

EVERYDAY FENG SHUI

Feng Shui by Maria
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Your Step by Step Guide to Positive Feng Shui

There is really no mystery to Feng Shui. It's an ancient Chinese art that allows us to create harmony and balance through our environment. This harmony and balance lend support to our lives. When our lives are supported through our environment it's much easier to achieve the things we want such as wellbeing, love and happiness.

You can begin enjoying the benefits of Feng Shui by following a few easy steps:

- 1) Map out your home using the Bagua
- 2) Do a self-evaluation of your needs (more love, health, prosperity, career etc.)
- 3) Locate that area of the Bagua in your home
- 4) Clean and declutter that area
- 5) Enhance using the recommendations below
- 6) Anchor if the area is missing
- 7) State or write your affirmations and begin reaping the rewards

1) Mapping your home with the Bagua:

One of the most powerful tools in Feng Shui is the Bagua (Ba-gua) Map, represented as a grid of nine sectors with the center for grounding, which comes from the Chinese Book of Changes, "The I Ching." These trigrams form the basic building blocks that hold the most significance in our lives: Career, Knowledge/Self Cultivation, Family/Health, Wealth/Prosperity, Fame, Love/Marriage, Children/Creativity, and Helpful People/Travel.

The home's main entrance is always located at the bottom of the grid, (in the Knowledge, Career or Helpful People sector). Stand outside facing your front door and identify where your entrance falls in relation to the map. Draw a quick sketch of the first floor of your home's floor plan, accounting for the geometrical shape of your home since not all houses are rectangles. Next draw a rectangle around the outside walls of your home (some areas may be missing), then divide each side by three and draw a grid of nine sectors, so that you will be able to identify which areas/rooms of your home are associated with the Bagua areas. Now your home can begin to tell the story and shed some light on issues you may be facing in your life. If you have a second story you can apply the Bagua to it for a second opportunity to enhance an area.

2) Self Evaluation:

Think about what area of your life is missing or needing reenergizing, then find that area in your home Bagua.

3) Locate that area in your home Bagua:

What is Your Home Telling You? Is your garage cluttered? (If it's connected to the house, then your garage is part of the Bagua as well.) Is your bedroom piled up with clothes that need cleaning and a bed that is not made? Is your guest room used for storage or unfinished projects? Think about where these rooms are in relation to the Bagua Map. When looking at homes through Feng Shui eyes you can usually identify trouble spots quickly.

WEALTH AND PROSPERITY	FAME AND REPUTATION	LOVE AND RELATIONSHIP
HEALTH, FAMILY AND FRIENDS	CENTER AND GROUNDING	CHILDREN AND CREATIVITY
KNOWLEDGE AND SELF- CULTIVATION	CAREER	HELPFUL PEOPLE AND TRAVEL
↑	↑	↑
ENTRANCE QUADRANT		

4) Clean and Declutter that area:

An organized home can have a calming effect. In just minutes you can begin to create changes that can make your home comfortable and peaceful. By getting rid of the things you no longer want or need, you revitalize your home and make room for what you really DO want; you enhance your happiness, clarity and peace of mind. In Feng Shui everything counts, so storage areas are as important as the most lived-in areas. If your room is orderly because everything is stuffed into a closet, you are not practicing Feng Shui.

5) Enhance Using the Feng Shui Recommendations:

Career Area

- * Colors: black or very dark colors
- * Shapes: asymmetrical shapes
- * Items: glass or crystal, mirrors, career images and symbols
- * Art: water scenes, flowing water such as rivers, waterfalls, oceans

Knowledge and Self Cultivation Area

- * Colors: colors of blues, greens, or black
- * Shapes: stripes or columns
- * Items: wood, healthy plants with rounded soft leaves, images and symbols of knowledge such as books, representation of deities or inspiring people
- * Art: forests, nature scenes, mountains, peaceful places

