

**EVERYDAY FENG SHUI**  
Feng Shui by Maria  
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**Finding Balance in Your Life and Home**

The ancient art of Feng Shui is never about focusing too much energy on one extreme or another: it's always about BALANCE. The harmonious interplay between opposite forces is the key to creating happiness. Just as it is important to balance the 5 elements: Water, Wood, Fire, Metal and Earth in your environment, it is also important to balance time and energy in your life and the two extremes YIN and YANG in your home.

**In Your Life:**

Finding balance comes from giving time and energy to the things that build you up and make you feel good about your life. And likewise, eliminating the things that bring you down and stress you out.

Allow yourself to let go of any activity you feel like you SHOULD be doing to better yourself. You don't need to carry around the burden of guilt from all the things you feel like you SHOULD be doing.

Therefore, it's important to take a moment to breathe, and to list what is most important to you in your life. Then attempt to spend your time and energy doing more of the things you love.

Balance will not look the same for everyone. Finding YOUR unique life balance will simplify your life in a way that brings freedom and peace of mind.

In an article on finding balance in your life, Katherine MacLeod lists three ways to begin the inner balancing process.

“Everything that you do directly affects your energy levels. The people that you meet, the food you eat, the weather, the color of the clothes you wear, spending time outside vs. inside and much more. So, if you find that you are unbalanced what is the easiest way to help you create more balance?”

**FOOD.** Hot foods are associated with Yang energy, so those who are Yang deficient should eat spicy food or hot food like soups and stews and teas. Those who are Yin deficient should lean toward cooler foods like fruit, salads and cold drinks like ice water.

**EXERCISE.** Daily gentle forms of exercise are encouraged to support both yin and yang energies to help bring them into balance. This can be Yoga, Walking or Swimming. Just 15 minutes a day will contribute to rebalancing your chi.

**SLEEP.** Restful sleep is KEY to creating balance in the body. Make sure your room is well ventilated and carries a calming energy and be sure not to eat foods that are too heavy before you sleep in case the digestive system works late into the night and disrupts your sleep.”

**In Your Home:**

Balancing the opposing forces in your home will help you in your process of achieving balance in your inner self and consequently your life.

## Balancing the YING and YANG:

The Ch'i that nourishes you, which Feng Shui concentrates on enhancing, is always striking a balance between two extreme forces in the universe called Yin and Yang. Yin relates to qualities such as feminine, dark, cool, soft, wet. while Yang is associated with qualities such as masculine, light, hot hard, dry. Neither is wrong, but a "middle road" or a perfect mix of these qualities makes for environments that nurture you, where you feel comfortable and can thrive. The happiness that you feel inherently, in the balance between these two extremes.

When dramatic architecture and design become expressions of extremes, they can result in a Feng Shui nightmare. Sharp angles, radical proportions and exaggerated forms may be viewed as fabulous artistic features, but they usually don't make cozy habitat for humans. The more extreme Yin or Yang an environment is the more uncomfortable you will feel there. An extreme Yin room is one that is dark and cave like, with dark furniture, dim lighting, and a low ceiling. A very Yang room would be quite large, with a high ceiling and windows that bake the room with sun, and a living space that is furnished sparingly with angular furniture and tables. To balance the Yin room - add Yang components, such as brighter lighting, and lighter pastel colors with angular shapes. You can also bring in large pieces of art or large plants.

To balance the Yang room – add Yin components such as soft upholstered furniture rounded, and/or window treatments in dark, rich colors or prints. You can also bring in numerous pieces of small art, pictures or small plants and flower arrangements.

## What about Individual Tastes?

Sometimes different rooms have different purposes in our lives, and because of that may be inherently more Yin or Yang depending on what we intend to draw from. I have large great room, which is very Yang, with a lot of natural light and high ceilings. Because of the dark rounded furniture and numerous personal pictures and items displayed around the room it feels balanced to me and a source of renewed energy. This is the central hub of my home, and where I do the majority of my entertaining. I love being in there. My bedroom however is more Yin, which to me feels cozy. With its lower ceiling, lower lighting, dark wooden furniture, and burgundy accents, this is the room that I spend every evening relaxing, decompressing, and feeling nurtured. I balanced the Yin by painting the walls a light tan, hanging a large piece of art, and bringing in a large Ficus tree. The armoire is also a very large angular piece of furniture.

