

EVERYDAY FENG SHUI

Feng Shui by Maria
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Life Can Turn on a Dime – Feng Shui Can Bring Peace

Six years ago I wrote a column called the Circle of Life, because in one week my first grandchild was born and my mother passed away. Since then, I have witnessed more loss and experienced more grief. I've lost a few dear friends, family members, grieved with a friend over the loss of her child and another over the loss of her husband. I've watched friends valiantly battle, and beat cancer and am even comforting my dear cat with a terminal tumor. All of these share the common thread of grief, yet how it's handled is different for everyone.

I have learned that life is not for sissies... When we experience any kind of devastating loss feelings may arise within us that are overwhelming to cope with, but it is important to remember that the grief we are feeling is not a permanent state of being. The cycles of grief often move in spirals, sometimes circling forward and then back again. You may even experience moments of strength, faith, and laughter in between, it is all part of the dance of life. While these emotions seem to come and go sporadically, it is important to feel them, accept them, and allow them to flow. With time, patience, and compassion, you will eventually find your center again.

While grieving a loss is an inevitable part of life, there are ways to help cope with the pain, and in your own time, find a way to move on with your life. Some common suggestions are:

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.

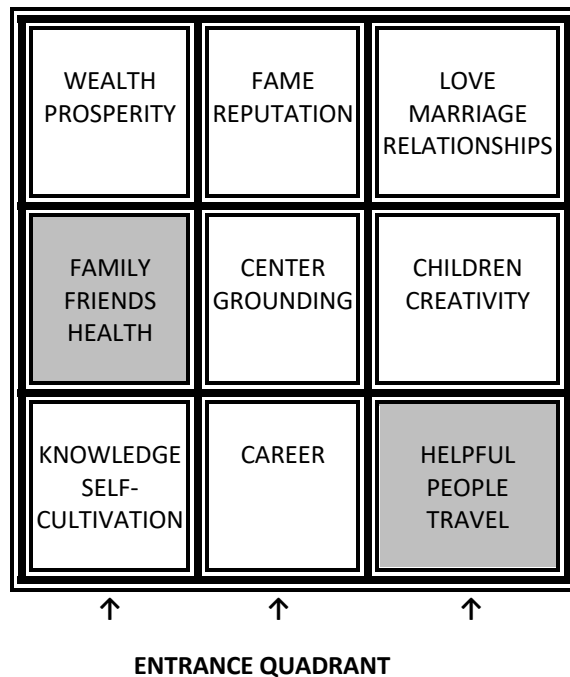
The Help of Feng Shui

Another important way to help cope with the pain of loss is through the nurturing qualities of Feng Shui. Feng Shui, the Chinese art of placement, which has been practiced for over 3,000 years, offers roads to transformation. When simple enhancements are applied to a home many positive results occur. While grieving, the support of loved ones and helpful people can uplift your spirit and keep you healthy. Using the Feng Shui Bagua, which identifies all the treasures of your life, you can identify the health and helpful people areas and use their power to help in healing.

Healing, Supportive Areas of 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.

The left middle side of the home is the sector devoted to Friends, Family and Health, and the front right corner is devoted to Helpful People and Travel.



Family, Friends, Health Area

This is a healing area. Enhancements in this area are particularly helpful if your health or someone else's needs a boost, if you want to improve the health of someone, or if you want to help heal your grief.

Enhancements for the Health/Family/Friends area inside your home or business:

- * Fresh cut flowers or flowering plants in all colors
- * Art or photos of family and friends in a happy healthy state
- * Items in the colors of blues, greens
- * All floral prints, such as floral linens, upholstery, and wallpaper
- * All things made from wood
- * Quotes, affirmations and sayings pertaining to ideal health and family
- * Other things that have personal associations to health and family such as mementos, athletic awards, heirlooms etc...

Helpful people and Travel Area

This is a supportive area. Enhancements in this area are particularly helpful if you need the support of others during your grief, or you are looking to relocate or travel.

Helpful People and Travel Area

- * Natural stones of any kinds or pictures of large stones such as mountains
- * Art and items in white and grey colors depicting spiritual guides, mentors, travel locations
- * Circular, arch shapes
- * Items made of any kind of metal
- * I have told clients that this is a good location in a home for an urn with ashes as they can be considered your angels

Missing Health/Family/Friends or Helpful People Areas:

If your Health/Family/Friends area is missing from your floor plan – You can anchor the area by doing one or a combination of the following cures: planting flowering plants outside of the missing wall, placing a mirror on the wall, or hanging a 30 mm round faceted crystal in front of the wall to symbolically “push the wall out”. If you're missing the Helpful People corner anchor the area outside with a boulder, a statue of a spiritual guide, a white or grey round pot with a white flowering plant, or hang a round faceted crystal along the inside wall.

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. Examples for Health, Family, Friends and Helpful People: *"I am surrounded by supportive people."* *"I feel the love and am transforming."* *"I have many travel opportunities."*

Feng Shui at Work:

In the I Ching the blessing of the Health, Family and Friends and Helpful People areas of your home refer to the unexpected shocks or sudden unforeseen problems that can cycle through our lives. Good health and supportive relationships with our family and friends assure as much as possible that we will persevere through the bad times of life. This solid foundation also provides the springboard for expansion, growth, and happiness. With the outpouring of support and love from friends and family you will gather the strength to move on.

After the passing of her best friend, a client filled her home with flowers then gathered together her community of support for a ritual of saging her Health, Friends and Family Area and telling stories about the sweet, silly, or loving things the person did. They spoke of their courage, perseverance, and contributions to their lives. They laughed and cried. They honored what their friend stood for and promised to carry that forward. She told me that showed her how wonderfully supportive her friends and family were during her most difficult time and that she truly felt a circle of love.

A good friend recently lost her husband to cancer; he was the love of her life. She talked about a re-emergence, a slow, graceful transformation into life, one step, and one moment at a time. She has surrounded herself with the love of her community and has chosen to travel back to the home she and her husband have in Hawaii where she'll find peace and healing. Just before she left she enhanced her Helpful People and Travel area with a new white, metal washer and dryer. Without even knowing it, this Feng Shui enhancement will help her on her new journey.

Recently my Feng Shui teacher, Terah Collins, posted a Harper's Bazaar.com article on flowers. It states that research has shown that having fresh flowers in your home can actually reduce levels of pain and stress. Not only that sending flowers to a grieving or ill person will help uplift their spirit, but a study performed by the American Horticulture Society found that people exposed to flowers had lower blood pressure and heart rate and lower ratings of pain and anxiety. This is why enhancing your Health Area with vibrant, healthy flowers is so beneficial during dark periods of your life.

Although loss is not comfortable, it can provide an amazing marker in life for incredible transformation. Look for the lessons to be learned in your situation about yourself and in life. What can you do to overcome and survive? Vow to use your loss situation to generate the energy to become more. Let Feng Shui help you on your journey. Blessings!

Classes:

I will be teaching a series of three classes, "Feng Shui for Prosperity" through Acalanes Adult Ed:

Tuesdays April 23 - May 7 1:00-3:00 pm

You can register on line at acalanes.k12.ca.us/adulted (Participants will receive \$40 off a home consultation.)

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 and learn more enhancement ideas), 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.

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."