

EVERYDAY FENG SHUI

Feng Shui by Maria
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The Importance of Bathrooms in Feng Shui

Lately, my clients have had bathrooms in various locations in their home; in the Knowledge and Self Cultivation, Center, Love and Marriage areas, and some even in the Wealth and Prosperity areas. What to do if the bathroom is in each of these important areas of your home? In Feng Shui we know that “Where the eye goes, the Ch’i flows.” Ch’i is your vital life energy, and this old Feng Shui saying especially applies to all bathrooms in your home. Can you see open toilets from your entrance, your bed, or anywhere else in your home? Is this the first thing you see when you wake up in the morning? If the answer is yes, you can bet that some of your energy may be being drained.

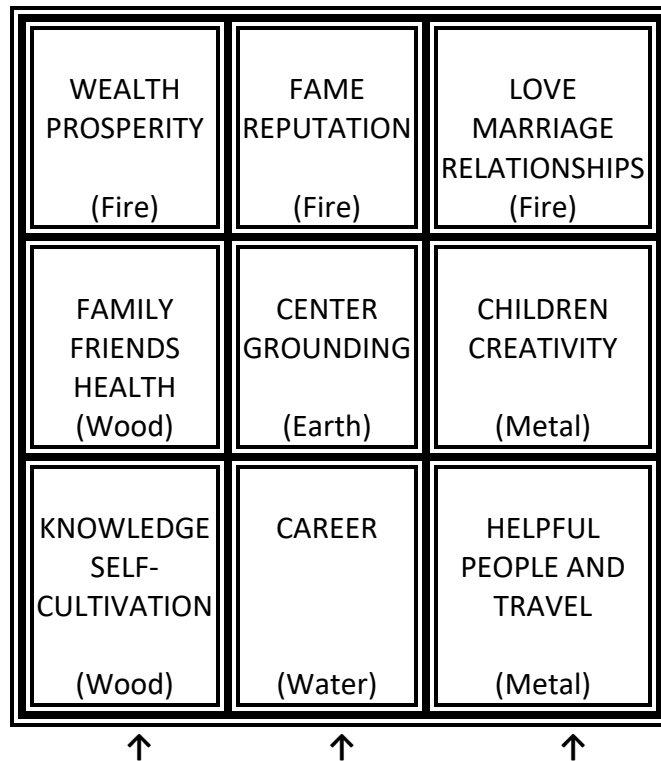
Bathrooms are classically considered potential threats in Feng Shui because often they are undecorated places, with open plumbing that pulls your energy, your Ch’i down the drain. At the same time, your bathroom is a very important room in your home. It is here that personal cleansing rituals take place, and where wastes are flushed away. These rituals are vital to your health. However, Ch’i can also be flushed out of your home via toilets and bathroom drains. Although there are no ideal places for a bathroom to reside, it is important to minimize opportunities for Ch’i to flow out of your home too quickly, taking with it your prosperity, health or relationships. All is not lost! It is easy to correct a bathroom’s pull on your energy and enhance your life. With some easy Feng Shui corrections you can avoid this possible drain on your life.

Bathrooms and the Bagua

The Feng Shui Bagua 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 Feng Shui elements, and corresponding colors, shapes, and items.

Bathrooms should take on the qualities of the Bagua area they reside in, with these important rules:

- Keep your bathroom clean, neat, and orderly. Make sure you dispose of shampoo and other cosmetic bottles that are almost empty or too old to use.
- Close toilet lids, sink stoppers and shower curtains to conceal water outlets, or cover the drains with small rubber mats used for that purpose.
- Repair leaky faucets, showerheads, and toilets to prevent waste.
- Install adequate lighting for convenience and balancing the watery energy.
- When all else fails, at least keep the door closed.
- If your bedroom leads to a bathroom without a door, make it a priority to install a door, curtain, or screen to visually separate the bathroom from the bedroom.
- Ideally the toilet is placed so you don’t see it from the bathroom door (located in its own “water closet” or behind a wall or screen). When this is impossible, hang a round faceted cut-glass crystal from the ceiling between the door and the toilet to help lift and circulate the Ch’i.



