

EVERYDAY FENG SHUI

Feng Shui by Maria

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Summer is Here! Time to Play with Feng Shui

“Being playful naturally liberates the mind, opens the heart and lifts the spirit. Take time to play today.” Debra Reble. PhD

What are your plans for the summer? These next few months can offer a myriad of opportunities for play with your friends and family. It’s a time to become creative and playful, and Feng Shui can play an important part in this by challenging you to be in the moment, and getting in touch with your playfulness, spontaneity and sense of adventure. It’s all about channeling your inner child.

These adventures into play and creativity can lead you into new friendships, careers and joyful self-exploration. Every home has within it an area for playfulness, special interests, and childlike qualities; an area where the “whimsical” is displayed and celebrated. In Feng Shui this area known as the Children and Creativity area which encourages us to fully express ourselves in order to achieve joy and satisfaction. This area helps us to nurture and grow that energizing playful spark that lies within all of us. By using the Feng Shui Bagua map, this area can be located and enhanced to lift your playful spirit.

The Bagua

The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams” with the center for grounding. In the Feng Shui Bagua (Ba-gua) Map, the Children and Creativity area is in the right middle side of your home/office. In the “I Ching” this area is called “Joyous Lake” because it is associated with the qualities of pleasure, generosity and encouragement. The Children and Creativity part of your home has to do with cultivating our playfulness and child-like qualities. It encourages us to laugh and lighten up and is about deep joy bubbling up within us in a light-hearted way. This is especially true in the summer months, when vacations , family time and play are on the menu.

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
↑	↑	↑

ENTRANCE QUADRANT

Enhancements in this area are particularly helpful if: You are trying to get pregnant, you want to become more creative in general, or are involved in a creative project, you feel creatively blocked and would like more energy, you would like to explore your inner child, playfulness and creativity, or you want to improve your relationship with your children.

Begin by decluttering the area. You need to clear away the old to make space for the new energy and playful experiences to enter, then begin enhancing the space with the following recommendations.

Enhancements for the Children and Creativity area inside your home or business:

- * Art, photos, collages or posters depicting children and/or people at play
- * Supplies used for creating things, such as art and craft materials
- * Whimsical, playful and colorful items, toys, stuffed animals
- * Things that have a personal association to Children and Creativity, such as handmade items and memorabilia of your own childhood
- * Items in colors of white or pastel
- * Things made of metal such as furniture, lamps, candle holders, frames, figurines, jewelry
- * Quotes, affirmations and sayings pertaining to playfulness

Enhancements for the Children and Creativity area outside your home or business:

- * Whimsical garden art such as fairies, animals, whirligigs
- * Play structures such as swings, sandboxes, putting greens, basketball hoops, bocce ball courts
- * A children's garden, where they had the opportunity to select, plant and tend their plants, or planting a tree when a child is born.
- * Items, flowers, plants in the white and/or pastel color spectrum
- * Rocks and stones
- * Circular or oval shapes

A Missing Children and Creativity Area:

If your Children and Creativity area is missing from your floor plan, you can anchor the area by doing one or a combination of the following cures: Anchor the missing area structurally using the metal element wherever possible, such as building a trellis or deck, planting flowers in a flower garden or planter boxes in the white/pastel spectrum, adding a play structure, children's garden, animal play area, or whimsical garden art, or a metal seating area. 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 representing children and people at play on the inside wall by the missing area.

Feng Shui at work:

A client was at a loss on how to enhance her Children and Creativity area because it was her laundry room, and she felt it was strictly utilitarian. She did not realize that it was a diamond in the rough. After learning more about Feng Shui, she decided to hang picture collages of all her children and grandchildren. She was also bored with her life and wanting to find playful outlets. She added past pictures of herself golfing, hiking and lunching with friends. Laundry is no longer a chore; she beams and is reenergized each time she's in there. She has now joined a hiking club, the Red Hat Club and is back to golfing regularly. Her playful energy is back!

Another client had a bathroom in this area. She managed to transform it into an uncluttered, clean, beautiful room with positive energy. There was already a great deal of white with the tub, toilet and counter, so she

brought in a soft sandy buff color in art as well as wall colors, grey towels and shower curtains in a grey and gold print that ties it all together. She enhanced it with whimsical art of people at play, hummingbirds representing “joy”, and pictures of herself playing with her children in metal frames. She added yellow candles, sweet scents and of course used affirmations like the examples below. Her bathroom has become a joyous place for renewal.

Kitchens are particularly nurturing in this area of the home; particularly if the colors are kept in pastel hues and white. This is where you can become a playful, creative chef. Include fun, whimsical pictures, natural stone countertops and items made of metal. It can become the playful hub of your home, where your family gathers to contribute in the fun.

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 which are expressed as if they have already happened are very important. Examples of affirmations for the Children and Creativity area: *“I am spending quality time playing with my friends and family.” “My inner child is safe and happy.” “My children are healthy and thriving.”*

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Decluttering and framing pictures of people at play costs virtually nothing, and you can purchase small inexpensive metal frames at thrift or dollar stores. Intent is free!!!

This summer be open to playfulness. Tap into your inner child. Remember you began life knowing no limits to exploration and play. Rekindle that joy once again.

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 and learn more enhancement ideas), 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.

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.”