

EVERYDAY FENG SHUI

Feng Shui by Maria

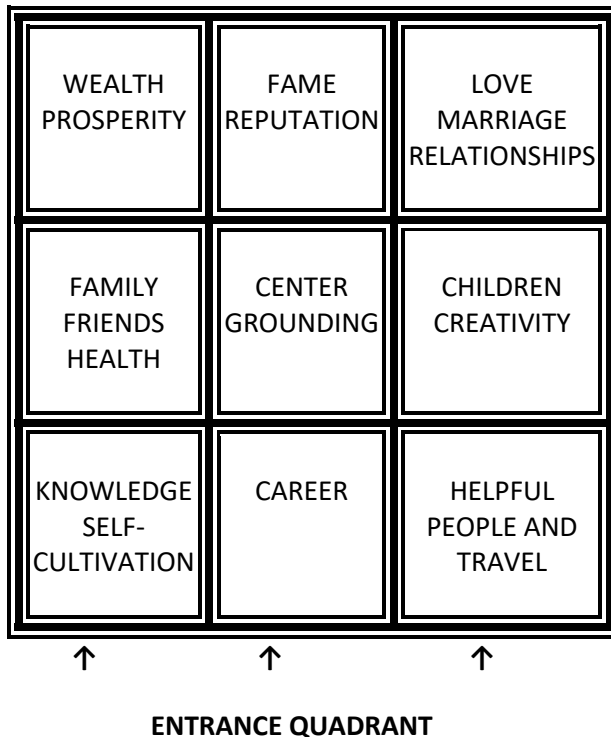
April Column 2021

Mapping Your Home – A Great Way to Begin Feng Shui

I teach Feng Shui as an 8-step process: 1) map out your home using the Bagua, 2) do a self-evaluation of your needs, 3) locate that area on the Bagua in your home, 4) clean and declutter that area, 5) use Feng Shui enhancements in the area, 6) anchor the area if missing, 7) state or write your affirmations, 8) balance the elements.

The first step in the eight-step plan is to be aware of the layout of your home. This is critical to understanding how your home is affecting your life. Prior to a consultation I always ask my clients to either find an architectural drawing of the layout of each floor in their home, or to sketch one out by hand. I have them send me a picture of it so that I can apply the Bagua for them, enabling us to begin our important enhancement conversation. Therefore, the first thing you need to do is draw or find a picture of the layout of your home floorplan.

In her book “The Western Guide to Feng Shui.” Terah Collins describes the Bagua as one of the most powerful and important tools in Feng Shui. She states that the Bagua, represented as a grid of nine sectors, is often called “Treasure Map” because it can show you exactly where to focus your attention. The Bagua literally means “eight trigrams” and originates from the Chinese Book of Changes, or “The I Ching.” These trigrams form the important building blocks, or treasures that hold the most significance in our lives: career, knowledge, self-cultivation, family, health, wealth, fame, love, marriage, children, creativity, helpful people, and travel. Each of these building blocks is represented in the Bagua map and all the blocks are formed around a ninth sector which is the overall center, or grounding element of your life.



In Feng Shui, the ideal floor plan is a rectangle shape with each corner within the Bagua. Unfortunately, most western homes are not designed like that. Many have cut outs and areas missing, creating voids in one's life.

Once you have the floor plan drawn, using a ruler and a marker, draw a horizontal line creating the bottom of the rectangle using the farthest outside walls of the front of your house. Include decks and attached garages.

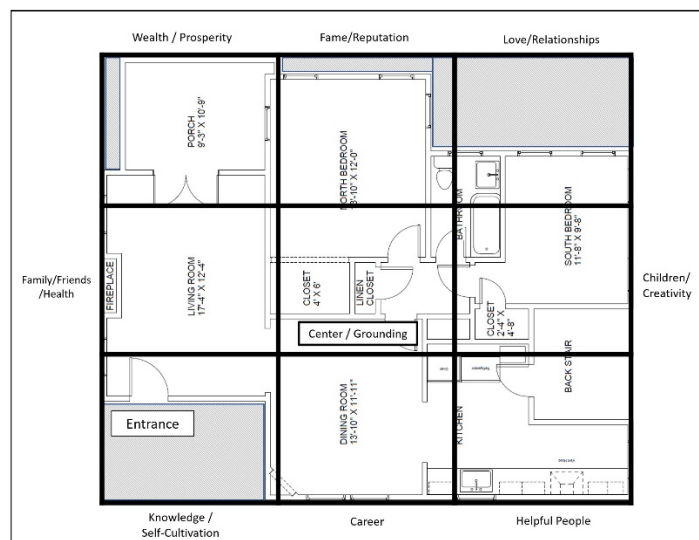
Next, draw a line creating the top of the rectangle.

