

## EVERYDAY FENG SHUI

Feng Shui by Maria

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### Using Feng Shui to Bring the Peacefulness of Nature into Your Home

Wow!!! Have you seen the hills? The recent rains have done their job! On my daily hikes I rejoice in the fact that the hills now are a vibrant green. In Feng Shui, green is a calming color, and I can definitely feel the calming effect that viewing them has on my nervous system. Surrounding yourself with nature is one of the easiest ways to stay calm and centered. So why not bring the same qualities into your home?

Did you know that you can give yourself and your family the gift of calmness and peace through Feng Shui? Feng Shui teaches us that there is a direct link between a calm mind and good health and relationships. We function best when we cultivate a peaceful mind through meditation, introspection, stillness, and surround yourself with colors and items that reflect calm and inner growth.

Although all areas of your home lend themselves to harmony; the left front section of the structure is particularly related to “Stillness and Knowledge.” In Feng Shui, the Bagua, represented as a grid of nine sectors comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the Center acting as the grounding force. The Knowledge and Self Cultivation Area is located in the front left corner of your home or office. This area is particularly associated with stillness, finding peace within yourself, and bringing a feeling of calm to your life.

Whatever room your Knowledge and Self Cultivation area resides in, applying some basic Feng Shui principles can help you create a peaceful sanctuary. Enhancements in this area are particularly helpful for those engaging in any kind of self-growth activities, or you just want to cultivate a more peaceful mind or lifestyle and enjoy the health benefits of nature.

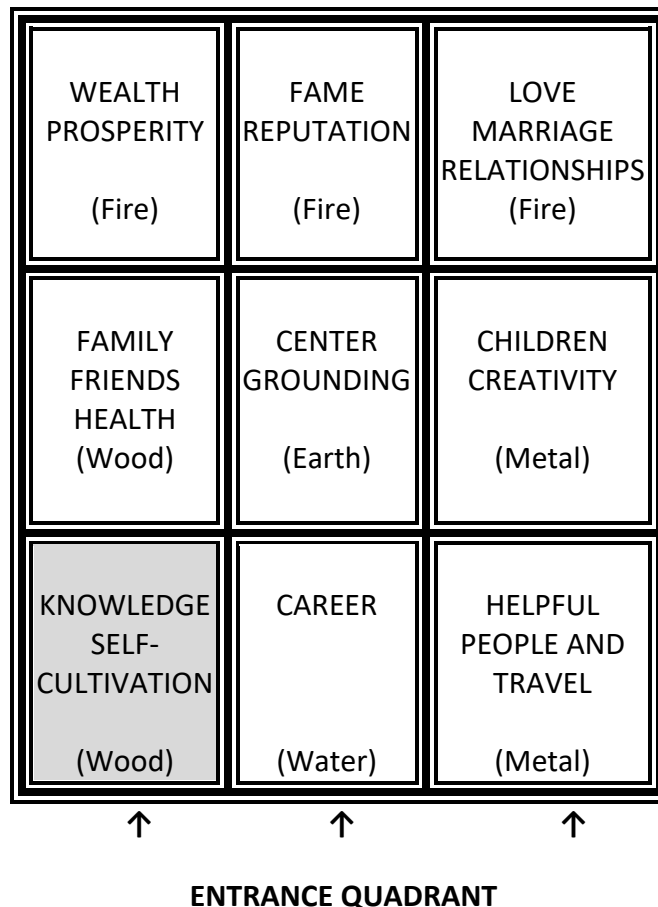
### The Knowledge and Self Cultivation area and the Feng Shui Elements

The 5 Feng Shui elements are considered the building blocks of everything physical on earth: Water, Wood, Fire, Earth, and Metal. Each is associated with an area in your home related to the Bagua. The element for the Knowledge area is Wood, and the colors are blues and greens (calming colors). When in balance in your home. wood enhances peace of mind, a relaxed body, spirituality, new growth, and ideas.

Last month we learned that the Career area (front center) is governed by the Water element. Since all the elements are interrelated and work to nourish each other, the Water then feeds the Wood element to the left of the Bagua and like in nature, makes the hills green, and the calming trees grow.

