

## EVERYDAY FENG SHUI

Feng Shui by Maria

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### **Spring is Here! Feng Shui Tips for Nourishing Yourself**

Wow! The rains have definitely helped my garden flourish. I look out my window, see hundreds of buds ready to bloom, and feel excited at the prospect of the renewal effects of spring. Are you looking for a healthier you? Did you know that the energy in your home can help you achieve your health goals? Feng Shui is all about helping you create a more prosperous life. There are many aspects of prosperity, one of the most important is health. Like the saying says, “health is wealth” because without good health few things really matter. In Feng Shui, there is a direct relationship between your health and the quality of energy in your home and office.

No matter if your health is slightly out of balance, or you have been going through health complications, Feng Shui enhancements can help increase your energy levels and stay healthy.

As you enter the spring season, here are a few easy Feng Shui tips you can put into practice to help you achieve a more healthful environment:

- 1) Create a clutter free environment: No amount of Feng Shui enhancements will negate the low, depressing energy of clutter in your home. Begin the season by decluttering and regaining control of your energy.
- 2) Breathe clean air: The easiest way to take care of the air quality of your home or office, while also greatly improving its Feng Shui energy is by having clean air to breath. Open the windows to aerate the space, and if needed use air purifiers, etc. You can add air purifying plants such as Boston ferns or Peace Lilies. Do whatever it takes to find solutions for better air in your home; breathing clean air regularly is the Feng Shui foundation for your health and well-being.
- 3) Bring in good light: Natural light is vital nutrient for your health and well-being. If your home doesn't get much natural light, it is important to add smart indoor lighting. Mirrors are excellent enhancers as they reflect more light, energetically open up any space, and nourish the space with the Water element energy. For the Health Bagua area, choose a mirror in a square or rectangular shape in a wooden frame.
- 4) Enhance with the colors of the Bagua area: It is not just the amount of natural light you enjoy during the day, but also the presence of vibrant, colors to nourish your energy. Decorate your home or office with vibrant colors, be it wall paint, art, or fresh flowers. Your energy gets strengthened by the presence of color and light.

- 5) Use the Bagua to help you enhance the Health and Family Area: The Health, Family, Friends area is located in the middle left side of your home or office and is particularly associated with “good health and strength.”

The Feng Shui Bagua, represented as a grid of nine sectors, comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the center for grounding. In the “I Ching” 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 appear in our lives. The healthier we are, and the greater our support system, the more options we have to enjoy life.

Whatever room your Health, Friend and Family area resides, basic Feng Shui principles can help you nurture and strengthen yourself.

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

**ENTRANCE QUADRANT**

The element for the Health/Family/Friends area is Wood, and the colors are blues and greens, representations of this element can be used inside and outside of your home or business.

### Enhancements for the Health/Family/Friends area inside your home or business:

- \* Healthy plants with soft rounded soft leaves
- \* Fresh cut flowers, or flowering plants in all colors
- \* Art and photos of family and friends, flowers, gardens, and landscapes
- \* Figures of ideal body images in a healthy state (such as people exercising or being active)
- \* Items in the colors of blues or greens
- \* All floral prints, such as floral linens, upholstery, and wallpaper
- \* All things made from wood, including furniture and decorations
- \* Quotes or affirmations pertaining to ideal health and family

### Enhancements for the Health/Family/Friends area outside your home or business:

- \* This area is best enhanced outside with beautiful, lush, flowering plants.
- \* If you have a window in this area, enhance the view as much as possible.

You can use the five Feng Shui Elements, Water, Wood, Fire, Earth and Metal, to make this area, as well as your health thrive. The Health areas is governed by wood and can be further enhanced by adding water features, such as the color black, mirrors, crystal, glass, fountains or art representing waterscapes. A field of flowers around a pond is especially powerful. Avoid strong Fire (such as reds) or Metal (whites) Feng Shui element colors in the this area as they cut and burn wood.

### A Missing Health/Family/Friends Area:

If your Health/Family/Friends\_area is missing from your floor plan, you can anchor the area by doing one or a combination of the following cures: planting flowering plants outside of the missing wall, placing a mirror on the wall adjacent to the missing area, or hanging a 30 mm round faceted glass crystal in front of the wall to symbolically “push the wall out”.

### Feng Shui at work:

A recent client was a single mother who was looking for a nanny to help with her three children. The room designated for the nanny was an unused room that had fallen in disrepair. It had become a storage area and it was quite messy. It also had a very old carpet, and the dog would occasionally have accidents there. Unfortunately, this room happened to be part of the Health, Family and Friends area of the house, and it was acting as an energy drain. She noticed that her kids were getting numerous colds, having to miss school, and because they were not sleeping well my client was always tired. She felt overwhelmed and lacked energy. Knowing about Feng Shui she knew she needed to give her house some love before the nanny moved in. She went into action, ripping out the carpet and getting new wooden flooring. The room was already a pretty mint green (Wood element color), so she purchased a beautiful wooden bedroom set, a floral bedspread, and lamp. She put in living plants, fresh flower and a scented diffuser. It was an amazing transformation, welcoming her new nanny. This positive Ch'i that she created by fixing up that room and bringing in the Wood element, helped her health and her children's. Her

nanny moved in, loves the room, helps with cooking, cleaning and the children love her. In talking to my client, I found that she has renewed energy and her children are healthy and doing well in school. They haven't missed a day since the room was redone, and the nanny moved in. My client's life has become easier, and everyone is healthier since the Ch'i in the house has been activated and energized.

In times when we have had medical issues or procedures which require extra blessings, I add pictures of us in a healthy state (running or hiking), bring in a vibrant flowering plant and add positive affirmations. Once the issue is remedied, which has always been the case, I then plant the plant in my garden. I also do this for friends and pets.

### Affirmations:

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 which are expressed as if they are already happening are very important. Examples of affirmations for the Health/Friends and Family area:

*"I enjoy vibrant health." "I am energetic and thriving." "I have healthy relationships."*

Enjoy the renewal energy of spring! With just a bit of effort, patience, and consistency you can use Feng Shui to transform your home into a beautiful, pleasurable space that fully supports your health. Start with little steps today, and keep creating good energy. Treat your home, as well as your body with respect, and give them both the energy of transformation and beauty, which will inevitably attract good health and well-being.

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put "Feng Shui" on the subject line, or visit my website at [www.fengshuibymaria.com](http://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](http://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."