

EVERYDAY FENG SHUI

Feng Shui by Maria

June Column 2024

Good Health and Increased Knowledge with the Feng Shui Wood Element

I just had the amazing experience of launching my first book in Bookshop Benicia. The entire time I was doing my book presentation I realized I was standing in the Knowledge and Self Cultivation area of the store, being surrounded by books. What an auspicious location, since that area in Feng Shui is associated with the Wood element and inspires the growth of knowledge. Books are great representations of the Wood element too. Definitely a win-win location for me to teach my enthusiastic audience about the power of Feng Shui.

Wood is one of the elements that make up the five-element system used in Feng Shui. The other elements are water, fire, earth, and metal.

What Is the Wood Element?

The Wood element represents vitality, growth, and friendship. Wood energy is also related to flexibility and human-heartedness. When in balance Wood enhances trust, originality, spirituality, stillness, new growth, and ideas. This element is not just outside in nature, it can be brought into your home for the same nourishing effect.

The Wood Element and the Bagua

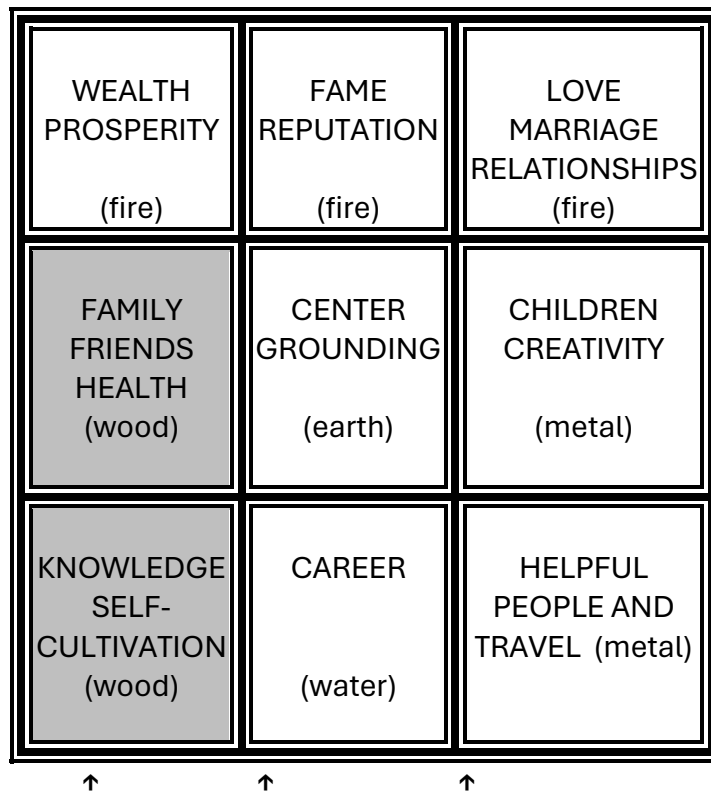
Although all areas of your Feng Shui home lend themselves to harmony, there are two Bagua areas that are specifically represented by the Wood element; the left front section of the structure is particularly related to the growth of knowledge, and the left middle section is related to health, family, and friend relationships. In the Feng Shui Bagua, which comes from the Chinese philosophy “The I Ching,” and literally means “eight trigrams”, with the center as the grounding area, the two Wood areas are referred to as the “Knowledge and Self Cultivation,” and the “Health, Family and Friends” areas.

The elements for the Knowledge and Self-Cultivation area are Wood and Water, since water nourishes wood. While each of the Bagua areas represents one of the elements, the corners of the Bagua will reflect a team of cojoining elements working together in harmony.

The Wood Element is found in:

- Colors: Blue, green
- Shapes: Columns or vertical stripes
- Items: Wooden items, plants (real or artificial), plant-based cloth, books, paper items, images of fruits and vegetables
- Art: Wooded scenes such as forests, meadows, gardens; floral art

Because Water nourishes Wood adding any of the Water enhancements described in last month’s column will enrich the Wood element.



ENTRANCE QUADRANT

Wood Element Enhancements for the Knowledge and Self Cultivation Area:

- Begin by decluttering the space.
- Enhance with the colors blue, green, or black (representing the Water element) and in the shape of columns and stripes.
- Add art representing still, wooded meditation gardens or calm water scenes.
- Display busts, statues, or pictures of spiritual guides.
- Use wooden furniture, bookcases holding books, material being studied, and wooden accessories wherever you can and add healthy plants with rounded soft leaves to create a peaceful meditative area.

