

## EVERYDAY FENG SHUI

Feng Shui by Maria

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### Feng Shui Holiday Ideas While Staying Safely at Home

I'm sure we're all ready to put the year 2020 behind us. As the Corona Virus progresses, many are continuing to practice social distancing, self-isolating when exposed, and quarantine in some cases. Staying connected to those you love, but cannot physically be with, is very difficult. It's often hard to replicate the joy experienced through quality time with friends and family, and while technology has made it easier than ever to stay in touch, nothing beats giving someone you love a hug. This is especially difficult during the holiday season, and this year especially we need to find the best ways to celebrate the holidays at home. This is a time of decorating and selecting the right gifts; both of which can cause unneeded anxiety, especially now – but not if you let Feng Shui guide you.

Feng Shui, the ancient Chinese art of using your environment to help you create peace and harmony in your life is based on the concept of creating space for Ch'i, the positive energy to flow in. This energy is what you need to help you “breathe” through the holiday season. By using Feng Shui principles in your decorating and gift giving you can relax and enjoy this special time.

### Feng Shui Holiday Gift Advice

If you're like me, you have so many people to shop for but now the gifts, delivery, and types of get together take on a different meaning. Here are a few suggestions which have positive meanings in Feng Shui, will help nourish the receiver with Feng Shui energy, and are applicable for shut ins:

- 1) Support you local businesses by purchasing gift cards and certificates to be used later
- 2) Healthy plants or flowers help clear the home's air flow and add positive Ch'i
- 3) Educational games will provide children with hours of fun and learning
- 4) Streaming services can provide hours of interesting movie watching
- 5) Meditation or sleep aps. can help relieve anxiety
- 6) Meal kits so that shut ins can experience fun, new dinners
- 7) Masks can be personalized to people's interests
- 8) Fleece blankets are always fun to snuggle with
- 9) Gloves and fun socks to keep them warm
- 10) Boxes of sweets or savory items are always welcomed
- 11) Books for adults and children for hours of reading enjoyment
- 12) Special ornaments can be ordered with pictures and personalized
- 13) Exercise equipment to help create home gyms
- 14) Art and craft kits for both adults and children
- 15) Coloring books are another great way to meditate
- 16) Grocery store delivery gift cards can help shut ins stay safe while choosing favorite items
- 17) Board games for hours of family fun
- 18) Candles to add a glow of positive energy
- 19) Pictures in frames are always great ways to share memories

For family and friends I try to keep notes of what they like or need throughout the year. Otherwise I focus on consumables, like gourmet food baskets or bath products. I've also loved having items personalized for them which in Feng Shui represents a special connection.

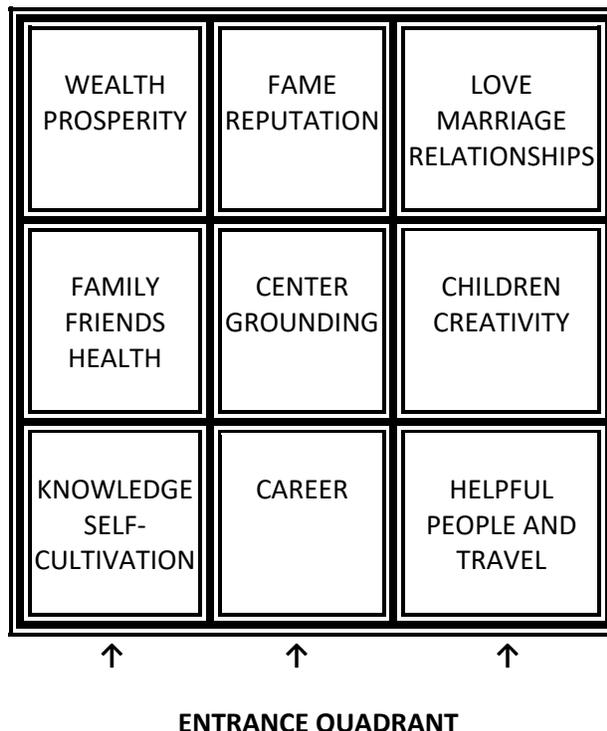
Whatever you give, give with love and gratitude, especially during this time of isolation. It will all come back to you!

