

EVERYDAY FENG SHUI

Feng Shui by Maria

February Column for Benicia Herald

Valentine's Day - Romance May be Just an Enhancement Away

"I can't seem to find romance that lasts. Since I moved in this house, my relationships begin, but then just seem to poop out. I want a meaningful relationship to last. I want to be someone's Valentine. What can I do?" This was the request from one of my recent clients. I had my suspicions, and as we began the consultation her house told the story. Her Love and Marriage area was situated in a sun room in the back corner of the house. This had become a storage room for everything left over from the move; it was cluttered and unfortunately a place for the messy cat box.

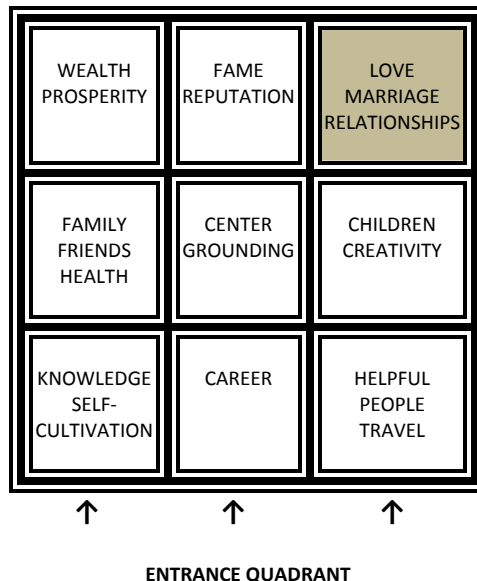
Feng Shui doesn't have to be so literal, but there is a direct correlation between your home and your quality of life. The energy in your home can help you achieve your loving relationship goals. The Love and Marriage area is located in the back right corner of your home or office, and is particularly associated with "adaptability, devotion and unconditional support."

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors, the Love and Marriage area operates under the premise that loving relationships thrive on a dance of responsive yielding – each partner supporting and allowing the other to fully develop and express themselves. The same nurturing, supportive stance is taken when you fully love yourself. It is important to listen to what you need and then gladly give to yourself. When you love yourself you become open to other loving relationships. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." In the "I Ching" the Love and Marriage area of your home or business is called "Receptive Earth" meaning that to truly love another person you must love yourself. Once you truly love yourself then you can open your heart and be totally receptive to your partner.

"Plant your own garden and decorate your soul, instead of waiting for someone to bring you flowers." Veronica A. Shoffstall - I love this quote because it speaks to the action and intent required in making Feng Shui so effective. 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 give yourself little gifts, it becomes so much easier to receive them from other people.

So with Valentine's Day approaching, ask yourself – "Are your romantic relationships everything you want them to be? In whichever room this area resides, basic Feng Shui principles can help you nurture and strengthen yourself and your relationships, and even send out the energy to help you find your perfect soul mate.

The Love and Marriage area is located in the right back corner of your home/office/business.



Enhancements in this area are particularly helpful if: You want to attract a love relationship, you want to improve a relationship you are currently in, or you want to develop or improve a nurturing, healthy, happy relationship with yourself.

The element for this area is Fire, and the colors are red, pink or white. Representations of this element can be used inside and outside of your home or business.

Enhancements for enhancing the Love and Marriage area inside your home or business:

- * Photos, paintings, collages or figures depicting your significant other
- * Pairs of items (lovers, doves, hearts, candles, vases, figurines etc)
- * Art with a romantic theme
- * Quotes, affirmations and sayings pertaining to love and marriage
- * Items that have a personal association to love and marriage (romantic vacations/honeymoon mementos)

Enhancements for enhancing the Love and Marriage area outside your home or business:

- * Garden art representing pairs
- * Items, flowers, plants in the color of the red spectrum
- * Bistro table with two chairs or a loveseat for two

Elements to Avoid:

As I stated in my December column, Fire is extinguished by Water, so avoid an abundance of glass or black objects, water features or pictures of waterscapes. On the other hand, Wood feeds Fire, therefore representations of trees, plants, the colors green or blue and/or wooden objects work to further enhance this area. For example a sculpture of a pair of lovers is best represented in wood versus in black glass.