The descriptors from the Western School of Feng Shui, below will help you analyze each room in your home. Make a list of how many Yin and Yang qualities a room has and determine if it needs balancing. The key is how comfortable you feel in the room.

<b>Feng Shui Yin Yang Associations</b>	<b>Yin</b>	<b>Yang</b>
Room size	Small	Large
Location in House	Quiet/Private	Noisy/Busy
Room's View	Intimate/Private	Grand
Room's View	Natural	Houses/Buildings/Street
Ceiling	Low	High
Natural Light	Low	Bright
Electrical Light	Dim	Bright
Open Floor Space	Small Amounts	Large Expenses
Floors	Carpeting/Rugs	Tile/Cement/Stone
Wall Colors	Medium/Dark/Muted	Light/Bright
Furniture	Many Pieces	Few Pieces
Furniture Colors	Medium/Dark/Muted	Light/Bright
Furniture and Décor	Small	Large
Furniture and Décor	Low	High
Seating	Soft/Padded	Hard/Unpadded
Furniture Shapes	Curved/Rounded	Straight//Angular
Patterns	Floral	Geometric
Fabrics	Textured	Smooth/Shiny
Design	Elaborate/Ornate	Plain/Uncomplicated
Display Collections	Many	Few/None
Art	Many Pieces	Few
Art	Small	Large
Pillows	Many	Few
Books	Many	Few
Mirrors	Small	Large
Plants	Many	Few
Storage Areas/Closets	Organized	Chaotic/Disorganized

Remember that Feng Shui is LIVING WITH WHAT YOU LOVE. Use the Bagua map to determine which area of your life need balancing, then use the Yin/Yang chart to help you make a few changes.

<b>WEALTH AND PROSPERITY</b>	<b>FAME AND REPUTATION</b>	<b>LOVE AND RELATIONSHIP</b>
<b>HEALTH, FAMILY AND FRIENDS</b>	<b>CENTER AND GROUNDING</b>	<b>CHILDREN AND CREATIVITY</b>
<b>KNOWLEDGE AND SELF- CULTIVATION</b>	<b>CAREER</b>	<b>HELPFUL PEOPLE AND TRAVEL</b>

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Entrance Quadrant

Affirmations:

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 which are expressed as if they are already happening are very important. Examples of affirmations for balance: “I feel well rested and am enjoying doing the things I love.” “My house nourishes me. I have a good balance of Yin and Yang.”

Feng Shui at work:

For the most part, we humans are lovers of a balance of Yin and Yang, and we will instinctively place ourselves where things are “just right.” A client had an interior room as a home office. Although it had been elementally balanced to control all the wood, it had no windows, and low lighting, and consequently left the person tired and stressed by the end of the day. The solution came by adding a Yang feature in the form of a “Light Tube” in the ceiling of the room. This is an inexpensive form of a skylight, which lets in a great deal of natural light. My client expressed more energy and loves working in his office now.

Remember that Feng Shui is LIVING WITH WHAT YOU LOVE. As I stated before, there is no right or wrong. Balancing is not about changing the room as a whole; sometimes just adding a few simple items creates a good balance.

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put “Feng Shui” on the subject line, or visit my website at [www.fengshuibymaria.com](http://www.fengshuibymaria.com), (where you can read past columns), or Facebook “Feng Shui by Maria”, where I post pictures as examples to enhancements.

**Classes:**

I will be teaching a series of **three in person classes** through Acalanes Adult Ed:

“Feng Shui for Prosperity”

Thursdays, Oct. 7 - Oct. 21 1:00-3:00 pm

You can register online at [acalanes.k12.ca.us/adulted](http://acalanes.k12.ca.us/adulted) (Participants will receive \$50 off a home consultation.)

\* **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](http://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.”