

EVERYDAY FENG SHUI

Feng Shui by Maria

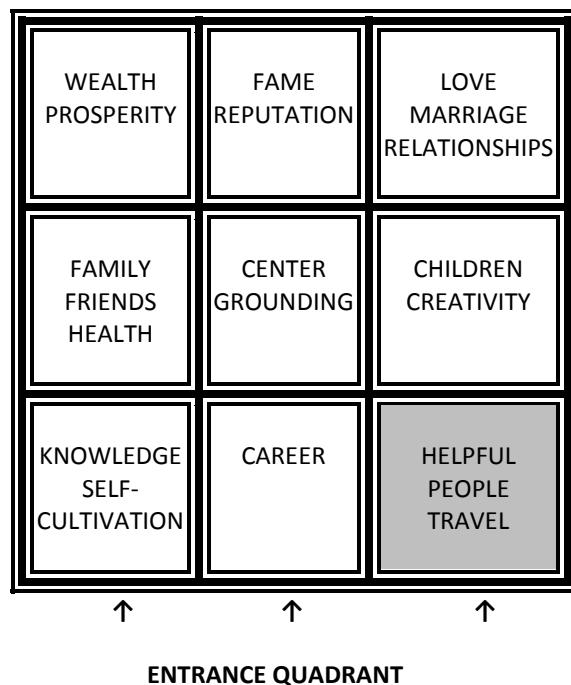
July 2013 Column for Benicia Herald

Traveling With Feng Shui

Where are you going this summer? Do you have the travel bug? Are you dreaming of exotic faraway places, fun family vacations, or even peaceful retreats? How do you get there? How do you make it happen?

Feng Shui can help you achieve your travel goals. Just as in every other facet of life, achievement follows intention, visualization, and affirmations. "Picture it and it will happen..." Positive affirmation, enhancements and vision boards in the Helpful People/Travel area play a large role. You achieve your goals when you focus clearly on what you want to accomplish and then take action accordingly.

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors, the Helpful People and Travel area is located in the front right corner of your home/office/business. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." In the "I Ching" the Helpful People/Travel area of your home or business is called "Heaven" because it is associated with the qualities of power, synchronicity, inspiration and confidence. When everything is aligned, people and places give us the inspiration and guidance we need. There are many stories of people being at the right place at the right time, and their lives being transformed and enhanced by words or actions of those they met, or by visiting a special place which changes their lives forever.



Enhancements for enhancing the Helpful People and Travel area in your home or business:

- * Art, photos, collages or figures pertaining to spiritual guides, and/or mentors or helpful people
- * Items that have a powerful personal association with your spiritual beliefs
- * Special places where you have traveled or want to travel (Create a Vision Board – see below)
- * Items in colors of white, black or grey
- * Things made of metal – brass, steel, pewter, silver, gold, aluminum, copper etc.
- * Quotes, affirmations and sayings pertaining to Helpful People and Travel

Creating a Vision Board for Travel:

A vision, or a dream board, is an excellent way to focus your energy and display your goals. First, be clear about the main focus on your vision board. For example, one might have a vision board in the home office or in the wealth corner focused on money and business success, and another vision board in the bedroom walk-in closet or a bedroom wall focused on love and romance. Since the focus of this column is on travel, you will create a board that will reflect places you want to go. Next, make a collage of pictures, words and phrases that reflect where you want to be and how you want to feel when you get there. Put pictures of yourself in the scenario; act as if you're already there.

The Helpful People and Travel area is enhanced by the metal element, therefore black and white photos, white poster board, black or metal borders or frames, and/or items of metal such as foreign coins, metal objects such as a small metal Eiffel Tower are especially helpful. (My next class will be on Aug. 18 will be on Balancing the Elements) Finally, place your written affirmations on your board as if they have already happened, and state these on a regular basis. For best Feng Shui, as usual, be sure to trust your feelings. Experiment and play around until you reach that moment when everything clicks, and you have the perfect vision board in the perfect Feng Shui location to support your dreams. Trust your common sense, as it will always lead you to good Feng Shui!

A Missing Helpful People and Travel area:

If your Helpful People and Travel area is missing from your floor plan, you can anchor the area by doing one or a combination of the following cures: Anchor the missing area structurally using the metal element wherever possible, such as building a trellis or deck, planting flowers in a flower garden or planter boxes in white, adding a large stone statue of a spiritual guide or placing a large rock on the corner, or a metal seating area. (This could be a beautiful meditation area). 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 your travel pictures or vision board on the inside wall by the missing area.

Travel Feng Shui Kit:

Through your visualizing and affirmations, you have now arrived at your destination; but sometimes we don't have the opportunity to book the perfect room. Whatever the reason, it is smart to travel with a small Feng Shui Kit. You can put one together by selecting small, lightweight items that boost, balance and circulate the Chi in any environment. For example, use a jewelry bag containing 4 round faceted crystals on strings, 4 small angels made of thick paper, 4 tea lights in their own metal cups, cleansing incense such as pine or sandalwood. When used, these items can transform a room from grim to agreeable. Also include all the necessary items such as thumb tacks, safety pins, matches, string. Also include a multicolored scarf representing the colors of the five elements (white, black, green or blue, yellow and red hues). Using the Bagua, start at the front entrance to the room and place one crystal in front of a window, and place angels in the Health, Wealth and Love areas. If the room feels especially stagnant, hang a crystal in the center of the room. Set up a place of beauty in the area where you would see as you wake up; use a 5 element cloth, incense, candles, angels and fresh flowers when available. Choose items that are light, travel well and are available at a moment's notice.

Feng Shui at Work:

A client has her Helpful People Travel Area in her child's nursery, but took the opportunity to hang 3 beautifully framed pictures of the 3 places she wants to travel to in black frames on the wall right outside the door. Each time she walks into the nursery to hold her baby she is energized with the thought that she will travel to Paris, the Egyptian Pyramids, and Australia in the near future.

Years ago, as I was reading Terah Collin's book "The Western Guide to Feng Shui", my creative daughter took it upon herself to create a Feng Shui Kit in a blue plastic makeup case for my birthday. What an amazing and useful gift! She cut out 9 angels in the colors of the Bagua, included crystals, red string, a beautiful sheer red metallic scarf with stripes of the Bagua colors, many Bagua colored candles, incense and holder. I think of her each time I use it. When traveling by plane, I select a few of the items to place in a more transportable case. It works beautifully, and the candles make for those romantic nights with my husband.

Another client has become a master at creating her vision boards. She has many affirmations and pictures related to her jewelry business. At the moment, with a new rep, her beautiful pieces are featured in numerous stores. Business is booming. Check her out at www.katyglass.com , and at the Sausalito Art Festival.

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 of affirmations for the Helpful People and Travel area:

"I travel as often as I like, to the places I want to visit." "I have traveled to every place on my vision board and have met wonderful new friends."

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. The wonderful thing about creating vision boards is that they can be created with anything you have around your home: photographs, drawings, magazine pictures, pictures downloaded from the computer and any kind of background poster board, paper, and cloth imaginable. None of this costs a lot but the benefits are priceless.

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

My next class will be on **Balancing the Elements**, for those of you who feel comfortable with the Bagua, have taken a previous class and want more advanced instruction.

Saturday August 17 - 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."