

EVERYDAY FENG SHUI

Feng Shui by Maria

April Column

Sheltered in Place - A Good Time to Feng Shui

These are troubling times. The Corona Virus has brought with it illness, loss of jobs, income and being relegated to one's home for social distancing. As I read people's reaction to this catastrophe and I'm heartened by people's resilient spirit; friends helping one another get supplies, sending cheery notes, contacting elderly shut-ins by phone and even creating innovative home school schedules for their children. I see this as an opportunity to do good, look inside ourselves and use Feng Shui to help lighten our load.

I recently read a poem of great hope:

"And the people stayed home, and read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. They listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. When the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed." Kitty O'Meara

This can be a time of new beginnings! While sequestered in your home take time to assess your baggage; whether clutter in your home, your personal habits, behaviors and attitudes that have annoyed you. Choose something in your home to pass on, some behavior you want to change and you'll feel much lighter, allowing you to get a great running start when this is all over. We all need change from time to time. It keeps us alive and vital. It keeps us engaged and on our toes. This is true for us as well as our homes. The three Feng Shui principles are: Everything is alive, everything is connected and everything is constantly changing. Use this down time to embrace this change process and watch as the energy shifts and wonderful new opportunities come your way.

Feng Shui, which has been practiced for over 3,000 years in China, is the enhancement of health, prosperity, and happiness through a connection with your environment. Your vitality, resources, and loving connections flourish and grow best in harmonious, uncluttered environments that intentionally meet your unique needs and express your personal preferences.

Lightening your household load:

Organizing possessions and eliminating clutter can be viewed as an exciting mission that opens portals to your personal paradise. 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 to flow into your life; you enhance your happiness, clarity and peace of mind. In Feng Shui everything counts, so your storage areas are as important as the most lived-in areas. In other words, if your room is orderly because everything is stuffed into a closet, you are not practicing Feng Shui.

Clutter is defined as any items that are disliked, unused, in excess and/or unorganized. To begin choose a space you consider cluttered, such as a closet, storeroom, cabinet, desk drawer, table top, or kitchen cupboard, and as you're organizing and decluttering, ask yourself these questions:

"Do I love it? Do I need it? Does it represent or support who I am now? What pleasant or unpleasant memories does it hold? Does it need repair, and am I willing to restore it right now? If I'm letting go, will I sell, lend, or give it away, and when?"

It is helpful to have three bags or boxes labeled, Keep, Throw Away and Donate or Sell. As you sort through each item you put it in its respective box or bag. As soon as you are done, immediately throw away the Trash box, replace the Keep Box in an organized place to be quickly dropped off or sold when it is safe.

Lightening your behavior load:

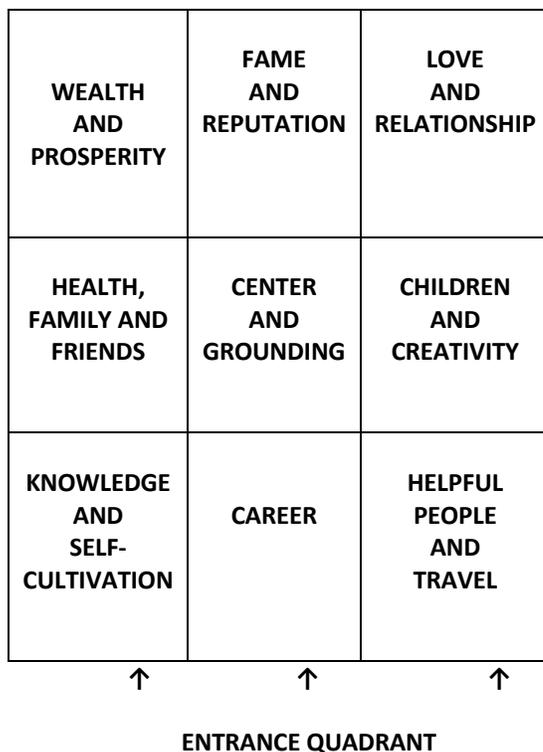
Are there behaviors in your life that make you unhappy? For example: always being late, procrastinating, not getting enough sleep, overeating, lack of exercise, being critical and negative, being overly stressed. Unhappiness with your behavior serves to drain you on a daily basis. On the other hand good Feng Shui nourishes you. Therefore during this quiet time at home begin small; choose one behavior you want to change and write it down as a positive affirmation, for example, if you have always wanted to meditate but never found time your affirmation could say, "I make time to meditate every day." Focus on that behavior, elicit the help of family or friends and reward yourself for small accomplishments.

As you let go of the negative fill yourself with behaviors that help transform you:

- 1) Show gratitude
- 2) Meditate
- 3) Breathe deeply
- 4) Listen to music
- 5) Laugh It Off
- 6) Exercise
- 7) Spend time with friends (at this time if only by phone or video chats)
- 8) Help others

How a Cluttered Life Affects the Bagua

Feng Shui, the Chinese art of placement, which has been practiced for over 3,000 years, offers roads to transformation. The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams", with the center being for centering and grounding. It is known as an environmental treasure map helping you locate specific energies in your home. There can easily be a correlation to storing an excess of items in a certain Bagua area and negative effects in that area in your life. For example a cluttered desk or closet in the Wealth area can lead to feeling stuck with finances. If your negative habits effect your health look at decluttering and beautifying that area especially with flowers.



Affirmations Help:

Look at your home with Feng Shui eyes. What areas of your life could use enhancement? Where are you storing items or habits that need to be passed on? 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 expressed as if they have already happened are very important. Examples while you're in the process of clearing your life and passing things on: "Wonderful new opportunities are coming my way." "I am now healthier since I began meditating." "I began painting again."

Everything in life is limited; including resources, time and space. Look at this as an opportunity to be good to yourself. Leave clutter and habits that no longer nourish you behind and as we come out of this pandemic you will have built a better life for yourself.

Feng Shui at Work:

In Feng Shui there is a saying, "That if you want a change in your life, move 27 items in your home." 3 and 9 are auspicious numbers in Chinese numerology. What a wonderful time to move items in your home. I plan to recycle files from years ago which I have in my storage room.

I've been teaching my Feng Shui classes for years; feel energized sharing the information in a classroom setting and have received great feedback. I have now been confronted with a hurdle. The school where I teach is closed and we have been asked to teach our courses on line. I can tell you anything about Feng Shui, but technology leaves me baffled. While homebound I will use this opportunity to learn a new skill and welcome my students in April through a Zoom platform.

A client is homebound with her two young children. She has created a daily educational curriculum with a schedule for active movement, math, writing, reading, science, cooking and social skills. She sends me videos of their stories, yoga, dancing, cooking and vacuuming. Both she and the children are thriving, and the house is being cleaned daily. Good Ch'i!

Classes:

I will be teaching a series of three classes, "Feng Shui for Prosperity" through Acalanes Adult Ed:

Tuesdays April 23 - May 7 1:00-3:00 pm (During the pandemic I will be looking for ways to make these classes on line) You can register on line at acalanes.k12.ca.us/adulted (Participants will receive \$40 off a home consultation.)

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 and learn more enhancement ideas), 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.

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."