

EVERYDAY FENG SHUI

Feng Shui by Maria
December Column 2021

Enjoying the Benefits of the Feng Shui Fire Element for the Holidays

We enjoyed our Thanksgiving blessings, and now we watch our friends selecting their Christmas trees and setting up their Menorahs. The holiday season is upon us. This is a time when families get together to celebrate traditions passed down from generation to generation. It's also a time of decorating, which helps to enhance your home and your life.

Holiday decorations usually include the colors green, red, blue and bright lighting. Whether you decorate with a Menorah or Christmas Tree, the objects you bring into your home for the holidays will represent the energy of the Fire Element. Menorahs add fire to any room. Christmas Trees represent growth; and the conical shape of the tree and all the lights encircling it also represent the fire element. All decorations of bright colors, lights, garlands, and traditional objects make the home's energy flow easily and create a joyful environment for family gatherings.

The five Feng Shui elements: Wood, Fire, Earth, Metal and Water are considered the building blocks of everything physical on earth. The Fire Element is represented by the hearth, creating a warm feeling in your home. It is known to enhance excitement, enthusiasm, and leadership. Therefore, it is important to invite more fire into your environment.

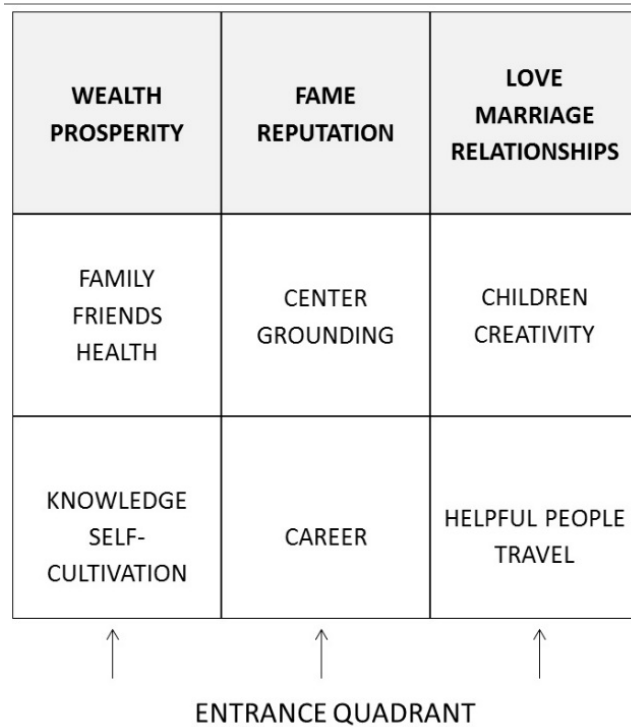
As you decorate, think about using the Feng Shui Bagua to help guide you in placement. Because Feng Shui is all about the flow of positive energy, your home is blessed with three Fire element areas. These are Wealth and Prosperity, Fame and Reputation and Love and Marriage.

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 (Ba-gua) 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 the entire back three areas of your home. How wonderful that the holiday decorations you add to your home can in fact set you up for a positive New Year.



Some examples of enhancements in these areas using fire are:

Wealth Area - Back Left Corner

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 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 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.

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.

Holiday decorations work well in the Wealth, Fame and Love areas of your home, living room or den. Christmas trees also work well in Knowledge, Family and Health, but because of all the colors, lights, garland, and ornaments can represent all 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 the elements. You really can't go wrong with holiday decorations; no matter where you place them you are activating the Ch'i (life force energy) and positive energy will come your way.

Important Feng Shui Tip

Clear the clutter from the room before you begin decorating, and keep it clutter free. This will help your calm, holiday energy flow and prevent your holiday communications from being "messy."

Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. Intent is the inner work that leads you to a more harmonious life. That's why all enhancements need to be made with intentionality; written or stated affirmations expressed as if they have already happened, are very important. Examples of affirmations for the Fire Element areas: *"Prosperity is flowing into my life", "My holidays are filled with positive energy", "I am surrounded by relationships which enrich my life."*

Feng Shui at Work

Our Christmas tree fits nicely in our Fame area and lights up our entire house. We feel so much renewed energy when it's up that we begin decorating right after Thanksgiving and keep decorations up through New Year's Day. I wish we could keep them up all year long.

Friends of mine have a beautiful Menorah which they place on a mantle above their fireplace in their Helpful People area, which is governed by the Metal element. They decorate the mantle with metallic cloth and ornaments, incorporating all the elements creating a powerful 5 element display: (candles, the red color spectrum, and the fireplace represent the fire element, metal Menorah and metallic cloth represent the metal element, holly berries and poinsettias represent the wood element, crystal ornaments represent the water element, and yellow, or rectangular decorations represent the earth element.) Their home is always warm and inviting for the holidays.

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Using your old holiday decorations brings back memories and good energy. When I was traveling to see my daughter and she didn't have a tree, I packed a small artificial tree with lights in my suitcase and plugged it in for us wherever we were. It shifted the energy immediately. This is like traveling Feng Shui positive energy.

Ultimately, the best celebrations are the ones where you have good company, so creating a comfortable setting for your friends and family to enjoy is the ultimate Feng Shui goal for the holidays. Good food, good friends, and a good dose of Feng Shui's Wood, and Fire elements (candles or fireplace to warm up and purify the energy) are the best ingredients for a well-celebrated holiday and a great way to enjoy your blessings.

I wish you a holiday filled with family, friends, harmony, happiness, good health, and enthusiasm for life.

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 www.femgshuibymaria.com 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.”