

EVERYDAY FENG SHUI

Feng Shui by Maria
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Visualize What You Want for 2020 – Feng Shui Can Help You Achieve It

A decade has passed, and a new one is just beginning. This is a perfect time to set new goals for yourself. What do you want to see happen this year? You have the power to realize your goals. With the use of some simple Feng Shui strategies your dreams CAN come true. In the teachings of Feng Shui there is the belief that that if you create a place where your dreams and goals have a home, they are more likely to manifest themselves.

One very important Feng Shui tool is the use of visualization.” If you picture it, it is more likely to happen.” One easy and fun way to visualize is to create a vision board for your goals. Vision Boards are simply a collection of images, words and objects that represent a physical manifestation of your feelings and thoughts; creating a doorway from the unseen to the seen. They are known to produce profound results, both those expected as well as unexpected.

How To Create a Vision Board:

A Vision Board is a very personal, individualized representation of your hopes and dreams, so no two are alike.

- Begin with a board (11x14 or 8 ½ by 14 are the most practical sizes, but anything goes).
- Think of your life in the course of a year, a season or an event, or even a loftier lifetime goal, then close your eyes and visualize exactly what you want to happen, how you want to feel.
- Cut out images from magazines, calendars, maps, postcards, photos that represent these goals.
- You can make it 3 dimensional by adding glitter, string, stickers, shells, rocks, magnets, beads etc.... Remember you have freedom in creating YOUR board.
- Use a glue stick, glue gun, tacks, white glue, tape etc. to adhere items to the board.
- Add inspirational words that are very specific to your goals. Words are very powerful; they turn ideas into action. Therefore, they need to be always kept in the affirmative. Positive, uplifting statements only. Focus on what you want your life to look and feel like, not what is happening now. Picture what achieving your goals would feel like and use words and pictures to capture that feeling.
- Add specific affirmations that you write yourself, as if the goal has already happened.
- If you want to create a board with quantitative goals, add sticker dots to each one as you achieve them. (A real estate agent had a goal of selling 10 homes that season. She placed a dot on her board each time she sold one. This way she could honor her achievements and watch her goal manifest itself.)

The key is to keep it realistic. Can you say “yes” to everything on your board, or do you need to set a more achievable benchmark for the yearly timeframe? Your board has to have substance and you should be able to check off benchmarks as they are achieved.

You also can create a vision board for a loftier goal and look at it often as a reminder to stay on track. For example, if your ultimate goal is to be president of a company, as you go through daily life ask yourself, “Is this what a president of a company would do?”

These are but guidelines; there is no right or wrong to creating a vision board. It is a personal representation of YOUR goals; therefore, it has to speak to YOU.

Connecting Your Vision Board to the Bagua:

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the ninth area being the ever-important

Center, or hub. It is known as an environmental treasure map, helping you locate specific energies in your home. Incorporating these areas in your vision board helps to connect with emotional energy.

No matter what your goal is, placing a picture, affirmation or word in the area of the map connected to the Bagua area will make it more powerful.

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

ENTRANCE QUADRANT

- Health/Friends/Family - Represents strength, vitality, growth (Items in wood, the colors of blues, greens, flowering plants and pictures of people in a healthy state)
- Wealth/Prosperity - Gratitude and abundance (Opulent items in the purple color spectrum, healthy, round leaf plants)
- Fame - Integrity, how you are seen, where you glow (The colors red, items representing the fire element with candles and lighting)
- Love/Marriage - Receptivity and intimacy (Pairs of items, art or photos depicting romance, reds, and pinks)
- Children/Creativity - What makes you happy, childlike, creativity (Items in metal, colors white and pastels, whimsical art, pictures of children)
- Helpful People/Travel - Synchronicity, being at the right place at the right time (Art or figures pertaining to spiritual guides, angels, metal and colors white, black or grey)
- Career - The power and depth we have within, following one's bliss (black or very dark colors, glass/crystal items, water features)
- Knowledge/Self Cultivation - Personal growth, honoring the ability to self-enrich and be at peace (Items of wood, colors blues and greens, pictures of tranquil wooded landscapes and trees of)
- Center- Grounding and centering (Ceramics, the colors yellow, earth tones, and rectangle shapes)

Ch'i Flow:

Ch'i is the life force vital energy that flows through your home and energizes you. Keep the vital energy in your board by facing pictures and pointing words toward the center, which represents you. If you want a specific amount of energy to be focused on one area of your board, (for example Love) your pictures and words can point to that area.

You're done! Display your board in a location where you will see it every day. This will keep you grounded, help you grow and remind you of what you are grateful for. It will help you create order out of chaos. Once you have achieved the goals on the board, update it or create a new one. This is not an event – it's a journey. Enjoy the journey and the unfolding of your life.

Feng Shui at Work

A client of mine has a very important business in town, empowering women to love themselves, and overcoming disruptive love patterns when choosing their soulmate. One very powerful tool they teach their clients to use is a love vision board. I have had the pleasure of doing Feng Shui consultations for several their clients, and each time I see beautiful, personalized vision boards depicting love, empowerment, soulmates and marriage. Many of these clients have found their soulmates and have gotten married. There is so much power in visualizing your dreams using vision boards. You can seek out these valuable trainings for yourself at johnnyandlara.com or Life Launch Training, Benicia. I recommend it!

Whenever we have a home construction project, I always create a vision board. In the Center I place a colored version of our architectural plan on a yellow background, representing the finished product and grounding element. I put pictures and affirmations in all area representing the Bagua all pointing to the center. Most important for this project in the Knowledge area I put the business card of our contractor. In Wealth I put a log of our budget and the word AFORDABLE. In Love I placed pictures of a pair of items, as well as the words WE LOVE THE FINISHED PRODUCT. In Children/Creativity I have the card of our designer. In Helpful People I have the names of all friends and contractors who have advised and worked on the project. Additional words such as COMPLETED, EASY REMODEL, NEW AND IMPROVED. I placed the board where I can see it daily. I'm happy to say that all my projects have been very successful. I'm sold on vision boards!

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. Examples or affirmations for a Vision Board event:

"The remodeling project is completed smoothly and within budget." "I have found my soulmate." "I got hired for my dream job."

Make this year the one where your dreams come true. Visualize it and it will come!

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 for the new year!

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 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.”