

EVERYDAY FENG SHUI

Feng Shui by Maria

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Get Centered with Feng Shui

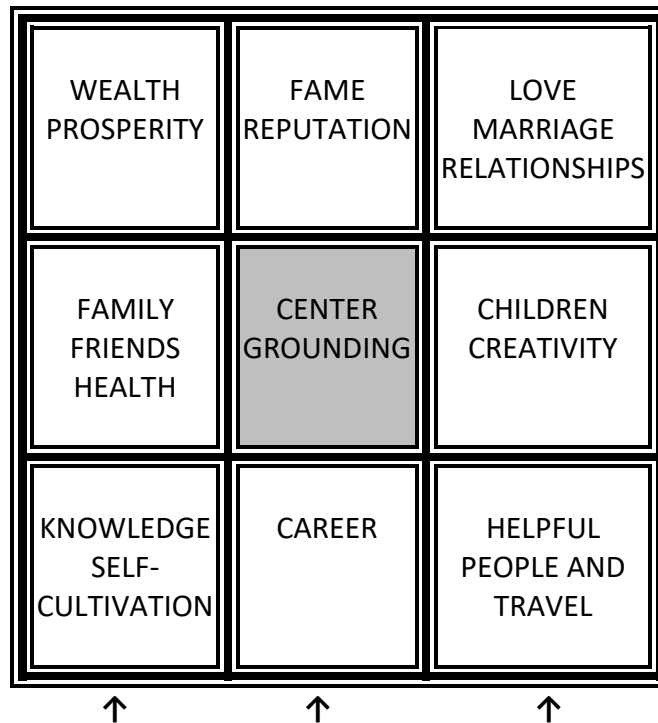
Wow!!! I entered my client's home from the front Career area and immediately found myself in a beautiful glassed-in atrium. What a joy it was to find such an inviting blank canvas in the Center area of her home. It had been vacant, awaiting the consultation, but already had terra cotta tiles on the ground, which were a perfect foundation for our work. We created a beautiful seating area in earthtones and reds, added a rectangular carpet in the similar shades, rectangular cushions, ceramic pots, plants, and art reflecting the earthtones of the Center Earth element. It had sliding doors on three sides, her bedroom, entrance, and family so it could be enjoyed from all over her home. It has become a stunning, comfortable sitting area where she can read, relax, and just feel grounded.

What a wonderful way to celebrate what we call the "hub" of the wheel, the core of the Bagua. This is not one of the eight trigrams but is the "Center" of them. This area is meant to ground and energize the other areas of your life.

The more I delve into the world of Feng Shui, the more grounded I feel. I have had the pleasure of helping many clients enhance their homes, have met many enthusiastic learners in my classes, and have enjoyed sharing this knowledge with readers of my columns. Together we have learned to balance the elements and the importance of the eight trigrams of the Bagua in our lives, plus the ever-important Center.

In the Feng Shui, 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. There is no trigram, or any single facet of life associated with it. As in my example, 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.

The Element for the Center The element for the **Center** is **Earth**, which is represented by the soil. The Earth element suggests the importance of stabilizing your life. It is represented by adobe, brick, tile, ceramic or earthenware objects; the shapes are rectangles and squares; art and colors in yellow and brown rust tones.



ENTRANCE QUADRANT

Interior Enhancements for the Center Area of Your Home or Business (Choose One or More)

- Items in yellow and earth tones and in square or rectangular shapes
- Art or photos representing landscapes, people, or subjects in the color yellow
- A gallery wall of family pictures in rectangular frames
- Ceramics or pottery
- Quotes, affirmations, and sayings pertaining to feeling grounded and centered

Exterior Enhancements for the Center Area of Your Home or Business (Choose One or More)

- A courtyard, patio, or atrium
- Items, flowers, plants in the yellow spectrum
- Ceramic garden art such as tiles, statuary, fountains, pots, and benches
- Square or rectangular shapes

What to Avoid in the Center Area

- Too much of the Water element, which creates a muddied effect when combined with the Earth element.

Sample Affirmations for the Center Area

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.

- "I feel centered and grounded at all times."
- "I am at peace with myself and my decisions."
- "I am safe and comfortable on this earth."
- "My body moves with balance and ease."

Feng Shui at Work:

A client recently had me help create a landscape for their backyard. They felt that this yard with a gorgeous view was not inviting to their guests. 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 recommend comfortable chairs with red tone cushions, and ceramic pots all around with yellow and red plants. As I had anticipated, it has become a lively "hub" for entertaining, and new friends have entered their lives.

Many people have a 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 can feed the soul and act as a grounding force. A client has 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 feels cheery and is 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 down or flow the Ch'i out. Therefore, mirrors or a round faceted crystal can be placed at 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.

I have found that since so much of Feng Shui is about creating a feeling of calm, beauty and joy in one's home, many people experience intuitive Feng Shui as they decorate their home, by living with what they love. An example of this is a recent client who had sent me a picture of her layout ahead of time, and I was troubled to see that her Center was her stairwell. A walk through her beautiful home put my fears to rest. The stairwell walls were a beautiful yellow tone, with earthtone art representing ceramics. At the middle landing she had a large sculpture of a ceramic Buddha, and a small table with ceramic items at the bottom, to give the Ch'i a safe landing space. All this not only adds to the beauty of her home but helps her feel calm and grounded. When I

asked her which area of her home, she liked best, she said “all of it.” Her home definitely nourishes her.

The Center is strengthened when we create harmonious spaces to live, work and connect with the earth; this in turn helps to cultivate a sense of being grounded and centered within ourselves. As Deepak Chopra said, this is when we can reach the highest level of performance.

“The highest level of performance comes to people who are centered, intuitive, creative and reflective – people who know to see a problem as an opportunity.” Deepak Chopra

We have now completed the Bagua. You can review any of the areas in past columns on my website: <http://www.fengshuibymaria.com/newspaper-columns.html>

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.