

EVERYDAY FENG SHUI

Feng Shui by Maria
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New Year – New Beginnings – Time for Feng Shui Decluttering

“I feel so overwhelmed...I don’t know where to begin...I feel blocked...I have no energy...I move from one fire to the next...how can I catch up?” Do you hear yourself, or others around you saying such things? Look around, do you then see piles of unfiled papers, items stacked everywhere, blocked doors, overstuffed closets, broken items... in other words... clutter!

Don’t bring this negative energy into the new year. View your house as a metaphor for your life. Keep your house in order and it will, in time, help you achieve your life goals. As they said in the movie *The Field of Dreams*, “If you build it, they will come.” In Feng Shui, we say, “If you clear it, it will come.” When practicing Feng Shui, the first step to take is decluttering.

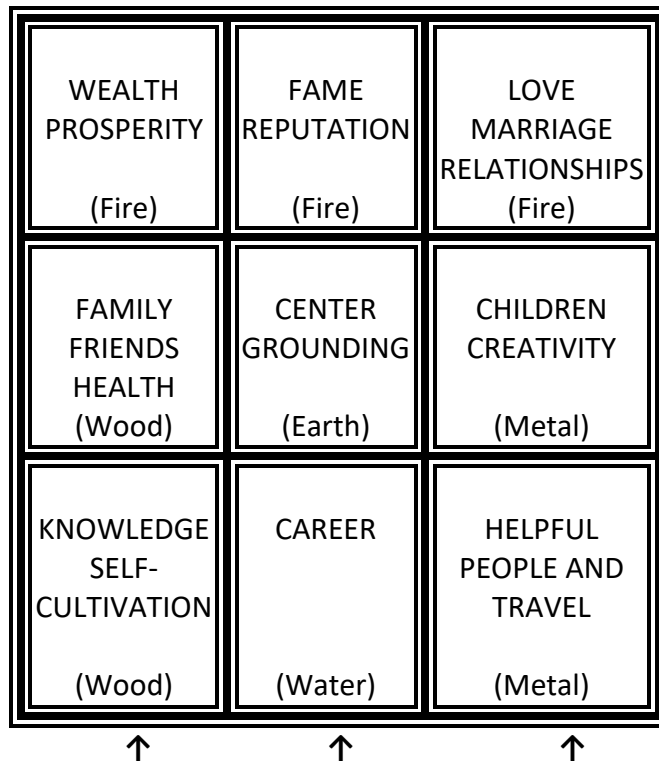
Feng Shui, which has been practiced for over 3,000 years in China, is the enhancement of health, prosperity, and happiness. It is the way to achieve your life goals through your environment. I call it a dance between empowerment and environment. Essential Feng Shui® observes that your vitality, resources, and loving connections flourish and grow best in harmonious, uncluttered environments that intentionally meet your unique needs and express your personal preferences.

An organized home can have a calming effect on you, your family, and guests. This does not have to be difficult; in just minutes you can begin to make changes that can turn your home into a comfortable, peaceful haven.

What works is balance. Create a plan to tackle your decluttering. You can begin to transform your home from chaos to calm with the “few minutes a day technique”. I call it the “Salami Method of Time Management”, taking one slice at a time. Organizing possessions and eliminating clutter can be viewed as an adventurous mission that opens doors to achieving your goals. By getting rid of the things you no longer want or need, you revitalize your home and make room for what you really DO want to flow into your life; you enhance your happiness, clarity and peace of mind. In Feng Shui everything counts, so your storage areas are as important as the most lived-in areas. In other words, if your room is orderly because everything is stuffed into a closet, you are not practicing Feng Shui.

Begin with the Bagua

Over 3,000 years ago, the Feng Shui masters created a grid map with eight sectors around a center, that identified the areas in the home that correspond to the most significant areas of their lives: Career; Knowledge and Self-Cultivation; Health, Family, and Friends; Wealth and Prosperity; Fame and Reputation; Love, Marriage, and Relationships; Children and Creativity; Helpful People and Travel; and Centering/Grounding. They called this map the “Bagua,” which literally means “eight trigrams,” with the center for grounding.



