

EVERYDAY FENG SHUI

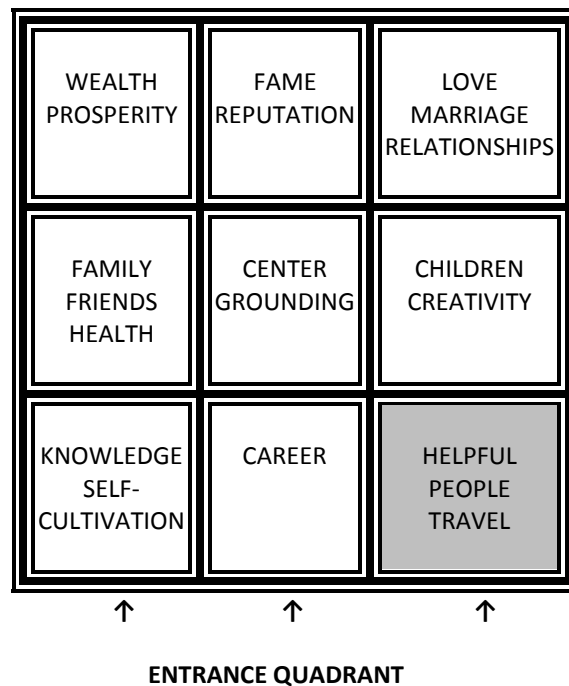
Feng Shui by Maria
June Column for Benicia Herald

Longing to Travel – Look to Helpful People and Travel

My husband and I just returned from a memorable trip to Stockholm and Paris; enjoying a cruise of the Archipelago in Stockholm, viewing the Paris lights from a boat on the Seine, people watching while sipping wine in cafes. I look back at this last year and reflect on what made this magical trip possible: Positive affirmations and enhancements in our Helpful People played a large role. Students in my Feng Shui classes noticed that I used pictures of France to enhance the classroom; the Eiffel Tower in the Helpful People area, the dark Seine at night in Career, a Paris flower mart and vineyards for Knowledge, Family and Health, lavender fields for Wealth, Poppy fields for Fame etc.... Every time I taught a class I was affirming my desire to travel.

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 area of your home or business is called “Heaven” because it is associated with the qualities of power, synchronicity, inspiration and confidence. The teaching reminds us that our lives are shaped by our actions, which come out of a harmonious blending and usage of our intellect and intuition. We know we’re on the right track when we experience people as our “angels” and places as “paradises.” 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. This is total synchronicity....everything falling into place!



This area covers both Helpful People and Travel, therefore enhancements in this area are particularly helpful if:
You to attract more mentors, clients, customers, employees or other helpful people in your life, if you would like to travel in general or go to a specific destination, or if you're planning to move to a new home or work location.

Enhancements for enhancing the Helpful People and Travel area inside 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
- * Items in colors of white, black or grey
- * Things made of metal – brass, steel, pewter, silver, gold, aluminum, copper etc. such as furniture, lamps, candle holders, frames, figurines
- * Quotes, affirmations and sayings pertaining to Helpful People and Travel

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

- * Garden art reflecting spiritual guides (angels, Buddha, saints).
- * Items, flowers, plants in the white
- * Rocks and stones
- * Circular or oval shapes

The Element of Helpful People and Travel:

The element for this area is Metal. Archetypally Metal is represented by the minerals in the earth. When in balance in your home it enhances mental clarity and presence of mind. Too much Metal causes rigidity, while too little creates feelings of indecisiveness. In my September column I stated that the Earth Element feeds Metal, therefore adding representations of Earth, such as earth tones, ceramics or rectangle shapes help feed the metal of your creativity. Avoid too much of the Fire element in this area, (items in the red color spectrum, lighting, candles) as it melts Metal and will lead to burning up creative juices. Spiritual figurines represent just enough of the fire element for balance.

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 a picture representing helpful people or travel on the inside wall by the missing area.

Feng Shui at work:

In most homes, such as ours, the garage is in the right front corner. We know that in Feng Shui garages and closets count. Since this area is extremely powerful in making things happen in your life, it's imperative to keep your garage neat and clutter free. In our garage we have hung a large round faceted crystal in the center, and placed travel pictures and pictures of our spiritual guides. We also created a vision board inside one of the closet doors with pictures and positive affirmations of what we want to have come into our lives. Outside, in a small flower garden by the garage we planted white flowers surrounding a small angel blowing toward our house. Whenever we feel that our synchronicity is off, and that we keep hitting stumbling blocks, I say, "Honey, it's time to clean the garage." We take a few hours to organize, dust, polish, sweep, and state our affirmations once again. We immediately feel the shift in energy, plus our garage is once again pleasing to look at.

I was asked to do a consultation at an elementary school for two instructors who were coaches for teachers. During the consultation for their classroom training center, I was told that they needed more support from the

teachers, administrators and the district office. I noticed that their metal file cabinet was already in the Helpful People area, and I recommended that they enhance it with training information, district administrator's phone numbers, and staff pictures from each school they worked with. They further enhanced the area by hanging posters of where they wanted to travel, placing a white orchid and small angel on top of the file cabinet. This has been one of their most expansive and supportive years ever and one of them even earned her Master's Degree.

In a few salons I visit in town, I notice that their Helpful People area is where they have their waiting area and metal shelves displaying their products. This is a very auspicious placement because their clients are their helpful people; comfort and product placement is critical to their thriving businesses. This is called excellent intuitive Feng Shui!

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 Helpful People and Travel area:

"I constantly attract helpful, generous, loving people into my life", "I am in the right place at the right time, and I meet the right people at the right time", "I travel as often as I like, to the places I want to visit."

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.

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

My last class was very successful. I love the enthusiastic learners I'm meeting.

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

Sat. July 21st – 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.)

Next month will be my anniversary edition marking the beginning of my second year sharing Feng Shui information with you to help you create your personal paradise. What an honor and pleasure it has been!

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."