

EVERYDAY FENG SHUI

Feng Shui by Maria
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Energize Your Life with the Feng Shui Fire Element

While relaxing in my garden I am awed by the spectacle that my bright red bougainvillea is creating on the arbor in my Fame area. It is truly a marvel of nature, and as the color red represents the Feng Shui Fire element, I know that it is also helping to energize me' and my business.

Have you ever felt like you've lost interest in a project, job, or relationship? Maybe you need to add more fire to your life! Incorporating the Fire element into your home can also help if you tend to keep your emotions inside and have a hard time expressing yourself.

Of the five Feng Shui elements: Wood, Fire, Earth, Metal and Water, the Fire Element is the one that stimulates the most energy. It is represented by the hearth, creating a warm feeling in your home. It is known to enhance excitement, enthusiasm, and leadership. In Feng Shui, the Fire element is related to passion, inspiration, and expression. It can bring passion, vitality, and warmth into your home. Therefore, it is important to invite more Fire into your environment while keeping a good balance of all the others.

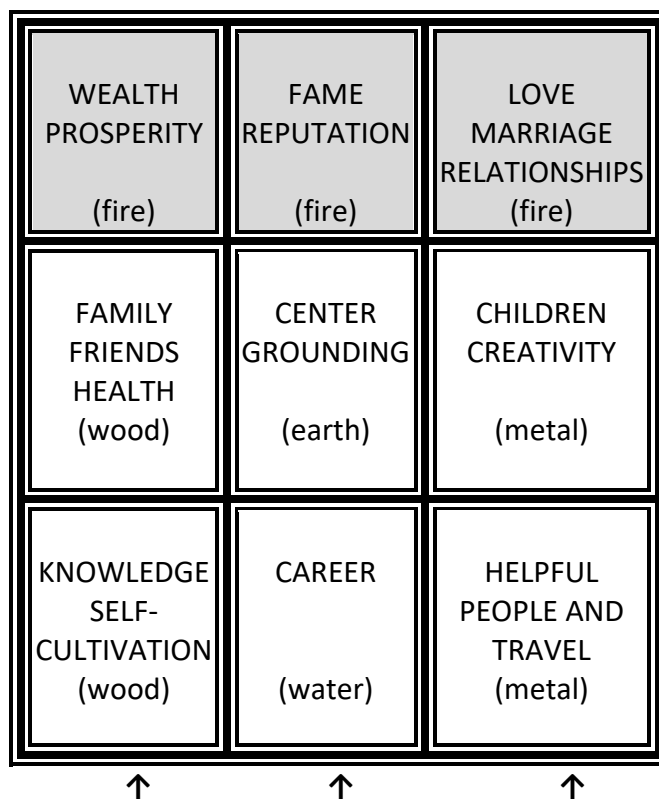
The five elements describe the cycles of nature, and how different aspects of nature work together to stay in balance. Sometimes one or more elements are out of balance and need adjustment. The easiest way to work with the five-element system is to bring in more of the element that connects to the energy you're lacking.

The Fire Element is found in:

All lighting (electrical, candles and natural) things made from animals (fur, leather, bone, feathers, wool etc.), pets and wildlife, art that depicts people, animals, sunshine or fire, shapes such as triangles, pyramids or cones, the red color spectrum. You want to ensure that each room had a little bit of the fire element, but primarily the rooms in the back left corner, back center wall and back right corner, which are the areas of the Bagua governed by the Fire element. (See the Bagua diagram)

Fire and the Bagua

The Feng Shui Bagua 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 for grounding and centering." Each sector of the Bagua is represented by one of the elements. The Fire element is so powerful that it occupies three areas of your home: the entire back portion.



ENTRANCE QUADRANT

Some examples of enhancements in these areas using fire are:

Wealth Area - Back Left Corner – Enhance this area if you need to generate more cash flow in your life, or if you want to be more aware of the flow of abundance in your life in general.

