

EVERYDAY FENG SHUI

Feng Shui by Maria

March 2014 Column for Benicia Herald

A Joyous First Birthday: Celebrating the Children's Area

In my "Circle of Life Column" a year ago I shared that I was experiencing "the best of times and the worst of times." Our first grandchild had just been born, and due to complications had to remain in the NICU for a week, then my mother passed away the week he came home. A year has passed...time has demonstrated its healing qualities. Mom continues to be our angel, while the baby happily grows and thrives.

This very special child of ours came into this world bearing the brunt of a genetic syndrome called Joubert's. Fortunately through numerous tests they determined he has a mild case, but still is experiencing weakness in eye tracking, muscular strength and respiratory issues. His parents have been on top of it from the start and through the help of weekly Occupational and Physical Therapy and various specialists he is thriving, meeting his goals and overcoming his challenges; all with a big smile and a happy attitude. We will be celebrating his first birthday this March and could not be prouder of our little fighter.

So what does this all have to do with Feng Shui? Feng Shui is all about creating a positive energy field in your environment, that then transfers to you and affects your life. When your home energy is cluttered, messy and stuck you feel the same way. Through years of working with me in Feng Shui my daughter has become cognizant of the enhancements that will clear the energy for her family's well being. She uses the Bagua in her home to locate areas for enhancements.

Using the Bagua to Enhance the Children and Creativity Area:

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors, the Children and Creativity area is located in the right middle side of your home/office/business. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams"; with the center area for grounding. In the "I Ching" the Children and Creativity area of your home or business is called "Joyous Lake" because it is associated with the qualities of pleasure, encouragement and nurturing that children need.

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

- * Art, photos, collages or posters depicting children
- * Whimsical, playful and colorful items, toys, sculptures
- * Things having a personal association to your childhood, such as handmade items and memorabilia
- * Items in colors of white or pastels
- * 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 Creativity

What if the Bathroom is Located in the Children's Area?

My daughter did a beautiful job decorating the baby's nursery (which is in the Helpful People area). It is a peaceful, harmonious room. She has a dilemma though; both her master bath and guest bath reside in the Children's Area. Bathrooms have a bad reputation in Feng Shui, but they certainly need to be located somewhere in the house. If you take good care of the energy in the bathroom, celebrate it and make it a beautiful room, it will in turn nurture your energy. When enhancing a bathroom it's important to keep the toilets and drains closed when not in use, and keep bathroom doors closed. With any bathroom location it's a matter of keeping the energy clean and clutter free, as well as balancing the Feng Shui elements, and using your favorite enhancements stated above.

The Element of the Children and Creativity Area:

The Children and Creativity Area is a Metal element area. Yet, bathrooms have predominant Water Feng Shui element energy, which will weaken the Metal. You can strengthen the Metal element and control the Water element by adding the Element Earth. Therefore go with Earth and Metal element colors in this area of your home. (Light yellow and sandy colors for earth and white or grey for metal). Definitely limit the color and attributes of water which are the color black, glass and mirrors. To learn more about the elements go to <http://www.fengshuibymaria.com/newspaper-columns.html> (Sept. 2011)

Feng Shui at Work

My daughter took these recommendations to heart and transformed both bathrooms into uncluttered, clean beautiful rooms with positive energy. Since, there is already a great deal of white with the tub, toilet and counter she brought in a soft sandy buff color in art as well as wall colors, grey towels and shower curtains in a grey and gold print that ties it all together. She enhanced both bathrooms with whimsical art of healthy children at play, hummingbirds representing "joy", and pictures of her little boy in metal frames. She added yellow candles, sweet scents and of course used affirmations like the examples below. Her bathrooms have become joyous places.

I was asked by a guest why I have pictures of my grandchild on every wall in my guest bathroom. I told her it was my Children's Area and I wanted to feel his happy, healthy energy each time I used it. Another guest said that I should have a camera in there to record the people's faces as they see pictures of my grandchild making his silly faces; truly heartwarming.

A client told me that she came upon the realization that she had the power to "let go of worn out things, worn out conditions and that a divine order was now established in her and her world." She was saying this affirmation while she was cleaning a very old, stained toilet. She realized that she had the power to replace it with a shiny new toilet. Off she went to Home Depot! She is creating those positive changes that little by little affect your life.

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 Area": *"My little boy is healthy and happy", "His eyes are tracking, he's reaching, holding, sitting, standing, crawling and walking." "He is thriving in every way."*

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Cleaning a bathroom, emptying the trash, keeping the counter and cabinets uncluttered, closing the toilet lid and burning a candle can create a huge transformation in the energy flow of the space.

So where are we now? Still working with our little boy; watching him sit up, stand, feed himself, roll over, babble consistently, play with his toys, walk in his walker. The second physical therapist evaluation proved to be a big boost as he had doubled his scores in most areas. Still work to do but this little angel is always happy and in a good mood and has been a true delight in our lives. We thank our children for all their work with him, thank mom for watching over them, and thank Feng Shui for clearing the energy so they can thrive as a family.

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 CLASSES through Parks and Recreation and Receive \$40 Off a Home Consultation

Saturday May 17 - 9:00-12:00 am - Beginning Feng Shui Essentials

Saturday July 26 - 9:00-12:00 am - Balancing the Elements

The Parks and Recreation Guide is now available, if you'd like to register. 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."