

EVERYDAY FENG SHUI
Feng Shui by Maria
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In Time for School - Increase Focus with the Feng Shui Metal Element

I can't believe my grandson is entering Middle School this year. When I started writing these columns he wasn't even born. He will be facing many new challenges, and my daughter has been preparing him in numerous ways like reviewing the academics he may have forgotten over the summer, reading numerous books, and prepping him on his new school protocols. But for him to have a successful school year, increase his creativity, and focus she's also enhancing with the Feng Shui Metal element.

The Feng Shui elements: Wood, Fire, Earth, Metal and Water are considered the building blocks of everything physical on earth. Each has its own effect, and purpose in the environment, and consequentially on your life.

The Feng Shui Metal element relates to clarity, focus, logic and critical thinking. It helps with planning and completing projects and focusing your mind. Too little Metal in your environment can lead to indecisiveness, and procrastination.

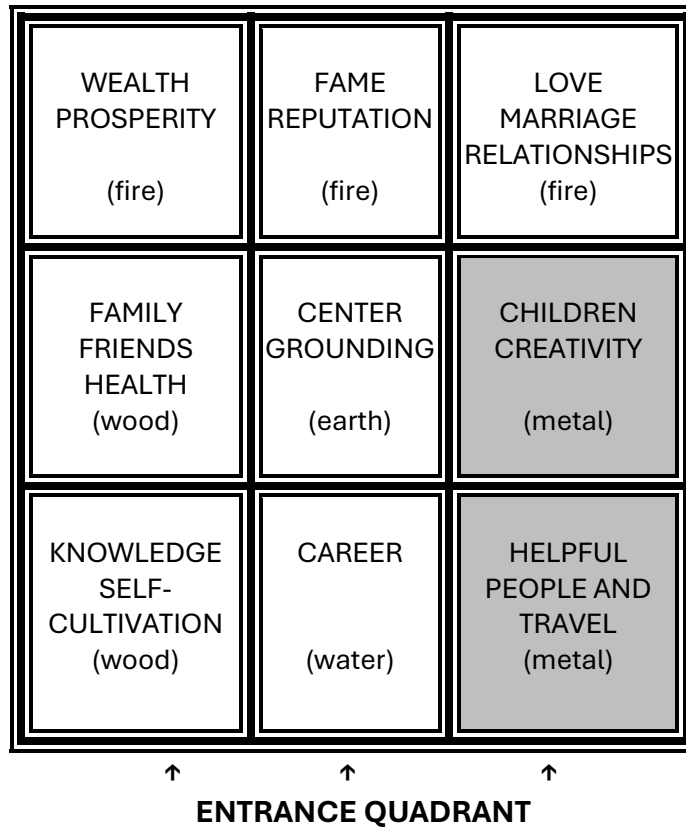
Enhancing the Metal element in your home can help your children, as well as yourself, simplify your lives, access creative thinking, and take advantage of new opportunities coming your way. It is also known for calling in help from supportive people in your life. This can be especially true for your child's teachers in this new school year.

Metal is represented by:

- Colors: White, gray, pastels
- Shapes: Circles, globes, curved arches
- Items: All items made of metal, natural stone, natural crystals
- Art: Representing mountains, stones, or anything in the shades of gray and white

Metal and the Bagua

The Feng Shui Bagua 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." Each sector of the Bagua is represented by one of the elements. The areas governed by the Metal element are Children and Creativity, and Helpful People and Travel. These areas are in the right middle side and front right corner of your home.



Although these two areas of your home are governed by the metal element, adding a bit of metal to all areas of your home creates a nice balance.

The Metal element in the Children and Creativity Area can affect many aspects of your life. It can be enhanced for your children's well-being as well as to express your own personal creativity and whimsy. The following suggestions will help you achieve a calm and creative environment for success.

Inside enhancements for the Children and Creativity area:

- Begin by decluttering the space.
- Add shades of white and pastels.
- Enhance with art representing children or created by children, as well as fun, whimsical art. This area is a great place for a craft room to exhibit creativity.
- Display pictures of your children, as well as items associated with your childhood.
- Add items made of metal, and items in circular or arched shapes.
- Add your affirmations calling in success and creativity.