ENTRANCE QUADRANT

To begin, think about the area that corresponds to the greatest need currently in your life. For example, if you are looking to improve your love life, begin by decluttering the Love and Relationship area in the back right corner of your house. If you need to improve your health, begin with the Health, Family and Friends area in the center left area. The same goes for improving your finances, decluttering the Wealth and Prosperity area in the back left corner. And so on. Begin slowly in one of these areas, then move to the second area of need.

Clutter is defined as any items that are disliked, unused, in excess and/or unorganized. To begin stand in the area of greatest need, and choosing a cabinet, drawer, tabletop, closet etc. set a timer for 30 minutes then ask yourself these questions:

“Do I love it? Do I need it? Does it represent or support who I am now? What pleasant or unpleasant memories does it hold? Does it need repair, and am I willing to restore it right now? If I’m letting go, will I sell, donate, give away, or throw away and when?”

Then take one of these actions with each item by creating five piles.

Keep – Ask yourself if this item is truly important in your life. Does it bring you joy? Is it something that holds positive memories, or that you are planning on using? If so place these items you are

keeping neatly in their proper places with love and gratitude. It's uplifting looking at a very organized drawer.

Giveaway – Give away legacy items to loved ones so that they may enjoy them while you're still alive. Prepare and label the giveaways to go to their new homes (family and friends) and distribute them promptly.

Sell – This may take time to research for the best buyers, and value. Items can be taken to resale consignment shops, or sold online on Facebook Marketplace, Next-door, Craigs list etc. Take action promptly to avoid procrastination.

Donate – This is your best option for items that you can't sell. Try Goodwill or charities in your area. You will feel much better about getting rid of items if you believe others will make use of them.

Throw away junk – What can't go in the trash can be picked up by a company such as 1-800-GOT - JUNK

Make sure you remove them from the space and give them away within a week.

Give yourself the gift of shelves and containers for your storage areas. Your environment displays your consciousness, and there's no more revealing place to look than behind closet doors. You'll know that you've succeeded in reinstating balance when you respond positively to every part of your home and can easily put your hand on everything you need at any time. Congratulations! Now watch for the helpful people, and opportunities flow into your life because you have let go of the old and made room for the new.

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.

Examples or affirmations for decluttering an area: *"I feel renewed energy."* *"Opportunities have come my way."* *"I am blessed with improved health."*

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. I pull out a drawer and dump it on a towel while watching TV with a trash bag close by. I replace it in an orderly fashion and toss what I don't need. Who needs 30 pencils, 50 rubber bands etc.? Just cleaning out a drawer begins the energy flowing and gives you such a feeling of satisfaction.

Feng Shui at Work:

A client felt that she was stagnating in her old environment. Once she made the conscious intention of moving forward, she began clearing and giving items away to prepare for the sale of the property. As soon as the space was cleared, she began receiving sale offers, as well as numerous possibilities for her new home. She said that “people were coming out of the woodwork.” She cleared her energy path and now has found the perfect house with a beautiful view.

A client was struggling with her romantic relationship. Her partner was a hoarder, and their house was always messy, closets and drawers stuffed with old or useless items and piles strewn around the house. She felt stressed, and their relationship was feeling blocked and filled with arguments. Unable to get resolution, they finally separated, and now she has regained control of her home. She began by cleaning out the garage, kitchen drawers, closets and reorganizing the living room. Last time I visited, she proudly showed me her newly organized linen closet. She feels much calmer now, has renewed energy, and was able to move forward with her own business. The decluttering continues and new healthier relationships are forming.

The New Year is a time of renewal, rebirth and moving forward. This is a perfect time to revitalize your home environment by decluttering the stagnant energy. Get started now and enjoy the flow of prosperity and opportunities!

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.”

