

EVERYDAY FENG SHUI

Feng Shui by Maria

January Column 2019

Feng Shui Tips for a Healthy New Year

The new year has begun! Are you looking for a healthier you? Did you know that the energy in your home can help you achieve your health goals? Feng Shui is all about helping you create a more prosperous life. There are many aspects of prosperity, one of the most important is health. Like the saying says, "health is wealth" because without good health few things really matter. In Feng Shui, there is a direct relationship between your health and the quality of energy in your home and office.

Feng Shui for health is the first steps to consider when looking to apply Feng Shui in your home. No matter if your health is slightly out of balance, or you have been going through health complications for a while now, with Feng Shui you can help increase your energy levels and stay healthy.

As you begin the new year, here are a few easy Feng Shui tips you can put into practice to help you achieve a more healthful environment:

- 1) Create a clutter free environment: No amount of Feng Shui enhancements will negate the low, depressing energy of clutter in your home. Begin the new year by decluttering and regaining control of your energy.
- 2) Breathe clean air: The easiest way to take care of the air quality of your home or office, while also greatly improving its Feng Shui energy is by adding air purifying plants such as Boston ferns or Peace Lilies. Also open the windows to aerate the space, and if needed use air purifiers, etc. Do whatever it takes to find solutions for better air in your home; breathing clean air regularly is the Feng Shui foundation for your health and well-being.
- 3) Bring in good light: The quality of natural light, along with color are both vital nutrients for your health and well-being. If your home doesn't get much natural light, it is important to add smart indoor lighting. Once you focus on the quality of light in your home, you will quickly feel a shift in your health and well-being. Mirrors are excellent enhancers as they bring more light, energetically open up any space, and nourish the space with the Water element energy. For the Health Bagua area, choose a mirror in a square or rectangular shape wooden frame.
- 4) Enhance with the colors of the Bagua area: It is not just the amount of natural light you enjoy during the day, but also the presence of vibrant, colors to nourish your energy. Decorate your home or office with vibrant colors, be it wall paint, art or fresh flowers, know that your energy gets much strengthened by the presence of color and light.

- 5) Use the Bagua to help you enhance the Health and Family Area: The Health/Family/Friends area is located in the middle left side of your home or office and is particularly associated with “good health and strength.”

The Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors, comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the center for grounding. In the “I Ching” the Health, Family and Friends area of your home or business is called “Shocking Thunder” as it refers to the unexpected shocks or sudden unforeseen problems that can cycle through our lives. This solid foundation also provides the springboard for expansion, growth, and happiness. The healthier we are, the more options we have to enjoy life.

Whatever room your Health, Friend and Family area resides, basic Feng Shui principles can help you nurture and strengthen yourself.

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 for the Health/Family/Friends area is Wood, and the colors are blues and greens, representations of this element can be used inside and outside of your home or business.

Enhancements for enhancing the Health/Family/Friends area inside your home or business:

- * Healthy plants with rounded soft leaves
- * Fresh cut flowers or flowering plants in all colors
- * Art and photos of family and friends, figures of ideal body images in a healthy state (such as people exercising or being active), healthy plants and flowers, gardens and landscapes.
- * Items in the colors of blues, greens
- * All floral prints, such as floral linens, upholstery, and wallpaper
- * All things made from wood, including furniture and decorations
- * Quotes, affirmations and sayings pertaining to ideal health and family

Enhancements for enhancing the Health/Family/Friends area outside your home or business:

- * This area is best enhanced outside with beautiful lush, flowering healthy plants.
- * If you have a window in this area, enhance the view as much as possible.

Using the 5 Feng Shui Elements to make this area, and your health thrive. The Health area is governed by wood and can be further enhanced by adding water features, such as the color black, mirrors, crystal, glass, fountains or art representing waterscapes. A field of flowers around a pond is especially powerful. Avoid strong Fire (such as reds) or Metal (whites) Feng Shui element colors in this area as they cut and burn wood.

A Missing Health/Family/Friends Area:

If your Health/Family/Friends area is missing from your floor plan, you can anchor the area by doing one or a combination of the following cures: planting flowering plants outside of the missing wall, placing a mirror on the wall, or hanging a 30 mm round faceted crystal in front of the wall to symbolically “push the wall out”.

Feng Shui at work:

In times when we have had medical issues or procedures which require extra blessings, I add pictures of us in a healthy state (running or hiking) and bring in a vibrant flowering plant and affirmations. Once the issue is remedied, which has always been the case, I then plant the plant in my garden. I also do this for friends and pets.

Another client has this area missing from her jewelry art studio and store. In a consultation, I suggested she place a large mirror on the wall to push it back. She also hung a beautiful green striped cloth curtain separating the area from her workspace in the wealth corner and hung pictures of clients and actors wearing her beautiful jewelry (her community of friends) in this area. This area is also where she stores her glass pieces and displays her glass jewelry, both being glass a representation of water which feeds the wood of health. She has been pleasantly overwhelmed with her health and that of her thriving business.

I recently did a consultation in a home where the Health area was cut out to make room for patio with a large rectangular swimming pool. The pump was not functioning well, and my client was feeling the health effects. She adjusted the pump and upon my recommendation pushed the wall back with a mirror on the inside and replaced all her art in the adjoining living room with vibrant

florals. She hung a mirror above the fireplace and planted flowering plants on the patio around the pool. These enhancements along with her affirmations have given her the energy to continue clearing and decorating the rest of her house. Plus, her living room is a stunning array of blooms, and with all the natural light has become her favorite place to stay.

Affirmations:

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 which are expressed as if they are already happening are very important. Examples of affirmations for the Health/Friends and Family area:

"I enjoy vibrant health." "I am energetic and thriving." "I have healthy relationships."

With just a bit of effort, patience, and consistency you can use Feng Shui to transform your home into a beautiful, pleasurable space that fully supports your health and well-being. Start with little steps today and keep creating good energy. Treat your body with respect and give it the energy of beauty and joy which will inevitably attract good health and well-being.

Happy New Year!

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."