What to Avoid in the Children and Creativity area:

- Too much of the color red, representing the Fire element which melts metal.
- In children's rooms, avoid a lot of active decorations and colors. Focus more on pastels and calm colors.

Children sleep better in serene environments. Being surrounded by clutter, bright colors, and an excessive number of toys and other stimuli not only affects their behavior but their sleep. Like the master bedroom, this room is designed for rest and nourishment. It's important that the enhancements you choose create a peaceful atmosphere.

The Helpful People and Travel area of your home or business is also associated with the Metal element and deals with synchronicity. When everything is aligned, people and places give us the inspiration and guidance we need. This is total synchronicity . . . everything falling into the best place possible! This is so important when starting a new school.

Inside enhancements for the Helpful People and Travel area:

- Items in the colors white, black, or gray and circular in shape
- Art, photos, or figures pertaining to spiritual guides, mentors, or helpful people
- Photos or mementos of special places where you have traveled or want to travel
- Items made of metal such as furniture, lamps, frames, figurines
- Quotes, and affirmations pertaining to synchronicity, helpful people and travel

What to Avoid in the Helpful People and Travel Area

- Too much of the color red, animal prints, and cone or triangle shapes representing the Fire element, which melts metal
- Anything that blocks synchronicity such as piles of clutter, unopened mail, dead or dying plants

A Missing Helpful People and Travel corner:

In Feng Shui it is important that the four corners of your home are inside the Bagua, but in Western homes some of these corners are missing. If your Helpful People and Travel area is missing from your floor plan, you can anchor the area by doing one or a combination of the following cures: Anchor the missing area structurally using the metal element wherever possible, such as building a trellis or deck, planting flowers in a flower garden or planter boxes in white, adding a large stone statue of a spiritual guide or placing a large rock on the corner, or a metal seating area. If the area outside is not accessible, you can symbolically anchor from the inside, and push the walls back, by hanging a 30 mm round faceted crystal, placing a mirror, and/or a picture representing helpful people or travel on the inside wall adjacent to the missing area.

Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home. All enhancements need to be made with intentionality and written or stated as if they already happened. Examples of affirmations for the Metal areas: *“My children are experiencing success at school,” “My children’s teachers are in tune with their needs and helping them succeed.” “Creativity and focus abound in our home.”*

Metal energy gives you the power to create structure, boundaries, and take control of your life. As school begins, prepare your children to enhance their productivity, mental acuity and creativity. Bring the Metal Element into your home and set yourself, and your children up for success.

Feng Shui at Work:

My daughter created a craft area for our granddaughter in the Children and Creativity area of the house. She added a white craft table with a white pegboard complete with metal holders for all her brushes and pens. A metal pastel and white rolling cabinet has numerous drawers for papers and books. Our granddaughter's creativity is thriving and everything is in its own space.

I was asked to do a home consultation at the home of a couple who were concerned about their son's lack of energy and motivation at school. When asked what areas of their home they liked the least, they indicated the bedrooms at the right. When we walked through the room in the Children and Creativity area, I noticed it was being used for storage, while their son's room, in the Knowledge and Self Cultivation area was messy and a drain on their peace of mind. I recommended moving their son's bedroom to the Children and Creativity area, decluttering the room, hanging a crystal to move the energy, and adding a white desk facing the door, a metal bookcase for his books and supplies, a whiteboard calendar for his appointments and assignments, and a white bedspread with grey accents. The son became excited about hanging inspirational saying, pictures of mountains, and posters signifying success. (Metal for renewed energy.) My clients then decluttered and enhanced the Knowledge and Self Cultivation with blues, greens, and calm wooded scenes. (Wood element area) She cleared a lot of her storage items and created a sewing room for herself. The refocusing of their energies to clear, and enhance the rooms revitalized them. Their son loves his room and is succeeding at school, and she is able to get back to the sewing she loves. A Feng Shui win-win!

My book is now available for purchase on my website. For immediate delivery order from the Book Baby link.

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, and now author of the book, ***“Empower Your Life Through Feng Shui – An Easy Eight Step Guide to achieving Your Goals.”*** 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. Maria specializes in residential, landscape and business consultations. She offers virtual consultations nationally and internationally, as well as in person local