### Holiday Decorating Enhances Your Space

Whether you decorate with a Menorah or Christmas tree, the objects you bring in to your home for the holidays will represent energy. Menorahs add fire to any room, Christmas trees represent growth, and all the bright colors, lights, garlands, and traditional objects make the home's energy flow easily and create an environment for family gatherings. As you decorate think about using the Feng Shui Bagua to help guide you in placement. You can use the Bagua on the whole house, or for a particular room. Place the Bagua over the entry of the room and use the attributes of each area to guide you in altering that room's energy by selecting the areas where you place your decorations: Green for family growth, red for action, pink for relationship, white or metal for intuition, purple for abundance, blue for knowledge and yellow for centering and good health.

### The Bagua

The Feng Shui Bagua (Ba-gua) 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 being for centering and grounding.



### Career Area (Water Element)

Items in items in black or very dark colors, glass/crystal items, water features

### Knowledge and Self Cultivation Area (Wood Element)

Items in wood, the colors of blues, greens, plants (great location for Christmas tree)

### Friends/Family/Health Area (Wood Element)

Floral arrangements or art depicting vibrant flowers, photos of family, friends health (gathering spot for family)

### Wealth Area (Fire Element)

Opulent items in the purple color spectrum, Healthy, round leaf plants (great location for presents)

### Fame Area (Fire Element)

The colors red, items representing the fire element with candles and lighting

### Love and Marriage Area (Fire Element)

Pairs of items, art or photos depicting romance, reds, and pinks

### Children and Creativity Area (Metal Element)

Items in metal, colors of white and pastels, whimsical art, pictures of children

### Helpful People and Travel Area (Metal Element)

Art or figures pertaining to spiritual guides, angels, metal and colors of white, black or grey

### Center Area

Ceramics, the colors yellow, earth tones, and rectangle shapes

As you can imagine, your holiday decorations can fit easily in all these areas. Christmas trees work well in Knowledge and Family and Health, but because of all the colors, lights, garland and ornaments can represent all of the elements and act as five element displays wherever placed. This is a win – win! Menorahs representing fire enhance any of the three fire areas, but like the Christmas tree, depending on the colors and what it is made of they can also hold all of the elements. You really can't go wrong with holiday decorations!

### Important Feng Shui Tip

Clear the clutter from the room before you begin decorating, and keep it clutter free. This will help your calm, holiday energy flow and prevent your holiday communications from being "messy."

### Feng Shui at Work – Activities During Quarantine

Whether you're home alone, or with your immediate family, there are a number of fun, festive activities which you can enjoy. Here are but a few ideas:

- 1) Work on family holiday puzzles
- 2) Bake together
- 3) Create festive holiday cookies
- 4) Video calls to your friends, families and even Santa
- 5) Video cocktail parties
- 6) Work on holiday crafts

- 7) Create commemorative Christmas ornaments
- 8) Read Christmas books
- 9) Create homemade gifts and mail them to loved ones
- 10) Sing along with Karaoke
- 11) Have discussions with conversation starters
- 12) Watch holiday movies
- 13) Take a drive to look at holiday lights

A friend decorates for Christmas by bringing in a myriad of stuffed bears. She places most of them in her Knowledge and Self Cultivation area of the house where she has her Christmas tree and holiday decorations. Most of these bears are vintage and hold many wonderful family memories. She liked the look so much that she kept some out for the rest of the year. They add a familiar coziness to her home. This year when she video chats with her extended family, she can sit in front of her bears to help share the memories.

#### 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 have already happened are very important, *"I have many blessings this holiday season." "Our relationship is strong and will guide us through this more stressful experience."*

#### Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Spending this shut in time contacting friends and family by phone, cards, or virtually will lift everyone's spirits. Sending gifts as those suggested will warm a shut in's heart and break the loneliness. Stay well and stay connected.

I wish you a holiday filled with good health, safety, family, friends (whether virtually or together) peace, harmony, happiness. This will end eventually and you'll be able to give your loved ones a much needed hug. Wear your mask, stay home and stay safe.

#### Classes:

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

"Feng Shui for Prosperity"

Thursdays, Jan. 14 - Jan. 20 1:00-3:00 pm

You can register online at [acalanes.k12.ca.us/adulted](http://acalanes.k12.ca.us/adulted) (Participants will receive \$40 off a home consultation.) and I will see you on Zoom!!

\* **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."