Missing Love and Marriage Area:

If your Love and Marriage area is missing from your floor plan – You can anchor the area by doing one or a combination of the following cures: planting a pair of large red flowering plants at the spot of the missing corner, planting a tree and hanging a wind chime representing a pair (hearts or lovebirds), placing a table and 2 chair set, or a large sculpture representing a loving pair. My husband and I have hugging stone frogs which we purchased on a romantic trip to Hawaii. If the area outside is not accessible, you can symbolically anchor from the inside by hanging a 30 mm round faceted crystal, placing a mirror, and/or a picture of a romantic representation on the wall by the missing corner. If the missing area happens to be a parking lot, you can draw a small symbol of a heart, Yin/Yang sign or the trigram for receptive earth in the exact location, closing off the corner.

Feng Shui at work:

The client at the beginning of the column was instructed to declutter the sunroom immediately. Following the suggestions in my July column on “Decluttering” she organized the storage boxes in to giveaways, throwaways, or found a good place to feature it in her new home. Next she painted the room a soft mauve, and placed white wooden bookcases to help feature books and romantic items, including a pair of red candles, two lovebirds, and a pink flower arrangement. She found a few posters of couples in a number of romantic locations, (hugging under the Eiffel Tower, strolling hand in hand on a beach) and hung them in wooden frames. She found a wonderful white cat box structure on www.catlitterboxfurniture.net. It is white with a towel rack where she hung a dishtowel with red hearts. Her cat can safely eat on the shelf on top of it, and do his business in private inside. It looks like a piece of furniture. She made affirmations, and stepped back to enjoy the lovely room. She called me the other day to share the good news of a wonderful new relationship she is in, and felt that this one was a keeper.

In my home, this area is in the kitchen and deck immediately outside of the kitchen window. The window ledge above the sink had numerous small pictures of my husband and I in red frames, a set of love birds, a few shells we collected on trips, and a pair of budvases where I always keep fresh pink/red flowers. Looking out onto the deck I can see a wicker table with red cushions, a red flower arrangement on the table, and a mobile of two red lovebirds. As I cook, I can feel the warmth of our relationship. I consider my husband my best friend!

Two of my clients had this area missing, and both placed cute red seating arrangement in the outside corner. One placed a white bistro table with two red chairs, and a flowering pink azalea plant on the table. The other immediately took two red camp chairs and placed them under a tree. She told me that just after that small enhancement, with her intent, she began noticing that men were acknowledging her and speaking to her more. The doors have opened for her.

Bedrooms:

The ideal location for a master bedroom is the far back right corner; unfortunately not all homes are built this way. No matter in what bagua area your master bedroom is located, it is still considered the most important room for Love and Marriage. So as you decorate, declutter, and enhance based on its bagua area, it is also important to incorporate bring in some of the red spectrum to bring in fire, pairs of items and romantic representations. Avoid filling it with stuffed animals, or pictures of your children and family. This area is dedicated to you and your significant other only.

If you are single and looking for a relationship, you should design the room as if two people are already living there. For example, make sure to use two nightstands, two lamps, and leave room in the closet. This signifies the intent that you want to share your life with your soul mate. I even suggested to one of my clients to hang two lush burgundy robes in the adjacent bathroom.

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 fire, blues, greens, whites, grey and black are too cool for bedroom walls. (Look for an entire column dedicated to bedrooms in the future.)

Bathrooms:

Bathrooms in this area should be treated with the same romantic enhancements stated earlier, but remember that all plumbing needs to be working (no leaks) and drains and toilets should always remain closed when not in use. You do not want a draining of your romantic energy.

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

Examples or affirmations for the "Love and Marriage" area:

"I attract, joy, love and intimacy into my life", "I love, respect and honor myself", "My perfect love partner and I are connected in our minds, hearts and spirits, now and always."

This Valentine's Day create a space in your home and life for a perfect relationship with your perfect mate. Enlist the energy in your environment to help you achieve your goals.

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".

* **I NOW have a BLOG** – Just go to the website and click on "Blog": I will respond to your questions quickly.

I will be teaching two more 3 hour classes through the Benicia Parks and Recreation:

Sat., Feb. 4th – 9:00 am, Fri., April 6th - 9:00 am. These are the same classes repeated. The Parks and Recreation Guide is now available, if you'd like to register. (Participants will receive \$40 off a home consultation.)

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

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