

EVERYDAY FENG SHUI

Feng Shui by Maria

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The Peacefulness of Hawaii – Grounded in the Feng Shui Earth Element

We just returned from a wonderful family trip to Hawaii. You'd think traveling with three grandkids from ages one to nine would be trying, yet something about Hawaii brought us a sense of calmness and peace. In fact, two of my close friends who have lived, or are currently living there, have the same centered, peaceful attitude about life. What is it about Hawaii that creates this calming force?

I've since learned from reading about native Hawaiians, that it comes from a deep awareness of one's inseparable interconnectedness with nature. They saw the Divine in every aspect of nature's elements and knew that communing with the elements would instill in them the "mana" or life force to overcome all obstacles and ensure ultimate success in all their endeavors.

The Hawaiians of old regarded our planet Earth as a living being, with which humans must live in a reciprocal relationship. The ancients regarded the Earth as the "mother of life," who gives birth and sustenance to all that grows out of her. For the Hawaiians, the Earth represents the mother archetype, and is the sustainer of unconditional support and physical nourishment. This makes sense since everywhere we went, we were surrounded by the beauty of nature.

How can we apply the lessons from the Hawaiians? How grounded and connected to your center are you feeling? Are you at peace with your decisions and comfortable with your life's flow? If not, Feng Shui can help!

Feng Shui is governed by five elements found in nature: Water, Wood, Fire, Earth, and Metal. Each has its own attributes and purpose, whether in nature or within your home.

Of all of these, the Earth Element positioned in the center of your home suggests the importance of arranging your life around a solid base. Archetypally Earth is represented by the soil. When in balance in your home it enhances a feeling of being grounded, balanced, organized, and stable. This balance helps to create a sense of peace and alignment.

The Earth Element and the Bagua

The Earth element is the "hub" or the core of the Bagua. This is the most powerful area because it grounds and energizes the rest of your life's treasures. You can nurture your ability to remain centered through life's many changes by directly connecting with the earth every day.

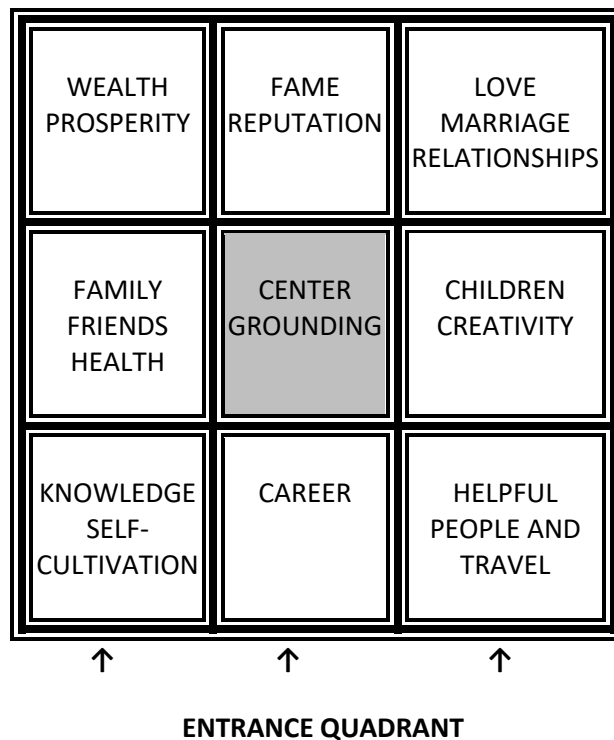
The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." In the "I Ching" the Center area of your home or business is a neutral place; a perfect balance of Yin and Yang – a place of peace. Life flows and circles around the center. This is a

perfect place for an atrium, a meditation area, a beautiful piece of art which reminds you to stay centered throughout all your activities.

Earth element in the center of your home, is related to the color yellow and symbolized by the shape of the square or rectangle. Enhance this area when you want to cultivate the experience of being grounded and centered, or when you want to harmonize and balance different parts of life such as Love and Career, or Wealth and Creativity.

The Earth Element is found in:

- Anything made of ceramic, tile, bricks
- Art depicting landscapes and images in the color yellow
- Rectangular, square shapes
- The earth tone, yellow color spectrum



Enhancements for the interior Center of your home or business: (In the case of a U-shaped home)

- * Art, photos, collages representing the earth, landscapes in the color yellow, (fields, sunflowers, deserts etc.)
- * Items in the yellow color spectrum
- * Things made of ceramics or pottery
- * Ceramic tiles or bricks
- * Items in the shape of rectangles or squares
- * Quotes, affirmations and sayings pertaining to feeling grounded and centered

Enhancements for the Center area outside your home or business: (In the case of a U-Shaped home when you enter from the center.)

- * This is an ideal area for a courtyard, patio or atrium
- * Garden art and statuary in ceramics
- * Ceramic tiles, fountains, pots and benches
- * Items, flowers, plants in the yellow spectrum
- * Square or rectangular shapes

Feng Shui at Work:

A client recently had me help create a landscape for their back yard. They felt that this yard with a gorgeous view was not inviting to their guests. The house happened to be U-shaped and ideally this area fell in the Center and Fame areas of their property. I recommended beautiful ceramic pavers for the patio ground, and a small retaining wall with some bricks. They wanted to create a welcoming area in the center by building a fire pit in the middle of the patio. To further enhance the Fame area and feed the Earth with Fire I recommended comfortable chairs with red tone cushions, and ceramic pots all around with yellow and red plants. It became the “hub” of their entertaining, a totally inviting and centering area for themselves and their guests.

Many people have the kitchen in the center of their home. This is an extremely auspicious location because the kitchen is known as the “hearth” of a home and in itself can feed the soul and act as a grounding force. My daughter had her kitchen in this location and painted it a saffron color, enhancing it with ceramic tiles, yellow candles, and art in the gold spectrum. It felt cheery and was the heart of her home.

Oftentimes a stairwell or bathroom will occupy this space. Although neither are optimum, enhancements can be made to offset negative energy. Stairwells tend to pull the Ch’i (the positive life force energy) down, or flow the Ch’i out. Therefore, mirrors or a round faceted crystal can be placed the bottom of the stairs to send the flow of energy back up and circulating throughout the home. Bathroom drains should be kept always closed when not in use, a crystal in the center of the bathroom also helps circulate the Ch’i. Both areas benefit from ceramics, art and wall colors in the yellow spectrum and rectangular and square shapes.

The Center is strengthened when you connect with the earth, creating a harmonious environment to live and work, and when you cultivate a sense of being grounded and centered with yourself.

Adopt the Hawaiian philosophy of “ho’oponopono” – causing things to move back into balance. This Zen concept means that when you are in balance, nothing is off. Help create that balance and centering and in your home by enhancing the Earth Element.

As a Native American Medicine Woman said, “We are not protecting nature. We ARE nature, protecting ourselves.”

Affirmations and Inner Work:

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

Examples of affirmations for the Earth Element. *“I feel centered and grounded at all times”, “I am safe and secure in the loving embrace of my home,” I am at peace with myself and my decisions.”*

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.”