

EVERYDAY FENG SHUI

Feng Shui by Maria
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Friendship and Feng Shui

Last month I had the honor of being a guest speaker at the Benicia Friendship Club's monthly luncheon meeting. This philanthropic club, of over 120 members, does so much for the community. It has a rich history of fostering community spirit and supporting local charitable causes and to promote and support educational, community, and civic projects. The club's mission includes fundraising for local charities, awarding scholarships to students, and organizing social events that strengthen community ties. The Benicia Herald ran a front-page article about them on Nov. 16.

My speech was an introduction to Feng Shui, especially focusing on the importance of the Bagua in locating areas of one's life and then enhancing them to allow for a better quality of life.

Whether you realize it or not, your home environment is constantly either supporting or draining your energy. Making a few simple changes within your home can have an immediate and powerful effect on your personal energy levels, as well as the quality of your life. I call it "empowerment through environment!"

To correctly tap into this support system, you need to begin with Feng Shui's most powerful tool.

Feng Shui Tool for Environmental Enhancement - The Bagua

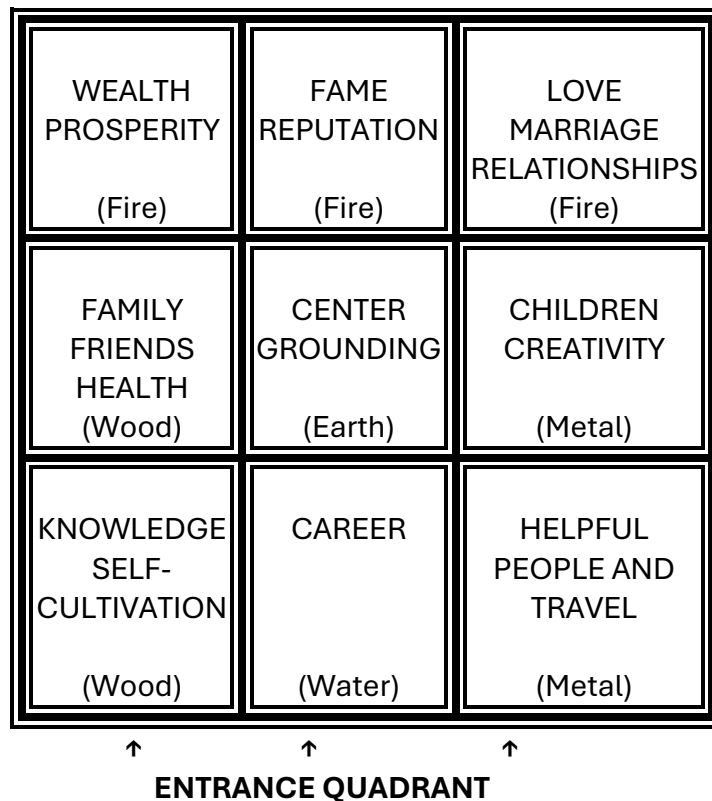
The Bagua comes from the Chinese Book of Changes, "The I Ching," and literally means "eight trigrams" The ninth sector is the hub of the home and the area that grounds and energizes the surrounding area of the Bagua. The early practitioners believed that the physical arrangement of the Bagua area in their homes corresponded to the quality of these areas of their lives. These trigrams form the basic building blocks, or treasures that hold the most significance in our lives: Career, Knowledge/Self-Cultivation, Health/Family/Friends, Wealth/Prosperity, Fame/Reputation, Love/Marriage, Children/Creativity, and Helpful People/Travel. Each of these building blocks is represented in the Bagua map and is formed around a ninth sector which is the overall center, or grounding element of your life.

From these ancient teachings we have learned that Feng Shui enhancements can be applied to a home environment in simple steps. The first is to overlay this grid over the layout of your home to locate the areas that correspond to the Bagua's nine sectors. The next is to make "enhancements" to these areas, such as clearing clutter and arranging items with intention. You create a supportive environment by decluttering and enhancing the spaces in your home to help circulate the positive energy called Ch'i.

Using the Bagua:

This grid, illustrating the nine sectors of your life, is intended to be superimposed over the floor plan of your home. The home's main entrance is always located at the bottom of the grid (in the Knowledge, Career or Helpful People sectors.) Once you have identified where your entrance falls in relation to the map, you can identify where the remaining areas of your environment fall. Now your home can begin to tell the story and shed some light on issues you may be facing in your life.