Wood Element Enhancements for your Health, Family, Friends Area – Improving Health

The energy in your home can help you achieve better health. The Health, Family, Friends area is particularly associated with “strength and good health.” The healthier we are, the more options we have to enjoy life. Enhancements in this area are particularly helpful if your health needs a boost, or if you’re planning or recovering from surgery. This is a very powerful area, and flowers are especially helpful.

- Begin by decluttering the space.
- Use any shade of blue or green and some watery art, then add florals.
- For a boost to health, choose to decorate with floral art, floral cloths, floral designs in carpets, or floral wallpaper.
- Bring in plants and fresh flowers, either in flowering plants or cut flower arrangements.
- Enhance with wooden furniture and items made of wood or grass, such as basketry.
- For a boost in relationships, hang pictures of friends and family in this area in black or wooden frames. Create a gallery of joyous pictures of people in healthy, happy states.
- Add your affirmations calling in health and happy relationships.

Creating Vision Boards Areas to Enhance Health

If someone in your home is having health challenges, and/or is going through or recovering from surgery, activating the energy in the Health area of your home is very important. You can do this easily by:

- Decluttering the area.
- Placing a healthy flowering plant, or a bouquet of flowers (remember vibrant artificial flowers work just as well.)
- Placing pictures of the person in a healthy state enjoying sports or exhibiting health and joy.
- Burning blue or green candles.
- Writing or stating affirmations of the positive outcome (If you have a two-story house do this in the Health area of both stories; for a more powerful cure you can also place flowers in the Health area of every room.)

Remember that plants are the quintessential Ch'i enhancers for our homes. They provide us with the beauty, and wonder of nature, and help us stay connected and grounded to the natural world. Surround yourself with the Wood element to help you embrace stillness which leads to a calm body, good health and nourishes your soul.

Affirmations and Inner Work:

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 and written or stated as if they already happened. Examples of affirmations for the Wood Element: *"I am a vibrantly healthy person", "My book is a big success", "I have wonderful relationships with my friends."*

Feng Shui at Work:

A client was having a hard time concentrating on the assignments for one of her classes. She also noticed that with her failed attempts at studying her friends were becoming distant. She missed her friends and was frustrated in her inability to retain information. We realized that in her office she had a beautiful glass and brass table and a large, beveled mirror framed in brass. The beveled mirror was contributing to fragmenting her life, while all the brass (representing the Metal element) was cutting the Wood element which she needed for knowledge and friendships. She immediately sold the brass items and was able to purchase a beautiful wooden table and an asymmetrical mirror (representing Wood and Water). She invited some of her friends to help her study, and they invited her to more activities. She soon was able to pass her exam, felt less stressed, and is enjoying her renewed friendships. She loves the look and feel of her wooden table!

A student in one of my classes was concerned about her health issues and lack of energy. Once applying the Bagua to her home discovered that her Health area was in her master bedroom closet. She was horrified to discover that her cluttered, messy closet was keeping her from achieving the vibrant health she desperately needed. She began a cleaning and decluttering regimen, donating many items (thereby giving them new life) and allowed herself the luxury of an empty shelf. She placed a lovely bouquet of silk flowers on the shelf (wood), hung a green 30mm round faceted crystal (to help circulate the Ch'i), and added a floral wallpaper strip (wood) at the top of the closet. All along she stated positive affirmations. She loves the change this had made; she is nourishing her energy each time she steps into her closet. While

decluttering she found renewed energy and is now walking daily, eating better, is feeling much healthier, and is planning on nurturing other areas of her home.

Making a few simple changes within your home can have immediate and powerful impact. Look to increased peace of mind, good health, healthy relationships, and increased knowledge with the nourishing effect of wood.

My book is now available for purchase on my website. For immediate delivery order from the Book Baby link.

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!

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, and now author of the book, ***“Empower Your Life Through Feng Shui – An Easy Eight Step Guide to achieving Your Goals.”*** 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. .” Maria specializes in residential, landscape and business consultations. She offers virtual consultations nationally and internationally, as well as in person locally.