

EVERYDAY FENG SHUI

Feng Shui by Maria
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Strengthen Family Ties With Feng Shui

“Family, like branches on a tree we all grow in different directions, yet our roots remain as one.” Unknown

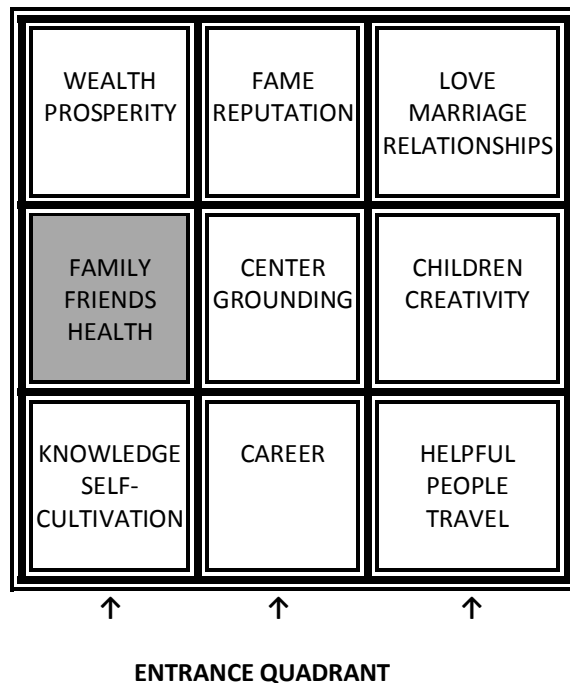
Years before my mother got sick and passed away she had the foresight to begin writing her memoirs; a script that I will value forever. She always wanted to explore the ancestry of our family from Northern Italy and tried to share the details with me. I regret not writing everything down but now have the motivation to follow up on line and connect with my family. Although family has always been infinitely important to me, mine has been very small, with a greater part still residing in Italy. It is for this reason that I extended my family through a large circle of friends whose relationship I have maintained over many years.

I have learned to value all friendships as family, and to look at Feng Shui as a means to enhance lasting relationships. 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. Healthy 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. In Feng Shui there are certain parts of the home that corresponded to key areas of the lives of its occupants. By working with these energy centers you can identify what was going on in that area of your life, and subsequently, enhance it by adding objects that would encourage the Ch’i (energy) to become activated. When we strengthen the energy center of our home that is directly connected to friends and family there will be an energy shift in our lives in a positive direction.

Families and the Bagua

The Feng Shui Bagua (Ba-gua) Map, comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the center for grounding.

The left middle side of the home is the sector devoted to Friends, Family and Health



The Bagua and the Elements

The element for the Health, Family and Friends area is Wood. When in balance in your home wood enhances trust, connections, spirituality, and growth. The Health/Family/Friend sector is represented by florals, since flowers represent good health and healthy relationships.

Family, Friends, Health Area

This is a very powerful area. Enhancements in this area are particularly helpful if: your relationships with specific friends and family members are not as wonderful as you would like, if you have no friends or family around and would like to attract more, if you want to strengthen ties with your family members or friends, or you want to improve your health or that of one of your friends or family members.

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
- * Art or photos representing family and friends, flowers, gardens and/or 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 connections
- * Other things that have personal associations to health and family such as mementos, athletic awards, heirlooms etc...

Missing Health/Family/Friends Area:

If your Health/Family/Friends area is missing from your floor plan, you can anchor the area in a number of ways: 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."

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 Friends, Family and Health area: *"My relationship with my family is strong," "I have many good friends," "My family is in good health."*

Feng Shui at Work:

A recent client was dealing with a new marriage, and creating an environment where her two daughters connected with her new husband. In our consult I noticed that her knowledge area was missing and her living room in her Family Area was cluttered and needed a feeling of family togetherness. I had her anchor the Knowledge area with a beautiful flowering tree which could be seen from the couch in the living room, bringing in the florals. She replaced a large metal lamp, (metal cuts wood) with a wooden one, placed floral toss pillows on the couch and hung a large collage frame of pictures of the family in a prominent place. She reported that the family now sits in there to discuss day's events and watch TV (which is in a wooden armoire and can be closed when not in use); the beginning of connections.

Decluttering is a vital part of Feng Shui. Therefore after I had decluttered my master bedroom walk in closet, which is in the Family and Friends area, I left myself an empty shelf to proudly display pictures of my family and friends. Since it's a closed in space I also hung a green 30 mm round faceted crystal to keep the energy moving. Shortly after I did that my young cousin from Italy asked if she could spend the summer with us. We had a wonderful time, traveling up and down the coast all summer. She even spent a week

with my daughter and grandson. It did more to strengthen my ties with my Italian relatives. Every time I enter to dress I'm reminded of those I love. I feel blessed with all my loving relationships.

An artist friend of mine had the Family area in his stairwell hallway. Instead of just hanging a collage of family pictures he painted a mural of a tree (wood element) growing up the stairs. From the branches he hung wooden framed pictures of family and friends. What a creative tribute to the people he loves. Not only is it a beautiful artistic enhancement but it serves to solidify his special relationships. Soon after he did that he moved in with his girlfriend and they now plan on getting married and starting a family.

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. A simple wooden photo frame may appear to be just another frame to your friends and family, but to you, it can be your special Feng Shui enhancement to create stronger family ties, or even to bring an estranged family member back into your life. Place it in the family area of your home, room or office and it will easily remind you of your connections with friends and family, and will also support the pattern of elements by bringing in wood.

Strong health, friend and family ties are the power our physical and emotional existence. The more healthy relationships you have in your actual environment, the more the possibilities for networking and making things happen, both for personal and altruistic purposes. Enhance your Friend and Family area, connect with others and feel the 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, or Facebook "Feng Shui by Maria".

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

Until then...Blessings!

Maria McCullough is the owner/founder of *Feng Shui by Maria* (www.fengshuibymaria.com) and is a speaker and educator with over 20 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."