

EVERYDAY FENG SHUI

Feng Shui by Maria

April 2013 Column for Benicia Herald

The Circle of Life

"Some of us think holding on makes us strong, but sometimes it is letting go." Hermann Hesse

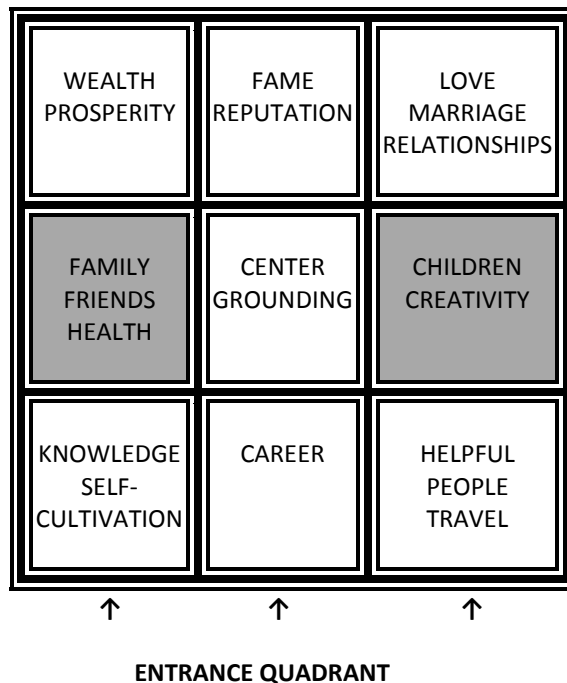
In the last two weeks I have found myself deep in the vortex of the circle of life; from the great joy of experiencing the birth of my first grandson to the deep sorrow of the death of my mother. I am truly a member of the sandwich generation, where the sorrow of personal loss is often balanced by the joy of new beginnings.

I have learned that life is not for sissies... But this experience, both with my grandson Ethan, and with mom have showed me how wonderfully supportive my friends and family are. I feel the circle of love. Like they say in Feng Shui "I can't keep the birds of doom from flying over my head, but I can keep them from building a nest in my hair." During this time I became very aware of the two areas in the home that carry healing energy to children and parents.

Parents, Children and the Bagua

The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams."

The left middle side of the home is the sector devoted to Friends, Family and Health, and the right middle side is devoted to Children and Creativity. I took time to enhance both areas; one for the health of my grandchild and the other for a painless, peaceful passage for my mother.



Family, Friends, Health Area

This is a very powerful area. Enhancements in this area are particularly helpful if: your health needs a boost, if you're planning or recovering from surgery, or if you want to improve the health of one of your friends or family members.

The element for the Health/Family/Friends area is Wood, and the colors are blues and greens, representations of this element can be used inside and outside of your home or business.

Enhancements for enhancing the Health/Family/Friends area inside your home or business:

- * Healthy plants with rounded soft leaves
- * Fresh cut flowers or flowering plants in all colors
- * Posters, paintings, framed photos and/or collages of, family and friends, figures of ideal body images in a healthy state (such as people exercising or being active), healthy plants and flowers, gardens and landscapes. (A gallery of family and friend pictures is especially beneficial here.)
- * Items in the colors of blues, greens
- * All floral prints, such as floral linens, upholstery, and wallpaper
- * All things made from wood, including furniture and decorations
- * Quotes, affirmations and sayings pertaining to ideal health and family
- * Other things that have personal associations to health and family such as mementos, athletic awards, heirlooms etc...

Children and Creativity Area

Enhancements in this area are particularly helpful if: you are trying to get pregnant, you want to improve the health of your children, or improve your relationship with them.

The element for the Children and Creativity area is Metal, and the colors are white and pastel.

