

EVERYDAY FENG SHUI

Feng Shui by Maria
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Health Issues During the Holidays? Your Home Can Help Heal You

The holidays are upon us. Your home is a place you can unwind, relax and recharge from the hustle and bustle of the season. It is your nurturing oasis. But what if you or a family member are experiencing health issues during this time? With Feng Shui your home can provide the solace and comfort you need to rest, recover and reenergize.

My husband recently had shoulder surgery; consequently, he's laying low and our holiday season will take on a healing quality for him. Using simple Feng Shui enhancements our home will help nourish him throughout his healing journey.

Feng Shui, the ancient Chinese art of using your environment to help you create peace and harmony in your life is based on the concept of creating space for Ch'i, the positive energy to flow in. This energy is what you need to help you "breathe in good health" through the holiday season. Read on for some simple ways to bring healing energy into your home:

Create a Comfort Zone:

Pick a spot in your home for resting and make it as comfortable and beautiful as possible. Keep food, drink, pillows, blankets, books, magazines and power outlets easily accessible. Keep something close that lifts your spirits such as photos, flowers or items which bring you good memories. Remember that Feng Shui is also about safety, therefore avoid sharp corners or anything spiky; choose soft curves instead.

Create Calm by Nurturing Your Senses:

To bring in calming, healing energy try activating all five of your senses.

- Soft lighting and soothing colors like blue and green bringing the healing qualities of the wood element can make a space feel warm and inviting, and flowers of any color represent good health.
- Pleasant, calming fragrances such as lavender and vanilla can positively affect your mood.
- Peaceful sounds such as a fountain, gentle chimes or soft music can uplift and clear a space.
- Soft, fluffy fabrics are wonderful for blankets to curl up under.
- Pleasant, easily digestible foods and healing teas bring nourishing energy to life.

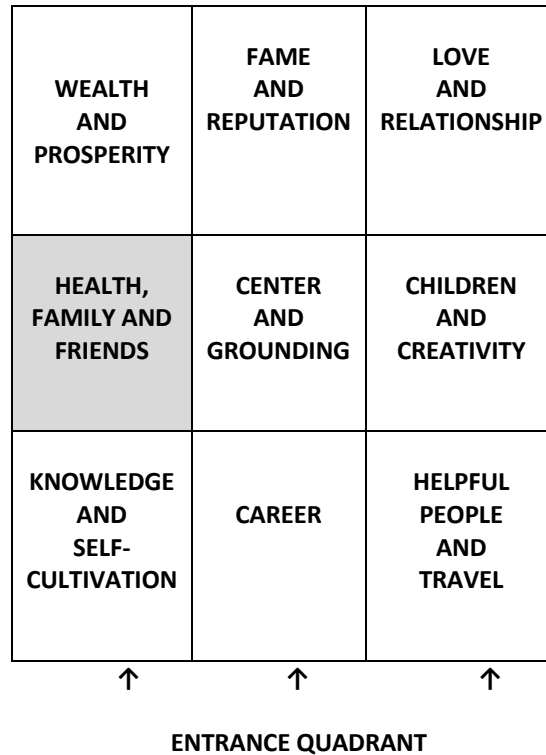
Important Feng Shui Tip

Clear the clutter from the room before you begin enhancing, and keep it clutter free. This will help your calm, healing holiday energy flow. You can also give your household's energy a healing lift by visualizing white light surrounding the comfort zone or smudging the area with cleansing sage.

Health and the Bagua

The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors, which comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams" with the center for grounding. Wherever you place your comfort zone for healing over the holidays, consider the following enhancements for each area.

* At the same time enhance the middle left area of your healing room with the attributes of the Health Area.



Career Area (Water Element)

Items in items in black or very dark colors, glass/crystal items, water features

Knowledge and Self Cultivation Area (Wood Element)

Items in wood, the colors of blues, greens, plants

* Friends/Family/Health Area (Wood Element)

This area is the most important while experiencing health issues and working on healing. If possible, make the left middle part of your home your comfort zone, but if you can't enhance the area with fresh or artificial floral arrangements or art depicting vibrant flowers, the colors blue or green, place photos of yourself or your loved one in a healthy state and add affirmations of you being healthy and thriving.

Wealth Area (Fire Element)

Opulent items in the purple color spectrum, healthy, round leaf plants

Fame Area (Fire Element)

The colors red, items representing the fire element with candles and lighting

Love and Marriage Area (Fire Element)

Pairs of items, art or photos depicting romance, reds, and pinks

Children and Creativity Area (Metal Element)

Items in metal, colors white and pastels, whimsical art, pictures of children

Helpful People and Travel Area (Metal Element)

Art or figures pertaining to spiritual guides, angels, metal and colors white, black or grey

Center Area

Ceramics, the colors yellow, earth tones, and rectangle shapes

Holiday Decorating Enhances Your Space

While healing you may still want to surround yourself with energizing holiday decorations. Whether you decorate with a Menorah or Christmas Tree, the objects you bring into your home for the holidays will represent positive energy. Menorahs add fire to any room, Christmas Trees represent growth, and all the bright colors, lights, garlands, and traditional objects make the home's energy flow easily and create an environment for family gatherings. As you decorate think about using the Feng Shui Bagua to help guide you in placement. You can use the Bagua on the whole house, or for the main room where you will be healing or entertaining. Place the Bagua over the entry of the room and use the attributes of each area to guide you in altering that room's energy by selecting the areas where you place your decorations: Green for family growth, red for action, pink for relationship, white or metal for intuition, purple for abundance, blue for knowledge and yellow for centering and florals for good health.

As you can imagine, your holiday decorations can fit easily in all these areas. Christmas trees work well in Knowledge, Family and Health, but because of all the colors, lights, garland and ornaments can represent all of the elements and act as five element displays wherever placed. This is a win – win! Menorahs representing fire enhance any of the three fire areas, but like the Christmas tree, depending on the colors and what it is made of they can also hold all five of the Feng Shui the elements. You really can't go wrong with holiday decorations, and their positive energy helps with healing.

Feng Shui at Work

My husband had shoulder surgery this week to repair a torn tendon. Applying Feng Shui principles before and after surgery have aided in his easy recovery so far. The day before surgery we located, prepared and enhanced his comfort zone. He chose to move the Scandinavian recliner from our study to the area next to the bed in our master bedroom, near the window facing our rose garden for a peaceful, beautiful, nurturing view. We set him up with articles for his comfort and enjoyment; two plush blankets, pillows, trays with books, magazines, laptop, treats, water and charging stations. He is also surrounded by pictures of us, pleasing art, candles and plants. The area is so cozy, it's no wonder the cat has also adopted it. For a health enhancement, we also placed a healthy flowering Azalea plant on a table in our Health/Family/Friends area both upstairs and down, with a picture of him in a healthy state prior to the injury. We added the affirmation, "John's surgery is easy and painless. He recovers well, heals quickly with very little discomfort and is back to his healthy self and thriving." We blessed these two areas by burning sage and repeating the affirmation. The house was cleaned, organized and ready for his return from the hospital. Since his return he has been healing well, with minimal pain in his cozy, Feng Shui enhanced comfort zone.

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, expressed as if they are already happening are very important, *"The surgery was very successful. The healing process has been painless and easy. I am healthy and thriving."*

An organized and comfortable home can have a calming effect on you, your family, and guests, as well as be your personal escape from the rest of the world. Creating this nurturing space isn't difficult. Using Feng Shui principles, make your home a place of comfort. You will feel nurtured and cared for, which in turn will aid in your healing. Happy Holidays and blessings for good health!

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.

* **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."