The Wood Element, represented in nature by the tree, is also represented by:

Wooden furniture and accessories, wooden paneling and decks, all indoor and outdoor plants (including silk, plastic or dried), plant-based cloth and textiles, floral prints, art depicting landscapes, gardens, plants and flowers, columnar shapes and vertical stripes, the green and blue color spectrum. A selection of these can be used both inside and outside your home or business.



Enhancements for the Knowledge and Self Cultivation inside your home or business:

- Keep this area clutter free since clutter does not act to soothe the mind.
- Colors – any hue of blues and greens
- Items in the shape of columns or stripes
- Art representing calm wooded landscapes such as mountains, forests, ferns, or a calm lake or pond surrounded by lush trees.
- Pictures of mentors or spiritual guides.
- Wooden tables or bookcases
- Healthy plants with rounded soft leaves

### Enhancements for the Knowledge and Self Cultivation outside your home or business:

- This area is best enhanced outside with beautiful lush, healthy plants.
- Statues of spiritual guides, or blue/green gazing balls
- A wooden or wicker bench or seating area for quiet reflection

Note: If this is where your front door is located, the Ch'i, the vital energy, is invited to flow in through a peaceful, serene entrance.

### A Missing Knowledge Area:

If your knowledge area is missing from your floor plan, I recommend anchoring this area by one or a combination of the following: planting a tree or lush meditative garden, adding a wooden bench or quiet seating area, placing a statue or gazing ball in the corner. The key is to complete the space, and simultaneously create a peaceful environment.

### Feng Shui at work:

A client had just moved to a new home, had boxes everywhere, was feeling stuck and definitely not very calm. The Knowledge area was conveniently located in her study which unfortunately was used for storage and very cluttered. Upon my recommendation, she decluttered and organized the room, passing unused and unneeded items on, making room for a more peaceful environment. She enhanced it with the color sage green, a picture of a curvy path through a forest, an orchid, a wooden bookcase for all her books, and small wooden figurines. The room became calm and soothing. She added a wooden desk where she could peacefully work, and a vision board with pictures of herself experiencing a more peaceful lifestyle. She has since taken meditation classes and has resumed her exercise routine. This room has now become her quiet sanctuary, as she moves through setting up the rest of her home.

Another client was concerned that her daughter had ADHD and was extremely hyper. Her room happened to be in the front left corner but was painted a bright purple and decorated with loud rock posters and busy curtains and bedding. We discussed the need to calm the room to help her slow her body down. Her daughter chose a soothing light green wall tone, wooden furniture and a beautiful floral bedspread and curtains. We wanted to ensure that her bedroom still spoke to her as an individual, while helping her to decompress, breathe, and thrive. She organized all her school supplies on her shelves, hung pictures of calming wooded landscapes, as well as pictures of herself and family enjoying nature. Her mother called me to tell me that she's much calmer, loves playing in her room and is off to a successful start to school.

In my home, I am missing part of the Knowledge area, as it is outside of the Bagua, while the rest is in my master bedroom. To anchor it I placed a blue/green glass gazing ball at the exact location of the missing corner and have a flower garden completing the space outside of the bedroom window. The bedroom was a challenge, because blues and greens are too cool for a master bedroom (not enough fire). Ideal colors for bedroom walls are the entire spectrum of skin tones from light cream to dark browns. (See [www.fengshuibymaria.com](http://www.fengshuibymaria.com), click on articles, click on Feng Shui in the Home, and read about bedrooms). I had the challenge of bringing in the cool wood element, and yet keeping the fiery passion of the bedroom. To keep the serenity of the Knowledge area I brought in many wood pieces and kept the lights dim. My favorite meditative

spot in the house is a brown wicker chair and ottoman in the corner. This is where I love to sit, read and “be still”. I brought in more wood through a large artificial ficus tree, and a few floral arrangements. The walls are a light mushroom color. To maintain the fire element needed in a bedroom, I hung a red tone picture of a pair of Georgia O’Keefe poppies, pictures of my husband and I, and added pairs of items such as candles, figurines, and accents of red. It is still the calmest room in the house, and where my husband and I love to cocoon.

#### 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 the Knowledge and Self Cultivation area: *“I am peaceful and calm, and share knowledge with others,” “My children are peaceful, centered and doing well in school,” “I am making better decisions now that I feel calm.”*

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.”