Enhance with:

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

Fame Area– Back Center – Enhance this area if you would like more recognition at home or at work.

Enhance with:

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

Love and Marriage Area– Right Back Corner – Enhance this area if you want to attract or improve a love relationship.

Enhance with:

* 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, colors of reds, pinks and white

Fire in the Garden:

Bringing the Fire element to your garden continues the enhancement process. Directly outside the Wealth area you can plant purple flowers, the center outside the Fame area is a great location for vibrant red flowers, up lighting or twinkle lights, fire pits, BBQs and seating with red cushions, and in the back right corner bring in red/pink flowers, seating for two and fun garden art in pairs. Have fun with it. Your energy will improve each time you look out the windows.

Balancing the Elements:

In Feng Shui, the most harmonious places in nature are where interplay of all five elements occurs. Therefore, the Fire Element needs to be balanced. Too much fire amplifies aggression and impatience and does not allow you to feel relaxed on your home. As in nature to calm and balance the fire you would add a bit of the Water Element.

The Water Element is found in:

Water features of all kinds (fountains, aquariums, and birdbaths), reflective surfaces such as glass, cut crystal and mirrors, flowing asymmetrical shapes, the black and dark tones color spectrum, art depicting water scenes.

Remember, you're adding these only as a balance, so add them in moderation.

Too little fire creates a lack of positive movement, and coldness in your home. To counterbalance this, you would add representations of the Fire element, as I outlined above, and as in nature, you can stoke the fire with a bit of the Wood Element.

The Wood Element is found in:

Wooden furniture and accessories, wooden paneling and decks, all indoor and outdoor plants (including silk, plastic or dried), plant-based cloth and textiles, floral prints, art depicting landscapes, gardens, plants and flowers, columnar shapes and stripes, the green and blue color spectrum.

Affirmations and Inner Work:

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 and written or stated as if they already happened. Examples of affirmations for the Fire element areas:

"Prosperity is flowing into my life", "I am filled with positive energy", "I am surrounded by relationships which enrich my life."

Feng Shui at Work:

A client of mine just moved into a new real estate office. It is totally empty and therefore a blank canvas. What a wonderful opportunity to enhance his Feng Shui. He just installed a very professional looking grey carpet representing a lot of the Metal Element. I suggested he balance the metal with the Fire Element and focus on the back three areas: Wealth, Fame and Relationships with clients. He painted the entire back wall a striking shade of burgundy and hung his logo in the Fame area, with an up-light lamp lighting it. In the Wealth area he featured photos of opulent properties, a tabletop fountain to allow prosperity to flow and in the Relationship area he placed a picture of him and a client shaking hands in front of a sold sign. This, along with a welcoming entrance, brought in the fire he needed to kick off his business successfully.

Fame walls displaying trophies, awards, and certificates are perfect for the Fire element Fame sector of your home. In our case that area is in our living room, which doesn't lend well to displaying awards. Yet, you can create a Bagua in every room by just standing at the entrance of that room, (may be in a different direction as that of the front door of the house). We chose to create a fame wall in our home office with the entire back wall filled with awards and certificated belonging to my husband and I. Sitting beside this wall, even now as I write this, gives me a powerful sense of our achievements, and the motivation to move forward.

Adding more fire to your home will help you get motivated, build and forge ahead with renewed energy. Learning to identify the elements can be a lot of fun. With practice you will see that there are no "random acts of decorating". Whatever you add to a room should be purposeful to help you create harmony. Think of all the different combinations you can using the things you love. Remember that Feng Shui is about "Living with What You Love."

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.

Classes:

I will be teaching a series of three classes, “Feng Shui for Prosperity” through Acalanes Adult Ed. In Walnut Creek:

Tuesdays September 13, 20, 27 1:00-3:00 pm

You can register on line at acalanes.k12.ca.us/adulted (Participants will receive \$50 off a home consultation.)

* **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.”