

EVERYDAY FENG SHUI
Feng Shui by Maria
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Gratitude Fills Your Heart and Enriches Your Home's Feng Shui

"I give thanks for this perfect day. Thank you, Life!" Louise Hay

"Thank you for this day. Thank you for the air I breathe. Thank you for the gift of life." This is the mantra I begin with each day. Daily meditation, no matter what time you choose, is a wonderful way to tap into your inner Feng Shui and release stress.

Inner Feng Shui teaches us that blessings come in many forms, and expressing gratitude and enthusiasm for even the smallest blessings has been found to lead to a happier, more fulfilling life. Every morning when I wake up, I can choose joy, happiness, negativity, or pain. Which do you think will lead you to a more rewarding and harmonious day? What if you began each day expressing gratitude for one thing in your life, big or small?

This month we gather with family and friends to honor Thanksgiving, but what if we commit to Thanksgiving every day, giving thanks every day of the year? The simple act of a phone call, sending a note card, or a simple thank you can enliven another as well as yourself, and begin a karmic chain of events. Magic can be felt in expressing gratitude.

"Gratitude is important to happiness. Studies show that consistently grateful people are happier and more satisfied with their lives; they even feel more physically healthy and spend more time exercising. Gratitude makes it easier to live within your means, brings freedom from envy and connects you to the natural world." Gretchen Rubin

In her book, "The Happiness Project" Ms. Rubin gives gratitude such importance that she keeps a daily Gratitude Notebook, each day writing what she is grateful for. This has made her aware of her many blessings.

Robert Emmons studied the effect the effects of gratitude on physical health, physiological wellbeing, and on our relationship with others. In his studies he also advocated for a Gratitude Journal. In studies of thousands of people from ages 8-80 he found that people who practice gratitude consistently report the following benefits:

Physical:

- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Exercise more and take better care of themselves

- Sleep longer and feel more refreshed upon waking

Psychological:

- Higher level of positive emotions
- More alert, alive and awake
- More joy and pleasure
- More optimism and happiness

Social:

- More helpful, generous, and compassionate
- More forgiving
- More outgoing
- Feel less lonely and isolated

Although we speak mainly of Feng Shui enhancing your environment to help you achieve your life goals, it is also important to remember that Feng Shui is about “wholeness”; it’s about also going within to enhance your inner self. In Feng Shui everything is connected, so enhancing your inner and outer domain simultaneously will lead you to achieve peace and harmony. Therefore, having a peaceful, positive mindset, and expressing gratitude is important.

In time of strife, look to your inner growth and healing by exploring your thoughts and feelings in a positive way. Make a daily list of what you are grateful for.

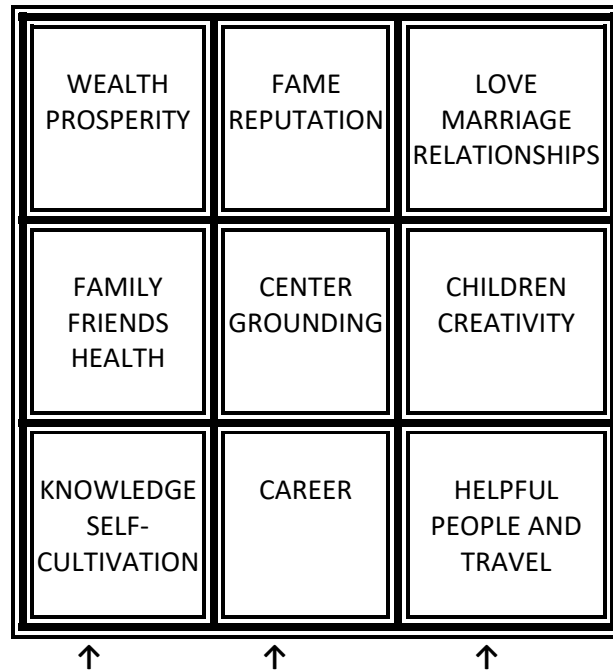
Think about looking within, acknowledging what gives you stress and breathe in calm, peace, and most of all love. Love and gratitude are forces more formidable than any other. They are invisible yet so powerful that they are transformational. Breathe in love, and express gratitude and you will find yourself happier and healthier.

So how do we proceed? We proceed by being mindful, choosing love, expressing gratitude daily, and bringing balance and harmony back to yourself and those around you.

For example. In the morning while lying in bed, before getting up, state five things you are grateful for. At night before going to sleep, state five things that made you happy that day.