ENTRANCE QUADRANT

Make all bathrooms beautiful! You will quickly lift the Ch'i with a fresh coat of paint, new bathroom linens, candles, art, plants and inviting scents. Locate your bathrooms in your home in relation to the Bagua, and have fun enhancing each one with its own special characteristics. Here are some examples of using the Bagua attributes to enhance your bathrooms:

Bathrooms in Knowledge and Self Cultivation Area

- * Items in wood, the colors of blues, greens, or black and in the shape of columns or stripes
- * Healthy plants with rounded soft leaves
- * Art depicting nature scenes

Bathrooms in Health/Family/ Friends Area

- * Healthy floral arrangements or art depicting vibrant flowers
- * Photos of family, friends or representing perfect health
- * Items in wood and the colors of blues, greens, or black

Bathrooms in Wealth Area

- * Opulent items in the purple color spectrum
- * Art representing wealth
- * Healthy, round leaf plants

Bathrooms in Fame Area

- * Photos or art representing achievements, inspiration, celebration or suns and stars
- * Items in shades of red
- * Items representing the fire element with candles and lighting

Bathrooms in Love and Marriage Area

- * Pairs of items (candles, love birds, soaps, etc.)
- * Art or photos depicting romance
- * Colors of reds, pinks and white

Bathrooms in Children and Creativity Area

- * Photos of children or items made by children
- * Items in metal and the colors of white and pastels
- * Whimsical art

Bathrooms in Helpful People and Travel Area

- * Art or figures pertaining to spiritual guides, mentors, helpful people, or of places where you have traveled or want to travel
- * Items that have a powerful personal association with your spiritual beliefs
- * Items in metal and colors of white, black or grey

Bathrooms in Center Area

- * Items in ceramics, the colors yellow, earth tones, and rectangle shapes
- * Art depicting earth tone scenes such as fields, deserts, sunflowers etc.

You can review any of the areas of the Bagua in greater detail in past columns on my website:

<http://www.fengshuibymaria.com/newspaper-columns.html>

We can design our bathrooms so that the Ch'i remains vibrant helping our health, wealth and happiness to flourish!

Affirmations and Inner Work:

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 and written or stated as if they already happened. Sit quietly and ask yourself if you are being drained in some way either environmentally, mentally, physically, or spiritually. If so, the time is now to lift this downward pull on your vitality and stop this drain on your Ch'i. *"I have eliminated negative relationships, and stressful situations from my life."*

Feng Shui at Work:

A client living in a small apartment has her only bathroom in the Knowledge and Self-Cultivation area to the left as you enter her home. She turned it into a lovely meditation area by using the color sage green, art depicting cool forest scenes, and a shower curtain with brocade leaves. She placed a wooden table in front of the toilet holding a small Buddha, bamboo plant, inspirational sayings, and books. The green scented candle soothes and reminds one of a pine forest.

Our bathroom happens to be in the Health, Family and Friends area, a Wood element area. Knowing how important to good health this area is, we enhanced it by painting the walls a sage green (wood), adding beautiful cherry wood cabinets (wood), a large mirror (water, which feeds wood), artificial floral arrangements and art representing flowers. (wood) We further enhanced with black and sage green towels. (water and wood). Having also a balance of the Earth and Metal elements in natural stone counters and rectangular tiles, the room feels perfectly balanced, feels like a spa each time we enter, and our health is thriving.

My most recent client has a large spa tub and a beautiful large bathroom in the Love area, which is a Fire element area. Along with keeping drains closed, I recommended she tie it in with the mauve colors (representing Fire) in

the adjacent master bedroom. She brought in ne mauve rugs, towels, and candles. On the corner of the tub, she had a huge green plant, which seemed to overpower the tub. I recommended she move it to the study located I the Knowledge are which, being a wood area was perfect for the plant. She replaced it with a beautiful pink and red two stemmed orchid. (The two stems represent loving pairs; the red color represents the Fire element and the plant itself represents the Wood element which feeds fire.) The bathroom has a warm glow now, and their romance is stronger than ever.

You can read more about balancing the element on:

<http://www.fengshuibymaria.com/newspaper-columns.html>

Click on Feng Shui Basics, then on 5 Elements

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.”