

EVERYDAY FENG SHUI

Feng Shui by Maria
October Column 2021

Art Can Improve Your Home's Feng Shui

In Feng Shui our homes can become nurturing places for us mentally, physically, and spiritually. To accomplish this, we should ensure that our surroundings accurately reflect who we are as individuals and who we aspire to become. Keep the energy in your home vital by treating it as an important aspect of your life. We are all different, and therefore, we are fortunate that there are numerous ways to enhance the energy flow in your home. Feng Shui is about finding the personal Ch'i enhancers that match not only the Bagua area but also your personality and style.

Ch'i enhancers are the basic Feng Shui tools that are used as remedies for treating, stabilizing, enhancing, and balancing the energy in any environment. The ten Ch'i enhancers are:

- 1) Art – paintings, sculptures, and textiles
- 2) Colors – find the hues that you love
- 3) Crystals – round faceted to circulate Ch'i
- 4) Lighting – electrical, candles, oil, natural light
- 5) Living things – plants, flowers, animals
- 6) Mirrors – the bigger the better except for bedrooms and dining rooms
- 7) Objects of nature – rocks, shells, seed
- 8) Sound Makers – wind chimes, bells, musical instruments
- 9) Whirligigs - mobiles, flags
- 10) Water Features – fountains, ponds, birdbaths, aquariums

Of all of the Ch'i enhancers, I find that enhancing with art and colors is the easiest because they have the most powerful effect on people and their personal energy.

Art is the soul of a room; it gives it energy and life, and it is easy to identify how it enhances the Feng Shui of a space. To enhance the Ch'i in your home, choose art that elicits positive feelings and makes your heart sing. Remember that in Feng Shui everything is alive and is constantly talking to you. What you surround yourself with can nourish or drain you. Therefore, ensure that every art piece in your home is one that you love and that portrays a serene or inspirational subject matter. Art depicting violence, death, distortion, or negativity is not recommended. They say that "A picture is worth a thousand words." What is your art telling you?

To get the most benefit from art and colors, match them with the function of each room. Use the Bagua map to help you choose the appropriate art and colors that correlate with the goals in your life. The Feng Shui Bagua, represented as a grid of eight sectors, with the Center being the grounding Force comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." Each of the nine areas is associated with colors and art representations. If you want romance and your Love and Marriage Area is in the dining room, choose art that's romantic and

appropriate for your dining area. If you wish to improve your health, and your Health and Family area is in the bathroom, display art that evokes radiant health and vitality.

Art and Color Recommendations for Enhancing Each Bagua Area of Your Home or Business:

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

Career Area:

- * Art - pertaining to moving water (oceans, rivers, etc.), asymmetrical shapes, and black frames
- * Colors – black or dark colors

Knowledge and Self Cultivation Area:

- * Art - representing calm nature scenes (forests, ferns, vineyards, etc.), columnar shapes, and wooden frames
- * Colors – blue and green

Friends, Family, Health Area:

- * Art - representing fresh, healthy vibrant flowers, family, friends and/or you in a healthy state, columnar shapes, and wooden frames
- * Colors – blue, green, and floral

Wealth and Prosperity Area:

- * Art - representing opulence and wealth, tall round leaf plants, bubbling fountains, triangular, cone shapes, and wooden frames
- * Colors – purples, blues, and reds

Fame Area:

* Art - representing celebration, animals, birds, stars suns, fire, upward movement, inspirational quotes, triangular, cone shapes, and wooden frames

* Colors – Red

Love and Marriage Area:

* Art - representing romance, pairs of items, pictures of you and your significant other, pictures of couples, triangular, cone shapes, and wooden frames

* Colors – reds and pinks

Children and Creativity Area:

* Art - representing creativity and whimsy, pictures of children or child art, round shapes, and metal frames

* Colors – whites and pastels

Helpful People and Travel Area:

* Art - pertaining to spiritual guides, and/or mentors, places you have traveled to or aspire to visit, pictures of mountains or natural stone, circular shapes, and metal frames

* Colors – white and grey

Center Area:

* Art - representing earth scenes, deserts, wheat fields, yellow flowers or trees, rectangular shapes

* Colors – yellows and earth tones

A client just told me how helpful the Bagua is. She said it makes shopping and decorating so easy because, as she says, “There are no random acts of decorating.” If she needs to purchase an item, she consults the Bagua, checks colors and shapes and adds or removes items accordingly. She loves the way her house feels; it is totally supporting her and her life.

Look at the art you have in your home. Jackson Pollock said, “A painting has a life of its own.” What is each piece “saying” to you? No matter how positive and creative you may be in your inner world, if your home or work surroundings are contradictory or present energetic barriers, you are likely to find it difficult to manifest all that you desire. By paying attention to the flow of energy around you, beginning with the art and colors that surround you, you can align your inner intentions with your outer realities to make your life a conscious act of creation.

Affirmations:

In Feng Shui, intent plays a significant role in enhancing any area of your home or business. Is your art inspiring you or depressing you, affirming or scolding you? Listen to its voice, and then decide whether it should remain in your life. If it does not belong with you anymore, let it go by trading, selling, or passing it on.

Feng Shui at work:

Years ago, I had two single female clients who were looking for love. Each of them had decorated their homes beautifully with very interesting art. Unfortunately, each of them had placed a large painting representing a lonely singular figure in their respective Love areas. One had hung a painting of a lonely cowboy with his head lowered in her dining room. At our consultation I recommended she replace it with more romantic art. She instead found a beautiful wall hanging of two intertwined hearts. The other had a large painting of a single zebra, also with its head down in her bedroom. She also replaced it with a picture of two lovers holding hands. Both women have found meaningful relationships since then. What you hang on your walls makes a difference!

One of my clients was struggling at work. She felt underappreciated and undervalued. I went to her home to find that her Fame area, in the living room, featured three large windows with an expansive view of water. On either side of the windows, she had two beautiful wall hangings representing asymmetric designs, coming down like waterfalls. They immediately reminded me of water, and combined with the large water view, I sensed that the Water element was dousing the Fire element needed for fame. This was contributing to her lack of appreciation at work. The wall hangings were expensive and beautiful, they were just not the right element representation for the space. We needed to move them to a more auspicious location. We found a perfect place, one on either side of a large mirror she had in her entrance, which was in her Career area, a Water element location. She then replaced the hangings with art depicting three women dancing and birds in flight with a red background. These new art pieces were lively, showing celebration and upward motion. Pictures of people and animals represent the Fire element, and dancing and birds in flight represented celebration and upward movement, with red the appropriate color for the Fame area. I knew that this was a good choice of art for her Fame area. Lastly, she added her affirmations related to her goal.

We were able to enhance both her Career and Fame areas. Soon after this change she noticed that people began recognizing her and asking for her opinion more than before. One of her projects was funded, and within a year she was offered a new job with a sizeable raise. Art matters!

* **Check out my BLOG** – Just go to the website www.fengshuibymaria.com 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.”