

## EVERYDAY FENG SHUI

Feng Shui by Maria

July Column 2023

### **Finding Love Through Inner Feng Shui – Love Yourself First**

“Self-love helps me make positive changes easily.” Louise Hay

Are you looking for a soulmate, or want your existing relationship to flourish?

For that to happen, an important first step is for you to feel empowered from within, to find peace and love within yourself.

As believed, external Feng Shui is about arranging our environment, our homes, and our businesses to let in the life force energy, called ‘Ch’i,” and lead us to prosperity and success. At the same time, internal Feng Shui is about taking the time to love yourself, to explore your inner worlds of mind, body, and spirit to help you achieve peace, health, and joy.

Several of my clients, who are looking for a soulmate, are working with two amazing life coaches, (check them out at [www.johnnyandlara.com](http://www.johnnyandlara.com)), who lead them through a journey of self-discovery and self-love. They teach them to clear space for themselves, and ultimately their soulmate.

Inner Feng Shui is about taking time for yourself, being mindful, still, remembering to breathe. It is about meditating, and creating affirmations, and visualizations of your love goals.

With inner Feng Shui take the time to observe the beauty within you, of your home, your garden, the people living with you, and the animals surrounding you. All of these can nourish you in the present moment.

Meditation can be quite easy. Simply sit, close your eyes and be mindful of your breath moving in through your nose and out of your mouth. Focus on the breath. Relax with the breath. Feel the breath flowing in and out. Now gently ask yourself a question and allow the answer to come into your mind. All the while, keep your breath in the foreground, and allow the answers to gently float up in the background. Don't attach yourself to the answers. You are just uncovering your internal clutter. Simply observe them at this point. After completing the five minutes, write down a simple affirmation. Affirming your desires is a very potent process to attract Ch’i into your life.

In Feng Shui, intent plays a significant role in enhancing your life. All enhancements need to be made with intentionality, with written or stated affirmations as if they have already happened.

### Examples of questions and affirmations for inner love:

How does knowledge affect my life?

"Every day I grow in knowledge and wisdom. I have the ability to be still."

What is healthy and loving in my life?

"I am healthy, happy, loving and free."

What is important to me in relationships?

"I am in a healthy, loving relationship."

How is my synchronicity, is everything falling into place?

"I feel supported in all my endeavors."

"I am safe, grounded and at peace. I love myself. I am open to a loving relationship. "

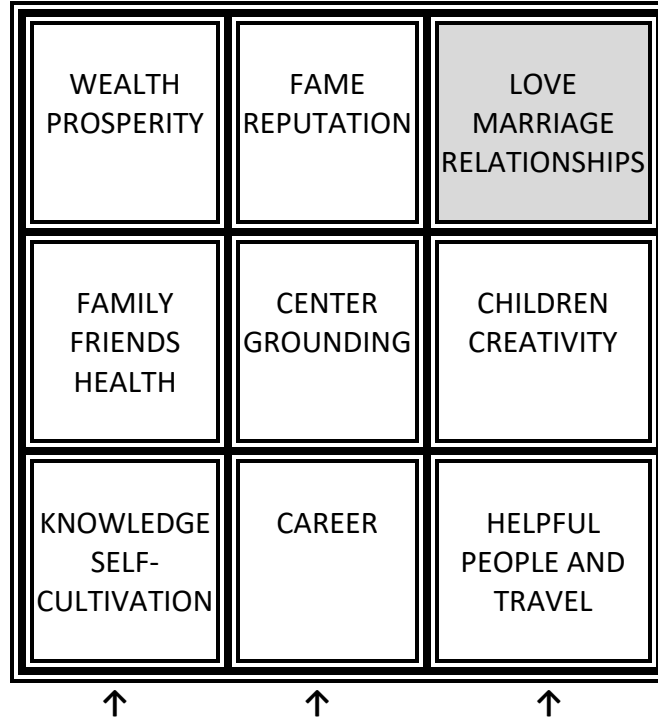
Blessings come in many forms and with inner Feng Shui meditation, mindfulness, breathing, visualizing, and expressing gratitude and enthusiasm for even the smallest blessings have been found to lead to a happier, more fulfilling life.

