

EVERYDAY FENG SHUI

Feng Shui by Maria
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Feng Shui Cures for Slowing Rivers of Ch'i

"The stairs are set right in front of my first door! I heard that's bad Feng Shui. What can I do?"

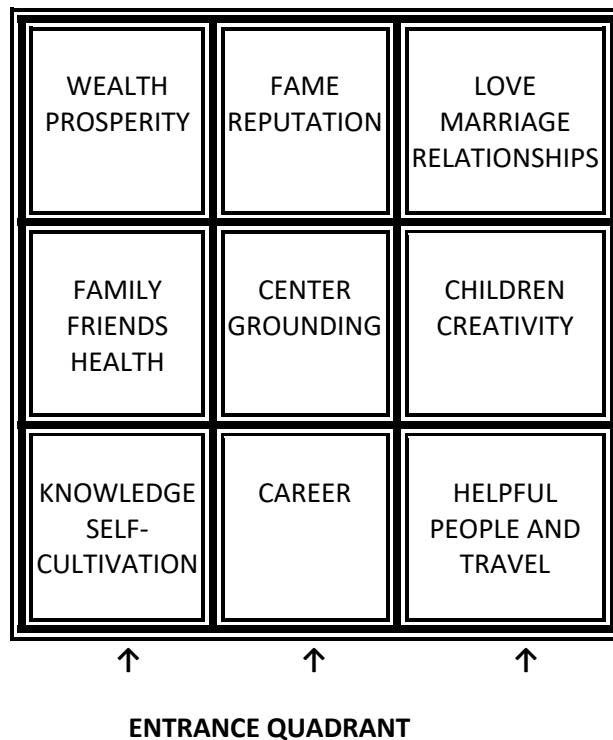
"I'm always rushing. I feel like I can never catch up."

So many of my clients lately have voiced concerns about the energy in their home being less than positive. They wondered what was causing the energy to rush through their house, and what simple corrections they could make to slow it down.

One look and the problems made themselves evident; stairs leading out the front door, windows or glass doors facing the front door or dark beams activating rooms.

In Feng Shui there are not many hard and fast rules, but rather recommendations. The most important thing is that you live with you love. The exceptions are areas that can specifically drain your Ch'i, or vital life energy. For these areas there are a few rules that when followed create a more balanced environment, and hence a more balanced life. In an ideal environment the Ch'i enters through the threshold (Mouth of Ch'i) and meanders happily and slowly through the house, moving in a circular direction through each of the Bagua areas back to the center and continuously around. It does not get trapped in closets, stumbles over clutter, or shoots through windows, down toilets or rushes down stairways.

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."



When structural imbalances occur there are specific Feng Shui cures and corrections that when applied will keep the negative energy from wearing away at us like water dripping on a stone.

Stairways and hallways, large windows facing the front door, and dark beams are all referred to as “Rivers of Ch’i” - where the vital energy flows too fast and out of our lives.

Stairways and Hallways – Raging Rivers

We call stairs raging rivers because they can become powerful waterfalls of Ch’i, especially if they point out the front entrance. In this case the nourishing Ch’i pours right out the door, often taking health and good fortune with it. Rooms at the top of a staircase are continually pulled with the force of the decent, while rooms at the bottom are flooded with too much energy.

Corrections: The key here is to bring out balance of peaceful waters. When you’re working with stairways that face doorways you need to do your best to stop the flow of Ch’i from rolling out the door, by installing some kind of aesthetic barrier between door and stairs, such as a screen, plant, furniture or art. When this is not possible, hang a mirror above or next to the door facing the stairs, or hang a 30 mm round faceted crystal above the bottom step to catch and recirculate the Ch’i. Be careful not to accentuate the waterfall design by hanging art in a descending order. Use your art to uplift the energy by hanging it in a straight line.

Just like stairs, halls and long corridors in your home or office can act as raging rivers, moving the energy through too fast. Long halls speed people up.

Corrections: To balance these hallways need to be broken up into human friendly parts. To slow down a hallway, arrange art, mirrors, lights, furniture and carpets to suggest a series of niches to slow down the Ch’i. You can create points of interest but placing plants, furniture, art and statuary. Avoid placing a mirror at the end of a long corridor, as this doubles the size of the hallway, rather place mirrors on the side of hallways across from doors to rooms which widen the appearance of the hall.

Windows – Pathway for Escaping Ch’i

Windows are considered the eyes of the house. They bring beautiful natural light and nourish you with the energy form beautiful views. But as with stairways, when places directly in front of the front door a pathway is created which pulls the Ch’i too quickly across and out of the room. Attractive as this may be, especially with expansive water views, this can leave the home “undernourished.” Remember that ideally, we want the Ch’i to meander slowly through the house.

Corrections: When you have a large window and a door lined up directly across from each other, place something between them, such as an aquarium, a sculpture, plants, flowers or a piece of furniture. You can also soften the window with curtains or blinds. When there is no space for these things, hang a round faceted crystal between window and door, or hang a small mirror above or beside the window to redirect the energy back into the room.

Beams – Channels for Ch’i

Exposed beams are a popular structural feature in Western Architecture, and are often thought to add character to a room. The downside is that they can also add a troublesome sense of heaviness over people’s heads. Since they usually are meant to hold considerable weight as part of the structure they can create strong lines of Ch’i as hallways do. The bigger and darker they are, the more they require Feng Shui balancing.

Corrections: To bring beams into balance you can do a few things:

- 1) Paint the beam a light color, as well as the ceiling to lift up its visual presence.
- 2) Symbolically break the line of force by placing two pieces of bamboo at angles pointing up along each beam. This breaks up the Ch'i and recirculates it.
- 3) Literally lighten up a beam by stringing white tiny lights along them, or place up-lighting directly beneath to lift them from below.
- 4) Balance and soften the beam by hanging swags, textiles ribbons, or banners.

Affirmations and Inner Work:

Possible affirmations for slowing down the flow of Ch'i, which could be stated or written are , *"All is well. Everything is working out for my highest good."* *"I feel calm and centered in this house."*

Feng Shui at Work:

My daughter had purchased a fourplex in Long Beach. At first she struggled with keeping the units rented and money from flowing out due to maintenance issues. While visiting I did a consultation on her building. The most glaring concern was that as you opened the front door you were faced by a tall staircase leading right out the front door. Each of the 4 units was on either side of this staircase. I immediately recommended that she place a mirror above the door facing the stairs, thereby keeping the energy within. Since this was the center of the complex she grounded it with earth tone art hung in a horizontal row on either side. She also slowed the flow of Ch'i by placing a gold and green flower pattern runner on the stairs. All units have been successfully rented, and all maintenance has been completed. She has made enough on this complex to be able to buy three more buildings.

A client had just moved into a new home after a stressful divorce, and was concerned about the heavy beams in her master bedroom, which was also painted a dark shade of brown. It looked oppressive. I recommended she lighten and brighten the room by painting it a soft shade of cream with the beams to match. Being in her Love and Romance area, I also recommended accent enhancements in shades of reds or pinks, hanging romantic art, and displaying pairs of objects (two candles, lovebirds, two statues two hearts etc.) On my follow up visit the room had transformed into a light, airy boudoir and my client expressed that she loves this room and has started dating again.

Our home and work environments are vibrantly alive and completely interconnected with the rest of our lives. When our choices in selecting and arranging our environments are focused on keeping the vital energy circulating throughout in a harmonious and peaceful way, there is a greater chance for peace, harmony and balance in our lives.

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.

Classes:

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

"Feng Shui for Prosperity"

Thursdays, Oct. 15 - Oct. 29 1:00-3:00 pm

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