to give yourself the gift of a warm, well-balanced, and decluttered home. When you take time to express gratitude and give yourself little gifts, it becomes much easier to receive them from other people.

In whichever room of your home this area of the Bagua resides, using basic Feng Shui principles to enhance it can help you nurture and strengthen yourself, and your relationships. What a better time than Thanksgiving?



ENTRANCE QUADRANT

The Element for Love, Marriage, and Relationships

The element for the Love, Marriage, and Relationships area is Fire which is represented by any shade in the red color spectrum, from pink tones to burgundy and purple, along with white (the color of the Metal element); the shapes of cones and triangles; any type of lighting; anything derived from animals; and art depicting people, animals, suns, stars. Representations of the Fire and Metal elements can be used inside and outside your home or business. Because the Wood element feeds fire, adding representations of wood, such as plants or items made of wood, help to nurture your enhancements.

Enhancements for the Love and Relationships Area of Your Home:

- Begin by decluttering the space.
- Add shades of red, pink, and white.
- Enhance with art representing pairs (lovebirds, two hearts, two candles, etc.) and romantic themes.
- If you are already in a relationship, display pictures of you and your significant other.
- Display items in the shapes of cones or triangles, or representations of hearts.
- Add your affirmations calling in love and romance.

Although this is the most auspicious area for a master bedroom, you can apply Feng Shui enhancements for Love and Marriage in every room in your house. In whichever room this area resides, basic Feng Shui principles can help you nurture and strengthen yourself and your relationships.

Examples of Love Enhancements for Various Rooms:

- Kitchen – Accent with red tones (two dish towels and mats), hang romantic art, and display items in pairs. For fun, I also have a red toaster and blender in the corner.
- Dining Room – Set of romantic table for two in red tone placemats and napkins, display two rose-colored candles in beautiful candlesticks, Place a pink/red tone flower arrangement on table, hang romantic art or a picture of you and your significant other.
- Bathroom – Hang pictures of couples in romantic vacations, a pair of matching candles, or a beautiful flower arrangement in the red spectrum.
- Office – Display a picture of you and your significant other, romantic art, and/or add items in pairs. (Pen and pencil set, two paperweights etc.)

Thanksgiving is represented by the Earth Feng Shui element, or the earth's bounty. Earth is represented by shades of yellows, ceramics, and rectangular shapes. In Feng Shui, as in nature, each element is strengthened by a supporting element. Earth is nurtured by the Fire element represented by shades of red, cone shapes and representations of animals, people, or fire. An example of combining the two elements is using candles as the fire element, and a variety of earthenware containers as earth element. All of these as part of your home's décor will bring positive Feng Shui energy to your Thanksgiving and strengthen the feelings of togetherness among family and friends.

A few of my clients have dining rooms in the Love and Marriage area. This is a perfect location for togetherness, sharing nourishment and expressing gratitude.

Master Bedrooms:

I'm setting this room apart because it's one of most important rooms to add Feng Shui Love and Marriage enhancements. The ideal location for a master bedroom is the far back right corner; unfortunately, not all homes are built this way. As you decorate your bedroom it is always important to incorporate some of the red spectrum to bring in fire, pairs of items, and romantic representations. For example, make sure to use two nightstands, two lamps. Walls should be any of the colors of natural skin tones, from light cream, pinks, peaches, to warm reds and dark browns. Because the feeling should evoke warmth, coziness, and romance, avoid the colors blues, greens, whites, grey and black which are too cool for bedroom walls. Avoid filling it with stuffed animals, other relics from your childhood, or pictures of your children and family. Focus on making this a romantic boudoir.

Affirmations and Inner Work:

In Feng Shui, intent plays a significant role in enhancing your home or business. All enhancements need to be made with intentionality, with written or stated affirmations as if they have already happened. Examples of affirmations for the “Love and Marriage” area:

“I attract, joy, and love into my life”, “I love, respect and honor myself”, “I am blessed with many loving relationships with friends and family.”

Feng Shui at Work:

My husband and I began a special Thanksgiving tradition years ago that has become one of our favorite ways to celebrate gratitude. Each October, we purchase a medium-sized pumpkin and take turns writing one thing we are grateful for on its surface each evening using a permanent marker. By Thanksgiving, the pumpkin is covered with heartfelt reminders of all our blessings. We place it at the center of our Thanksgiving table, surrounded by flowers, where it serves as a beautiful centerpiece and a meaningful reminder of the love and abundance in our lives.

Beyond the holiday, there are many simple ways to nurture loving relationships throughout the year. Turn Thanksgiving’s spirit of gratitude into a daily practice by sharing small compliments and heartfelt words of appreciation with family and friends. Whatever traditions you choose, let the warmth of Thanksgiving inspire you to count your blessings, express your appreciation, and nurture the loving relationships that make life so meaningful. When we cultivate gratitude in our hearts and harmony in our homes, we create more space for love to flourish—not just during the holiday season, but all year long.

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.