

EVERYDAY FENG SHUI

Feng Shui by Maria
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Feeling Centered and Grounded Through Chaos: A Success Story

When your life feels as if there is a lack of structure; you can't move forward and are unable to shake that overwhelming floaty, wishy washy feeling, you may be experiencing too much of the Water Element in your environment. This recently happened to a client of mine who was trying to feel grounded, organized and stable, yet her environment was working against her.

She was living on a boat, which although beautiful, was surrounded by water. This was made even more trying since much of the boat was white and metal, representing the Metal Element which holds water. She was experiencing the chaos of floating, unable to get back to both creating her art and the community that she loved.

In Feng Shui the five elements (Water, Wood, Fire, Earth and Metal) work to balance each other. What she needed were strong representations of the Earth Element which helps to dam and control Water. To do this we added rectangular paintings of her own, beautiful art representing her favored community, rectangular pillows with maps of the city she wished to return to, and lots of earth tones and ceramics. Within a week she accidentally found the perfect living situation in the community she loves, for less than she was paying for the boat. It even had a studio for her to continue the art she loves, and clearly excels at. She now feels more grounded and has come out of her uncertain chaos. Feng Shui worked for her!!!

In the past eight months my Feng Shui columns have reflected each of the Bagua areas. Now it's time to address the "hub" of the wheel – the core of the Bagua. Not one of the eight trigrams but what's known as "The Center". This is the most powerful area because it grounds and energizes the rest of your life's treasures. You can nurture your ability to remain centered through life's chaos, and many changes by directly connecting with the earth every day.

There is no mystery to it. The art of Feng Shui uses the Bagua Map created by ancient practitioners to represent the nine treasures of your life. When standing at your front entrance and applying this grid to your house or business, you can locate each of the areas and enhance accordingly.

The Bagua

The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams" with the center for grounding. In the "I Ching" the Center area is in the center of your home and/or business. It is a neutral place; a perfect balance of yin and yang, and a place of peace.

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
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ENTRANCE QUADRANT

The Element of the Center:

The element for this area is Earth. Archetypally Earth is represented by the soil, suggesting the importance of arranging your life around a solid base. When in balance in your home it enhances a feeling of being grounded, balanced, organized, and stable. Too much earth makes you overly disciplined and conservative, while too little brings on feelings of spacyness and chaos. It is related to the color yellow and earth tones, and symbolized by the shape of the square or rectangle. Enhance this area when you want to cultivate the experience of being grounded and centered.

Enhancements for the Center of your home or business:

- * Art, photos representing the earth, landscapes in the color yellow, (fields, sunflowers, deserts etc.)
- * Items in the yellow color spectrum
- * Things made of ceramics or pottery such as tiles or bricks
- * Items in the shape of rectangles or squares
- * Quotes, affirmations and sayings pertaining to feeling grounded and centered

Enhancements for Center outside your home or business:

- * This is an ideal area for a courtyard, patio or atrium
- * Garden art and statuary in ceramics
- * Ceramic tiles, fountains, pots and benches (especially around a large body of water such as a pool)
- * Items, flowers, plants in the yellow, earth tone spectrum
- * Square or rectangular shapes

Feng Shui at Work:

We experienced chaos at our house recently when our hot water heater leaked into our downstairs bedroom. After the initial shock, I balanced the water by adding yellow floral arrangements on rectangular trays near each of the effected areas. This brought the controlling element of Earth to help block the chaos of water. I also made affirmations regarding all being corrected quickly. All the areas are dry now, the damaged areas removed, and we received prompt attention from our insurance company and contractors. The positive side is that we now have a new tankless hot water heater in the garage, and this all led to clearing and decluttering the garage and downstairs closets. All good energy flowing out of the chaos.

Oftentimes a stairwell or bathroom will occupy this space. Although neither are optimum, enhancements can be made to offset negative energy. Stairwells tend to pull the Ch'i down or flow the Ch'i out. Therefore, mirrors or a round faceted crystal can be placed the bottom of the stairs to send the flow of energy back up and circulating throughout the home. Bathroom drains should always be kept closed when not in use, a crystal in the center of the bathroom also helps circulate the Ch'i. Both areas benefit from ceramics, art and wall colors in the yellow spectrum and rectangular and square shapes.

Let Feng Shui help you always feel grounded. Surround yourself with the in the centering qualities of the Earth Element and enjoy the support you need for a happy life.

Affirmations:

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 Center area: *"I feel centered and grounded at all times."* *I am at peace with myself and my decisions."*

We now have completed the Bagua. You can review any of the areas in past columns on my website:

<http://www.fengshuibymaria.com/newspaper-columns.html>

In the next few months I'll be addressing specific rooms and corrections. Feel free to email me with specific topic suggestions for future columns.

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. As you read in the success story, my client just hung some of her art and brought in ceramic and earthtone items as well as writing positive affirmations. This started her energy flowing in the direction of her new location.

Classes:

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

Thursdays September 12-26 1:30-3:30 pm

You can register online at acalanes.k12.ca.us/adulted (Participants will receive \$50 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.”