

EVERYDAY FENG SHUI
Feng Shui by Maria
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The Earth Element: Grounding Us Through Chaos

There is so much chaos around us, pandemics, fires, elections...How does one stay sane? We can't control all that is going on around us, but with the help of Feng Shui we can control what happens within our home. Our home needs to become our sanctuary and refuge during these trying times.

Feng Shui is governed by five elements found in nature: Water, Wood, Fire, Earth, and Metal. Each has its own attributes and purpose, whether in nature or within your home.

Of all of these, the Earth Element positioned in the center of your home suggests the importance of arranging your life around a solid base. Archetypally Earth is represented by the soil. When in balance in your home it enhances a feeling of being grounded, balanced, organized, and stable. Too much earth makes you overly disciplined and conservative, while too little brings on feelings of spacyness and chaos. In the cycle of the elements the Fire Element creates Earth, therefore adding representations of Fire, such as the color red help stabilize your Earth.

This grounding is just what we need during these times of stress and transition. Since Earth is the element that transforms and supports change, it is important that this element be kept strong and vital during any transition or life change.

The Earth Element and the Bagua

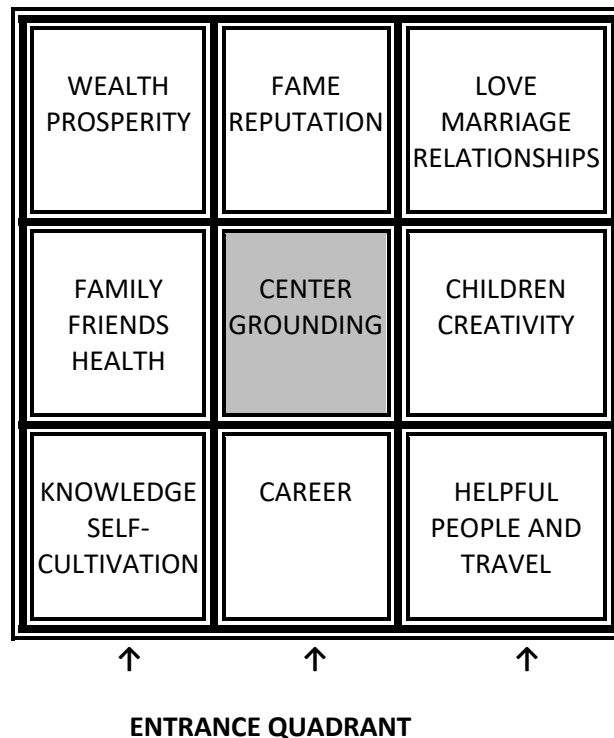
The Earth element is the "hub" of the wheel – the core of the Bagua. This is the most powerful area because it grounds and energizes the rest of your life's treasures. You can nurture your ability to remain centered through life's many changes by directly connecting with the earth every day.

The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." In the "I Ching" the Center area of your home or business is a neutral place; a perfect balance of yin and yang – a place of peace. There is no trigram or any single facet of life associated with it. Life flows and circles around the center. This is a perfect place for an atrium, a meditation area, a beautiful piece of art which reminds you to stay centered throughout all your activities.

Earth element in the center of your home, is related to the color yellow and symbolized by the shape of the square or rectangle. Enhance this area when you want to cultivate the experience of being grounded and centered, or when you want to harmonize and balance different parts of life such as Love and Career, or Wealth and Creativity.

The Earth Element is found in:

- Anything made of ceramic, tile, bricks
- Art depicting landscapes and images in the color yellow
- Rectangular, square shapes
- The earthtone, yellow color spectrum



Enhancements for the interior Center of your home or business:

- * Art, photos, collages representing the earth, landscapes in the color yellow, (fields, sunflowers, deserts etc.)
- * Items in the yellow color spectrum
- * Things made of ceramics or pottery
- * Ceramic tiles or bricks
- * Items in the shape of rectangles or squares
- * Quotes, affirmations and sayings pertaining to feeling grounded and centered

Enhancements for the Center area outside your home or business:

- * This is an ideal area for a courtyard, patio or atrium
- * Garden art and statuary in ceramics
- * Ceramic tiles, fountains, pots and benches
- * Items, flowers, plants in the yellow spectrum
- * Square or rectangular shapes

Feng Shui at Work:

This is a perfect area for a courtyard. I was recently at City Hall and enjoyed viewing their beautiful courtyard with the large ceramic bubbling fountain in the center of their office complex. The Ch'i was flowing!

A client recently had me help create a landscape for their back yard. They felt that this yard with a gorgeous view was not inviting to their guests. Ideally this area fell in the Center and Fame areas of their property. I recommended beautiful ceramic pavers for the patio ground, and a small retaining wall with some bricks. They wanted to create a welcoming area in the center by building a fire pit in the middle of the patio. To further enhance the Fame area and feed the Earth with Fire I recommend comfortable chairs with red tone cushions, and ceramic pots all around with yellow and red plants. I can't wait to see how inviting and centering this area will become. I anticipate it will become the "hub" of their entertaining.

Many people have the kitchen in the center of their home. This is an extremely auspicious location because the kitchen is known as the “hearth” of a home and in itself can feed the soul and act as a grounding force. My daughter had her kitchen in this location and painted it a saffron color, enhancing it with ceramic tiles, yellow candles and art in the gold spectrum. It felt cheery and was the heart of her home.

Oftentimes a stairwell or bathroom will occupy this space. Although neither are optimum, enhancements can be made to offset negative energy. Stairwells tend to pull the Ch'i down, or flow the Ch'i out. Therefore mirrors or a round faceted crystal can be placed the bottom of the stairs to send the flow of energy back up and circulating throughout the home. Bathroom drains should be kept closed at all times when not in use, a crystal in the center of the bathroom also helps circulate the Ch'i. Both of these areas benefit from ceramics, art and wall colors in the yellow spectrum and rectangular and square shapes.

One of the most important area of a home in Feng Shui is the front entrance; this is where the Ch'i enters. In our home, the Career area is recessed therefore we enter straight into the Center area. I've painted it a soft golden color and added ceramic enhancements and earth tone art. It is one of my favorite rooms of the house, welcoming each time I enter through the front door. I find it immediately calming.

How grounded and connected to your center are you feeling right now? If not, what can you do to improve that? Feng Shui can help!

Stay grounded and centered during these trying times by:

- 1) Committing to a daily relaxation practice such as Yoga, and even a simple 10 minute mindfulness meditation.
- 2) Taking time to slow down and relax and maintain boundaries with your time and energy.
- 3) Channeling healthy Earth by cooking for yourself and making sure to take time to eat without distractions.
- 4) Cleaning and organizing your home and office. Earth types who are balanced keep a clean and very organized home and workplace, whereas those who are out of balance misplace things and tend to accumulate a lot of clutter. Try to maintain a sense of order with whatever system most resonates with you in the places where you spend your time.

These simple things can provide a sense of harmony as you move through the uncertainty and constant stresses of the times. The Center is strengthened when we connect with the earth creating a harmonious environment to live and work in, and when we cultivate a sense of being grounded and centered with ourselves.

Stay safe all, and find refuge in your homes.

Affirmations and Inner Work:

In Feng Shui, intent plays a significant role in enhancing your home or business. All enhancements need to be made with intentionality, with written or stated affirmations as if they have already happened.

Examples of affirmations for the Earth Element. *“I feel centered and grounded at all times”, “I am safe and secure in the loving embrace of my home,” I am at peace with myself and my decisions.”*

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.”