Then, draw a line creating a rectangle using the farthest outside walls of the right side of your house. Include decks and attached garages.

And draw a line creating a rectangle using the farthest outside walls of the left of your house. Include decks and attached garages.

Finally, measure each side, divide by three, and draw a line to create a grid, like a Tic-Tac-Toe board. Voila! You now have your working Bagua! If you find that some areas are missing from your map, I recommend shading those in. In the diagram, this home is missing some of the Love and Knowledge areas. You can read more about anchoring in this article on my website.

<https://www.fengshuibymaria.com/pdfs/newsletters/June2018.pdf>



If you have multiple stories, do this again for each one, keeping it in relation to the main floor Bagua. Meaning, that if your second floor is open and only covers a portion of the lower floor those Bagua areas will be missing upstairs.

The purpose of multiple stories is to give a certain Bagua Area in your home an extra boost. For example, if your love area is downstairs in the dining room, but also upstairs in your guest room, you can enhance both to bring love into your life.

The home's main entrance is always located at the bottom of the grid, most of the time (in the Knowledge, Career or Helpful People sector). Once you have identified where your entrance falls in relation to the map, you can identify where the remaining areas of your environment fall by labeling each of the nine areas in your map. Now your home can begin to tell the story and shed some light on issues you may be facing in your life.

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. Is the story unfolding? When looking at homes through Feng Shui eyes you can usually identify trouble spots quickly.

Here are some initial, basic Feng Shui enhancements related to art and colors for each area:

Career Area:

- * Art - paintings, photos pertaining to moving water (oceans, rivers, etc.), asymmetrical shapes, and black frames
- * Colors – black or dark colors

Knowledge and Self Cultivation Area:

- * Art - paintings, photos representing calm nature scenes (forests, ferns, vineyards, etc.), columnar shapes, and wooden frames
- * Colors – blue and green

Friends, Family, Health Area:

- * Art - paintings, photos representing fresh, healthy vibrant flowers, family, friends and/or you in a healthy state, columnar shapes, and wooden frames
- * Colors – blue, green, and floral

Wealth and Prosperity Area:

- * Art - paintings, photos or sculptures representing opulence and wealth, tall round leaf plants, bubbling fountains, triangular, cone shapes, and wooden frames
- * Colors – purples, blues, and reds

Fame Area:

- * Art - paintings, photos or sculptures representing celebration, animals, birds, stars suns, fire, upward movement, inspirational quotes, triangular, cone shapes, and wooden frames
- * Colors – Red

Love and Marriage Area:

- * Art - paintings, photos or sculptures representing romance, pairs of items, pictures of you and your significant other, pictures of couples, triangular, cone shapes, and wooden frames
- * Colors – reds and pinks

Children and Creativity Area:

- * Art - paintings, photos or sculptures representing creativity and whimsy, pictures of children or child art, round shapes, and metal frames
- * Colors – whites and pastels

Helpful People and Travel Area:

- * Art - paintings, photos or sculptures pertaining to spiritual guides, and/or mentors, places you have traveled to or aspire to visit, pictures of mountains or natural stone, circular shapes, and metal frames
- * Colors – white and grey

Center Area:

- * Art - paintings, photos or sculptures representing earth scenes, deserts, wheat fields, yellow flowers or trees, rectangular shapes
- * Colors – yellows and earth tones

Feng Shui at Work:

A client of mine was stressed over his romantic relationship. It had stopped working for him, and he was unhappy all the time. The key for me was that his Love/Marriage area was where he kept his wastebasket and broom; throughout the day he would sweep up and leave piles of dirt in that corner, which explained why his love life was a mess. Another client's cluttered bedroom closet was in her Wealth area, and she was having a hard time getting her finances organized. Simple enhancements made a big difference in both of their lives. He is in a new loving relationship, and she has found the resources she needs.

In a thank you note, another client wrote, "I love having these tools to help me be aware of all the aspects of each room. It helps me to focus my energies." Gain control of your life by using this Treasure Map to identify areas of concern and begin making the necessary enhancements. Once the Ch'i begins to flow there will be no stopping you.

You are in control!

If you are like me, you enjoy having the ability to control certain aspects of your life. I struggled with this for years until I became aware of Feng Shui. I learned to recognize the importance of my environment and the ability to make it work for me in my life. You too can work with your environment to empower your life. Balancing your lifestyle and arranging your home to allow it to hold happiness in place are two vital components of Feng Shui.

Classes:

I will be teaching a series of **three online classes** through Acalanes Adult Ed:

"Feng Shui for Prosperity"

Thursdays, April 15 – April 29 1:00-3:00 pm

You can register online at acalanes.k12.ca.us/adulted (Participants will receive \$40 off a home consultation.) and I will see you on Zoom!!

* **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."