While practicing mindfulness and the joy of self-love, you can also begin making some easy Feng Shui enhancements to set your home up for receiving love.

The Feng Shui Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams, with the center for grounding." In the "I Ching" the Love and Marriage area of your home or business is called "Receptive Earth" meaning that to truly love another person you must love yourself. This area is about creating loving relationships, with each partner becoming the best version of themselves. Within this relationship it's very important to listen to what you need and then gladly give to yourself. When you love yourself, you become open to other loving relationships.

One of the best ways to honor and love yourself is to give yourself the gift of a warm, well balanced, and decluttered home. When you take time to give yourself little gifts, it becomes so much easier to receive them from other people.

In your home this area is in the back right corner.



#### ENTRANCE QUADRANT

In whichever room this area resides, basic Feng Shui principles can help you nurture and strengthen yourself and your relationships, and even send out the energy to help you find your perfect soul mate.

The element for this area is Fire, and the colors are red, pink or white. Representations of this element can be used inside and outside of your home or business.

#### Enhancements for the Love and Marriage area inside your home:

- Photos, paintings, or figures depicting your significant other
- Pairs of items (lovers, doves, hearts, candles, vases, figurines etc)
- Art with a romantic theme
- Quotes, or affirmations pertaining to love and marriage
- Items that have a personal association to love and marriage (romantic vacations/honeymoon mementos)

#### Enhancements for the Love and Marriage area outside your home:

- Garden art representing pairs
- Items, flowers, plants in the color of the red spectrum
- Bistro table with two chairs or a loveseat for two

### A Missing Love and Marriage Area:

If your Love and Marriage area is missing from your floor plan – You can anchor the area by doing one or a combination of the following cures: planting a pair of large red flowering plants at the spot of the missing corner, planting a tree and hanging a wind chime representing a pair (hearts or lovebirds), placing a table and 2 chair set, or a large sculpture representing a loving pair. My husband and I have hugging stone frogs which we purchased on a romantic trip to Hawaii.

If the area outside is not accessible, you can symbolically anchor from the inside by hanging a 30 mm round faceted crystal, placing a mirror, and/or a picture of a romantic representation on the wall by the missing corner. If the missing area happens to be a parking lot, you can draw a small symbol of a heart, Yin/Yang sign or the trigram for receptive earth in the exact location, closing off the corner.

### Bedrooms:

The ideal location for a master bedroom is the far back right corner; unfortunately, not all homes are built this way. No matter in what bagua area your master bedroom is located, it is still considered the most important room for Love and Marriage. So as you decorate, declutter, and enhance based on its bagua area, it is also important to incorporate bring in some of the red spectrum to bring in fire, pairs of items and romantic representations. Avoid filling it with stuffed animals, or pictures of your children and family. This area is dedicated to you and your significant other only.

If you are single and looking for a relationship, you should design the room as if two people are already living there. For example, make sure to use two nightstands, two lamps, and leave room in the closet. This signifies the intent that you want to share your life with your soul mate. I even suggested to one of my clients to hang two lush burgundy robes in the adjacent bathroom.

Walls should be any of the colors of natural skin tones, from light cream, pinks, peaches, to warm reds and dark browns. Because the feeling should evoke warmth, coziness and fire, blues, greens, whites, grey and black are too cool for bedroom walls. (Look for an entire column dedicated to bedrooms in the future.)

### Feng Shui at Work:

Two of my clients had this area missing, and both placed cute red seating arrangements in the outside corner. One placed a white bistro table with two red chairs, and a flowering pink azalea plant on the table. She is now happily married. The other immediately took two red camp chairs and placed them under a tree. She told me that just after that small enhancement, with her intent, she enjoyed her alone time more than ever, sitting out there and reading. The doors of self-love have opened for her.

I love starting my day with meditation. One of my favorites is, “Thank you for this day. Thank you for the air I breathe. Thank you for the gift of life.” Daily meditation, no matter what time you choose, is a wonderful way to tap into your inner Feng Shui and release stress.

Enjoy your journey to self-love and watch the doors of opportunity open for you.

“I remind myself that the more I love myself, the younger I look.” Louise Hay

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put “Feng Shui” on the subject line, or visit my website at [www.fengshuibymaria.com](http://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](http://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.”