

EVERYDAY FENG SHUI

Feng Shui by Maria

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Your Home has Healing Feng Shui Energy

With the hustle and bustle of the holiday season, I have unfortunately noticed that several friends and family members are experiencing a variety of health issues. While wishing them well, offering help, flowers, food and sending them positive, healing thoughts, I also reflect on the importance of slowing down during this time and letting your home nourish you.

Your home is a place you can unwind, relax, and recharge now more than ever. It is your nurturing oasis. During periods of ill health or injuries, with a few easy Feng Shui enhancements your home can provide the solace and comfort you need to rest, recover, and reenergize.

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.

Flowers

Flowers are amongst the strongest of the Feng Shui enhancements because they are directly related to the Health, Friends, and Family Area of your home (left middle area). If you are dealing with health issues, you want to put fresh flowers or floral representation in that area.

Flowers are the quintessential Ch'i enhancers for our homes. They provide us with the beauty and wonder of nature and help us stay connected and grounded in the natural world. Another alternative to fresh flowers are vibrant, artificial ones which have the same uplifting effect.

Just like everything in Feng Shui flowers can uplift the Ch'i if beautiful and healthy, or deplete it if sick, dusty, or deplete it if sick, dusty, or depleting. If your plants begin to wilt and look sickly, move them on and replace them with vibrant healthy ones. Artificial plants always need to be kept clean and dust free to have the same uplifting effect. Orchids are the ultimate flower Ch'i enhancer, bringing positive energy to every area of the house. I always give people fresh orchids as housewarming gifts to help bless their homes.

Think of the qualities of the Bagua areas you want to enhance and use flower colors to enrich the enhancement: Red flowers at an entrance for Career, white for the Helpful People or Children and Creativity areas, yellow for the Center, pinks or reds for Love, purple for Wealth. Use the beauty of nature to paint a palette of colorful enhancements in your home.

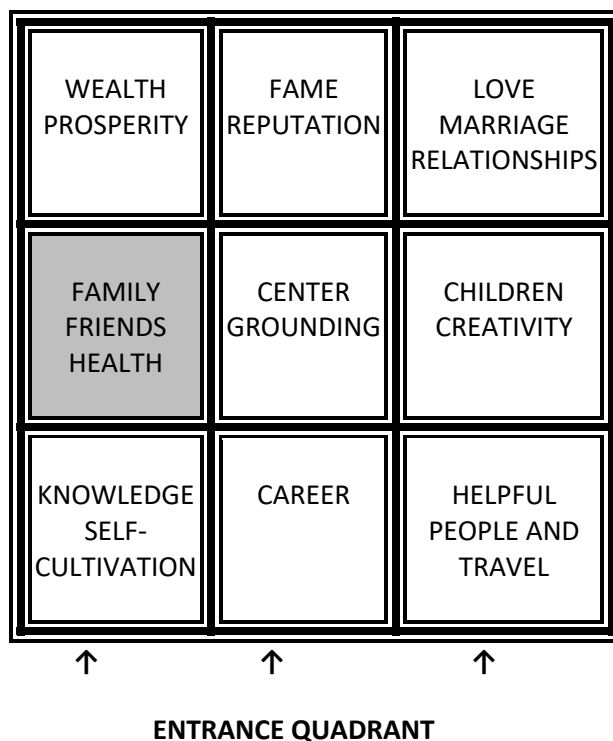
Holiday Decorating Enhances Your Space

During this holiday period, your decorations also help energize your home, and your health. 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.

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

Feng Shui at Work

Special Health Concerns

If someone in your home is having health challenges and is going through or recovering from surgery, activating the energy in the Health, Family, and Friends area of your home is especially important. You can do this easily by:

- Decluttering the area
- Bringing in a healthy flowering plant or a vibrant bouquet of flowers (fresh or artificial)
- Displaying pictures of the person in a healthy, active state exhibiting health and joy
- Placing blue or green candles in an altar with your pictures and flowers
- Writing or stating affirmations of the positive outcome

I do this every time I go to the doctor for a specific health issue, or test. Having a two-story home I have two Health, Family and Friend areas. I place a bouquet of fresh flowers, or flowering plant in each of those areas, a picture of myself in a healthy state, and write an affirmation such as, "All tests came out negative – I am healthy and thriving." I recently did this for a family member who was in the hospital after having a baby, and all is well now.

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; 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.

* **I have a BLOG** – Just go to the website and click on "Blog": You can view many pictures and, I will respond to your questions quickly. **I also finally got a new HEADSHOT!!!**

Until then...Blessings!

Maria McCullough - Bio

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 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." Maria is trained in residential, business, and landscape consultations. She offers virtual consultations nationally and internationally, as well as in person locally.