Gratitude and the Bagua

The Feng Shui Bagua (Ba-gua) Map, from the Chinese philosophy, “The I Ching,” meaning “eight trigrams,” is represented as a grid of nine sectors with the center being for grounding. Each area is designed to enrich part of your life, so as you add an enhancement state what you are grateful for.



ENTRANCE QUADRANT

CAREER

- Colors: black or very dark colors
- Shapes: asymmetrical
- Art: depicting water scenes; flowing water such as rivers, waterfalls, oceans
- Gratitude: I am grateful for my supportive coworkers.

KNOWLEDGE AND SELF-CULTIVATION

- Colors: blues, greens, black
- Shapes: vertical stripes
- Art: depicting forest scenes, nature scenes, mountains, peaceful places
- Gratitude: I am grateful for a peaceful life.

HEALTH, FAMILY, AND FRIENDS

- Colors: blues, greens
- Shapes: stripes, columns
- Art: depicting vibrant flowers
- Gratitude: I am grateful for my health and that of my family members.

WEALTH AND PROSPERITY

- Colors: purple, blue, red
- Shapes: cones, triangles
- Art: depicting wealth, abundance, such as pictures of lavish houses, boats, cars, family heirlooms or gatherings; art in shades of purple, such as a picture of a lavender field
- Gratitude: I am grateful for my prosperity in numerous ways.

FAME AND REPUTATION

- Colors: reds
- Shapes: cones, triangles
- Art: depicting fame, such as famous people, celebrations, toasting, dancers, winners, animals, people, fire, the sun
- Gratitude: I am grateful for my good reputation.

LOVE, MARRIAGE, AND RELATIONSHIPS

- Colors: reds, pinks, white
- Shapes: cones, triangles
- Art: objects, paintings, or photos of your significant other, depicting romance or pairs such as flowers, animals, couples
- Gratitude: I am grateful for the relationship with my soulmate.

CHILDREN AND CREATIVITY

- Colors: white and pastels
- Shapes: curves and circles
- Art: whimsical art or art made by children
- Gratitude: I am grateful for the health and wellbeing of my children.

HELPFUL PEOPLE AND TRAVEL

- Colors: white, black, gray
- Shapes: curves, circles
- Art: depicting spiritual guides, mentors, helpful people, or desired travel locations; pictures of mountains
- Gratitude: I am thankful for my ability to travel.

CENTER AND GROUNDING

- Colors: yellow, earth tones
- Shapes: squares, rectangles
- Art: anything depicted in earth tones such as deserts, wheat fields, yellow trees, sunflowers, or depicting squares or rectangles
- Gratitude: I am grateful for this home which grounds me.

Feng Shui at Work

“The Thankfulness Pumpkin” - Since so much of Feng Shui has to do with expressing gratitude, my husband and I buy a pumpkin early in October and have it sitting on our dining table. Each evening at dinner, beginning at the top of the pumpkin, we each write one thing we were thankful for with a permanent marker. The pumpkin becomes covered with thankfulness statements and will be the centerpiece for our holiday table reminding us of all our many blessings.

“Making a Gratitude Jar” – This is another great way to acknowledge the things and people we are grateful for, which can bring contentment and healing.

For Individuals: Each day, jot down something that you are thankful for on a slip of paper and drop it into the jar. This practice will increase your happiness and make you more satisfied with life.

For families: Make a gratitude jar accessible for everyone in the family. At intervals, perhaps during a holiday like Thanksgiving, pull out the slips of paper and celebrate the things you are thankful for together.

For couples: Telling your beloved what you appreciate about him/her can strengthen your bond. Reviewing your notes can put you in a more positive mindset during difficult times.

Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. Intent is the inner work that leads you to a more harmonious life, nurturing your body, heart, and spirit. Consider how you nourish not only your body, but your emotional and spiritual aspirations as well.

“I give thanks for the wonderful year that I have just lived and look forward to the next adventure!” “I am filled with gratitude for all the blessings I am showered with on a daily basis.”
Louise hay

LIFE IS FEAST! Make sure you are grateful for every bite, because all the situations in our lives, from the insignificant to the major teach us exactly what we need to be learning.

“Today I choose to be grateful for my blessings, for all my readers, students, and clients. I give thanks to all of you.”

HAPPY THANKSGIVING EVERYDAY!

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.

* **I have a 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 - Bio

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 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.” Maria is trained in residential, business, and landscape consultations. She offers virtual consultations nationally and internationally, as well as in person locally.