If your life is working perfectly then you're probably already intuitively practicing Feng Shui, and you have balance and positive energy flowing through your home. However, if any of the sectors or building block areas are not supporting you and causing you stress then personal enhancements using the Bagua Map are the way to go. The key is to activate and keep the Ch'i flowing through your home.



Positive Personal Enhancement Suggestions for Bagua Areas:

Career (Front Center)

Enhance with:

- Colors: black or very dark colors
- Shapes: asymmetrical
- Items: glass or crystal, mirrors, career images, symbols
- Art: depicting water scenes; flowing water such as rivers, waterfalls, oceans

Knowledge and Self-Cultivation (Front Left Corner)

Enhance with:

- Colors: blue, green, black
- Shapes: vertical stripes
- Items: wooden; healthy plants with rounded soft leaves; images and symbols of knowledge such as books; representation of deities, inspiring people
- Art: depicting forest scenes, nature scenes, mountains, peaceful places

Health, Family and Friends (Middle Left)

Enhance with:

- Colors: blue, green
- Shapes: stripes, columns
- Items: healthy floral arrangements; items in wood, photos of family, friends, or representing perfect health
- Art: depicting vibrant flowers

Wealth and Prosperity (Back Left Corner)

Enhance with:

- Colors: purple, blue, red
- Shapes: cones, triangles
- Items: items that “call the Ch’i,” such as flags, wind chimes, whirligigs; flowing water features (fountains, waterfalls, aquariums); opulent items in purple shades, round-leaf plants
- Art: depicting wealth, abundance, such as pictures of lavish houses, boats, cars, family heirlooms or gatherings; art in shades of purple, such as a picture of a lavender field

Fame and Reputation (Back Center)

Enhance with:

- Colors: reds
- Shapes: cones, triangles
- Items: diplomas, awards, and acknowledgments, uplifting, inspirational sayings
- Art: depicting fame, such as famous people, celebrations, toasting, dancers, winners, animals, people, fire, the sun

Love, Marriage, and Relationships (Back Right Corner)

Enhance with:

- Colors: red, pink, white
- Shapes: cones, triangles
- Items: candles, lovebirds, hearts, vases in pairs
- Art: objects, paintings, or photos of your significant other, depicting romance or pairs such as flowers, animals, couples

Children and Creativity (Middle Right)

Enhance with:

- Colors: white and pastels
- Shapes: curves and circles
- Items: creative images and symbols, whimsical items, toys, stuffed animals, arts and | crafts supplies, photos of children, metal objects
- Art: whimsical art or art made by children

Helpful People and Travel (Front Right Corner)

Enhance with:

- Colors: white, black, gray
- Shapes: curves, circles
- Items: spiritual images and symbols; metal, natural rocks, stone, and reminders of travel
- Art: depicting spiritual guides, mentors, helpful people, or desired travel locations; pictures of mountains

Center and Grounding (Center of Your Home)

Enhance with:

- Colors: yellow, earth tones
- Shapes: squares, rectangles
- Items: ceramics, tiles, bricks
- Art: anything depicted in earth tones such as deserts, wheat fields, yellow trees, sunflowers, or depicting squares or rectangles

Feng Shui at Work:

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, shapes and adds or removes items accordingly. She loves the way her house feels; it’s totally supporting her and her life.

Another client had her child’s room in the Wealth corner of her house. He wasn’t neat, and she was concerned that the area was draining her prosperity. We determined that the child was old enough to choose shades of blue, red or purple for his room. She created an organized storage system for toys and clothes, hung a picture of a tree with rounded leaves to indicate prosperity growth. She gave him a beautiful aquarium to signify flowing water and prosperity and gave him a large piggy bank with coins. He chose pictures of planes, boats, and cars. They both had fun with it and her prosperity increased.

Affirmations:

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 have an abundance of wealth and prosperity flowing into my life.”*

The holiday season is especially made for connecting with friends and family. This can also be a wonderful time to connect with your home, to improve your quality of life for the new year.

Blessings and Happy Holidays.

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.

My book is now available for purchase on my website, and at Bookshop Benicia.

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* **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