

EVERYDAY FENG SHUI

Feng Shui by Maria

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COVID, Health, Flowers, and Feng Shui

My husband and I were fortunate to receive our second vaccines this week, and hopefully within three weeks we will be defended from the virus. While doing all this, I will also take the same precautions we've been taking all along; social distancing, wearing masks, washing hands and avoiding large indoor crowds. At the same time, I look to my home and garden as comforting healing spaces, because I know that the practice of Feng Shui can also help keep me safe and healthy.

During this time of uncertainty and chaos, I have learned the importance of having a space that is calm and healing. Bringing nature into your home with vibrant spring flowers can help you create that space. Did you know that by bringing flowers into your home you help enhance your health, help calm your mind, and improve your attitude? Flowers, and live plants bring oxygen into the home and breathe fresh air into any space. My Feng Shui teacher, Terah Collins, once posted a Harper's Bazaar.com article on flowers. It stated that having fresh flowers in your home can actually reduce levels of pain and stress. A study performed by the American Horticulture Society found that people exposed to flowers had lower blood pressure, heart rate, and lower ratings of pain and anxiety. Therefore, enhancing your home, patio and/or garden with healthy flowers is so beneficial during stressful, unhealthy periods of life, such as this Covid virus.

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 to the natural world. Another alternative to fresh flowers is silk and plastic flowers which have the same uplifting effect if they are kept clean and fresh looking.

Orchids are the ultimate flower Ch'i enhancers, bringing positive energy to every area of the house. I always give people fresh orchids as housewarming gifts to help bless their homes.

Prior to Covid, when I worked with flowers on a weekly basis in my Flower arranging classes I immediately felt energized and more centered. Walking into the room with 15 people creating arrangements; taking in the scents and viewing the array of colors brought joy to my life. Then I had the added benefit of displaying a gorgeous flower arrangement in my home on an ongoing basis. Now I create my own at home and still enjoy the health benefits.

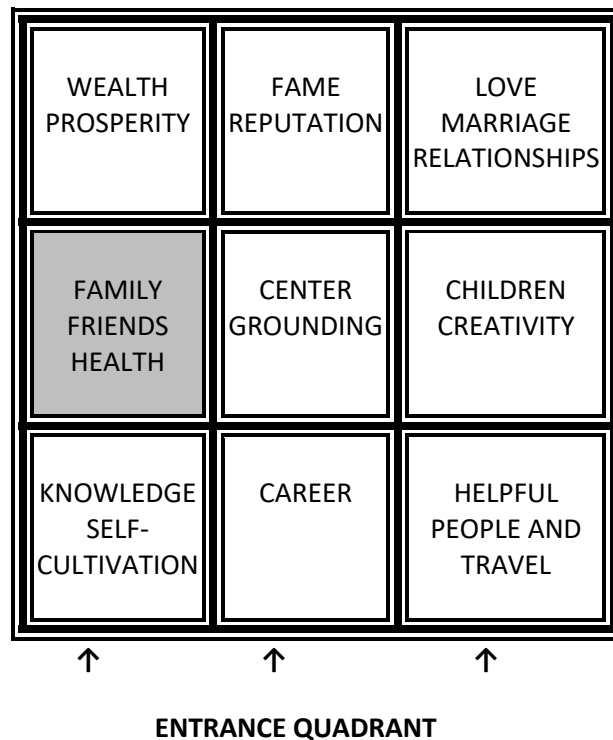
Feng Shui, which has been practiced for over 3,000 years in China, is the enhancement of health, prosperity, and happiness through a connection with your environment. Your vitality, resources, and loving connections flourish and grow best in harmonious, peaceful, uncluttered environments. Flowers, with their various shapes and colors represent all the five Feng Shui Elements. (Water, Wood, Fire, Earth and Metal) When in balance, these five elements help calm and energize you at the same time.

Using the Bagua

The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the center for grounding and centering. Each sector of the Bagua is represented by one of the elements, which can be associated by the shapes and colors of plants and garden art.

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.

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 keep fresh flowers or floral representation in that area.



Here are a few suggestions for enhancements with flowers inside and outside your home:

Enhancements in Career Area

* Soft colorful plants, reds are particularly auspicious for calling in prosperity. Accentuate with water features such as 360-degree bubbling fountains or with water flowing toward the house, and pots in black or dark colors.

Enhancements in Knowledge and Self Cultivation Area

* Add healthy plants and trees with rounded soft leaves, colors of blues, greens. This is a still area, therefore greenery is especially beneficial for calming, and creating a quiet, meditative environment.

Enhancements in Friends/Family/Health Area

* This is the area of your home specifically dedicated to good health and relationships with friends and family. Enhance this area with an abundance of healthy flowers in any color with upright growth (blooming flowers represent perfect health). Accentuate with pictures of you and your family in a happy, healthy state.

Enhancements in Wealth Area

* Accentuate with flowers in the rich purple color spectrum, rounded leaf plants and fountains. Group plants together to simulate abundance and prosperity.

Enhancements in Fame Area

* This is a great location for vibrant red flower arrangements and flowering plants especially in cone or triangular shape representing a flame.

Enhancements in Love and Marriage Area

* Create a loving environment with flowers colors of reds, pinks and white, preferably with two stems. A two stemmed red or pink orchid in a heart shaped vase is perfect for this area.

Enhancements in Children and Creativity Area

* This is your whimsical, fun area, therefore add flowers in colors of white and pastels. Accentuate these with creative art or pictures of children.

Enhancements in Helpful People and Travel Area

* Being a Metal element area, white flowers are especially enhancing here. Place them in round metal, ceramic, white or grey pots.

Enhancements in Center Area

* This is the grounding, center area of your home. Enhance with yellow or rust colored earthtone flowers in ceramic pots.

Flower arrangements can be powerful Feng Shui five element displays, with representations of all the elements. For example:

Flowers in general – Wood

Red flowers – Fire

White flowers – Metal

Yellow flowers – Earth

Black or glass vase - Water

Have fun with it!

Affirmations and Inner Work:

Remember that in Feng Shui, intent, the inner work which leads to a more harmonious life, plays a significant role in enhancing any area of your home. 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 creating a healthy environment with flowers: *"I am healthy and thriving", "I am calm and centered", "I take time to relax and breathe."*

Feng Shui at Work:

The Health, Family and Friend's area of your home is especially powerful in helping to maintain good health. The Feng Shui element is wood, and the colors are blues, greens, and florals. 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 flowering plant and affirmations. Once the issue is remedied, which has always been the case, I then plant the plant in my garden.

A client, who was to undergo abdominal surgery, had this area in her bathroom; she hung a picture of a beautiful flower with a hummingbird (the representation of joy), and a collage of family pictures. The room was painted a lovely sage green with a floral shower curtain. She was instructed to always keep the toilet closed to keep the vital "Ch'i" from escaping. She placed a vibrant, flowering plant on the windowsill, and added positive affirmations. Her surgery went very well; she has recovered fully and began working with a personal trainer.

Basic Feng Shui principles can help you nurture and strengthen your energy and yourself in all aspects of your life. During this stressful time of Covid, you can surround yourself with flowers in your home, practice safe virus protocols and remain healthy, calmer and more centered.

Classes:

I will be teaching a series of **three online classes** through Acalanes Adult Ed:

"Feng Shui for Prosperity"

Thursdays, April 15 – April 29 1:00-3:00 pm

You can register online at acalanes.k12.ca.us/adulted (Participants will receive \$40 off a home consultation.) and I will see you on Zoom!!

* **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.”