Enhancements for enhancing the Children and Creativity area inside your home or business:

- * Art, photos, collages or posters depicting children in a healthy state
- * Whimsical, playful and colorful items, toys, stuffed animals
- * Things that have a personal association to children and creativity, such as handmade items and memorabilia of your own childhood
- * Items in colors of white or pastel
- * Things made of metal – brass, steel, pewter, silver, gold, aluminum, copper etc. such as furniture, lamps, candle holders, frames, figurines, jewelry
- * Quotes, affirmations and sayings pertaining to children and the outcome you desire

Missing Health/Family/Friends or Children's Areas:

If your Health/Family/Friends area is missing from your floor plan – You can anchor the area by doing one or a combination of the following cures: planting flowering plants outside of the missing wall, placing a mirror on the wall, or hanging a 30 mm round faceted crystal in front of the wall to symbolically “push the wall out”. Do the same if you're missing the Children and Creativity area but focus on enhancing with metal objects and colors of white or pastels. Remember that healthy, flowering plants enhance health. Therefore if the objective is to improve a child's health use white or pastel flowers in this area.

In the I Ching the blessing of the Health, Family and Friends area of your home or business is called “Shocking Thunder” as it refers to the unexpected shocks or sudden unforeseen problems that can cycle through our lives like stormy weather. Good health and relationships with our family and friends assure as much as possible that we will persevere through the bad times of life. This solid foundation also provides the springboard for expansion,

growth, and happiness. I feel blessed at the outpouring of support and love from all my friends and family. I feel the circle of love.

Affirmations and Inner Work:

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 are very important. It is also important for them to be expressed as if they are already happening.

Examples of affirmations for the Children and Creativity and Friends, Family and Health area that I used:

"All of our baby's tests come back negative and in a timely manner. He is released from the NICU quickly and is healthy and thriving at home." "Mom is happy, at peace and out of pain."

Feng Shui at Work:

When my grandchild Ethan was born he swallowed amniotic fluid, was not breathing, had to have CPR and had fluid under his skull. The doctors went right to work running tests and administering antibiotics. I went right to work enhancing the Health and Children's areas and creating vision boards in my daughter's home, where we were staying. Since fresh flowers represent health I purchased fresh, vibrant tulips for the health area of the house but also placed a picture of flowers in the health area of all her other rooms. I attached an affirmation to each one, lit candles, and stated the affirmations as blessings. I added pictures of babies in happy, healthy states. He came home soon after and is now healthy and thriving.

The day my grandson came home from the hospital, my 89 year old mother fell and broke her hip in her nursing home. She had two heart attacks at the hospital and began to fail. I enhanced the Health and Family area with flowers, pictures of her traveling in a healthy state with her family, candles, affirmations and blessings that she would be out of pain and at peace. She passed away in a peaceful state with hospice very quickly. She was ready to go.

I spent numerous hours in my mother's hospital room, while she was in hospice comfort care. She was struggling to let go, and after a few days, I remembered to look at this room also with Feng Shui eyes, and noticed to my horror that the Health area was home to a very ugly "Soiled Linens" receptacle. I immediately moved it to another area, and moved all the flowers she had been given to this area. I also placed an affirmation there with the intent that she should go quickly and painlessly. The room immediately felt better, and she passed peacefully in my arms within the hour. I now have the flowers in my house honoring her.

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Moving friends and family pictures into the Friends, Family and Health area as well as pictures of children in the Children's area automatically begins to enhance and send energy to you and those you love.

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.

COME TO MY NEXT CLASS and Receive \$40 Off a Home Consultation

I will be teaching one more 3 hour class through the Benicia Parks and Recreation this spring:

Saturday April 20 - 9:00 am

The Parks and Recreation Guide is now available, if you'd like to register. (Participants will receive \$40 off a home consultation.) - Mark your calendars and invite friends.

Until then...Blessings!

Maria McCullough - Bio

Maria McCullough, a Benicia resident, is the owner / founder of *Feng Shui by Maria* (www.fengshuibymaria.com) and is a speaker and educator with over 15 years of experience. She specializes in residential, landscape and business consultations. 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 including "The Western Guide to Feng Shui."