Friends/Family/Health Area

- * Colors: colors of blues, greens,
- * Shapes: stripes or columns
- * Items: healthy floral arrangements, items in wood, photos of family, friends or representing perfect health
- * Art: depicting vibrant flowers

Wealth Area

- * Colors: purple, blue or red
- * Shapes: cones, triangles
- * Items: items that “call in the Ch’i” such as flags, wind chimes, whirligigs, water features, (fountains, waterfalls or aquariums), opulent items, healthy round leaf plants
- * Art: depicting wealth or items you wish to purchase

Fame Area

- * Colors: reds
- * Shapes: cones, triangles
- * Items: diplomas, awards and acknowledgements, up lighting, inspirational sayings
- * Art: animals, people fire and the sun, personal images and symbols of fame

Love and Marriage Area

- * Colors: reds, pinks, white
- * Shapes: cones, triangles
- * Items: pairs of items (candles, love birds, vases)
- * Art: art or photos depicting your significant other or romance

Children and Creativity Area

- * Colors: white and pastels
- * Shapes: curves, circles
- * Items: creative images and symbols, whimsical items, toys, stuffed animals, art and craft supplies, photos of children, items in metal
- * Art: whimsical art, or art made by children

Helpful People and Travel Area

- * Colors: white, black or grey
- * Shapes: curves, circles
- * Items: items in metal, natural rocks, stone
- * Art: pertaining to spiritual guides, mentors, helpful people or desired travel locations, pictures of mountains

Center Area– This area is considered neutral; a place of grounding of all the other areas. This area is associated with the element of Earth and is related to earth tones. It is also symbolized by items in the shape of squares and rectangles and items made of ceramics.

6) Anchor Missing Areas:

The ideal shape for a Feng Shui friendly house is rectangular, with all the corners within the Bagua. We know that in the western culture few houses are built like that; most have one or more corners missing. Here are ways to anchor missing corners:

- 1) Structurally – Add a structure such as a room addition, a porch, deck, arbor, trellis etc.
- 2) Symbolically - Complete the missing area by placing a symbolic addition. Locate the exact corner and place a large item representing the Bagua area such as:
 - Wealth – Fountain, purple gazing ball, purple leaf tree
 - Love – Two seat bistro set, large red flowering plant, red gazing ball
 - Helpful People – Boulder, sculpture, white metal seating, silver gazing ball
 - Knowledge – Large tree, statue, blue or green gazing ball, wooden seating

- 3) No room for a symbolic addition –Locate the missing corner and do one of the following:
 - On lawn – Bury a quartz crystal with its point up at the exact corner (also use inside anchoring)
 - On cement – Mark the exact corner with a small symbol such as a heart, tree, circle or triangle (also use inside anchoring)
- 4) Inside Anchoring – Hang a mirror or crystal on the indented walls closest to the missing Bagua area to make the indentation seem to disappear.
- 5) Enhance the Area in Every Room –For instance if the Love area is missing from your home and you want to increase romance, place the Bagua at the entrance of each room, locate the love corner and place something red, a pair of items, a picture of a couple or a representation of romance in each of the back-right corners.

7) Use written or stated affirmations:

In Feng Shui, intent plays a significant role in enhancing your home or business. All enhancements need to be made with intentionality, with written or stated affirmations as if they have already happened. *“I am in a loving relationship.”*
“Prosperity is flowing in.”

Feng Shui at Work:

A client was hoping to get a new job to elevate her career. She had mapped her home with the Bagua, located the Career area in guest bathroom and hallway. She cleaned, decluttered and organized the hall linen closet and hung numerous black and white prints of flowing water in the bathroom and water prints in the hallway. On her closet door she hung a picture of the job she wanted with a typed affirmation. She got the job and is happy and thriving! She now is encouraging her mate to do the same thing as he is also looking for career enhancement.

Begin now! These easy steps will lead you to a more harmonious life and bring you closer to achieving your goals. It really works!

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.

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.”