

EVERYDAY FENG SHUI

Feng Shui by Maria
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Opposites Attract and Create Human Comfort Zones

Are you living in your “Human Comfort Zone”? Does your environment support and nurture you? Is where you spend the most of your time as ideal as possible?

The ancient art of Feng Shui is never about focusing too much energy on one extreme or another; it’s always about BALANCE. The harmonious interplay between opposite forces is the key to creating happiness. Last month you learned the importance of balancing the 5 elements: Water, Wood, Fire, Metal and Earth in your environment. Just as important is the balance of the two extremes YIN and YANG.

YING and YANG:

The Chi’ that nourishes you, which Feng Shui concentrates on enhancing, is always striking a balance between two extreme forces in the universe called Yin and Yang. Yin relates to qualities such as feminine, dark, cool, soft, wet, earth moon etc. while Yang is associated with qualities such as masculine, light, hot hard, dry, sky, and sun. Neither is wrong, but a “middle road” or a perfect mix of these qualities makes for environments that nurture us, where we feel comfortable and can thrive. The happiness that we feel inherently, in the “just right” balance between these two extremes, is called the “Human Comfort Zone.’

The descriptors below will help you analyze each room in your home. Make a list of how many Yin and Yang qualities a room has, and determine if it needs balancing. The key is how comfortable you feel in the room.

Feng Shui Yin Yang Associations	Yin	Yang
Room size	Small	Large
Location in House	Quiet/Private	Noisy/Busy
Room’s View	Intimate/Private	Grand
Room’s View	Natural	Houses/Buildings/Street
Ceiling	Low	High
Natural Light	Low	Bright
Electrical Light	Dim	Bright
Open Floor Space	Small Amounts	Large Expanses
Floors	Carpeting/Rugs	Tile/Cement/Stone
Wall Colors	Medium/Dark/Muted	Light/Bright
Furniture	Many Pieces	Few Pieces
Furniture Colors	Medium/Dark/Muted	Light/Bright
Furniture and Décor	Small	Large
Furniture and Décor	Low	High
Seating	Soft/Padded	Hard/Unpadded
Furniture Shapes	Curved/Rounded	Straight//Angular
Patterns	Floral	Geometric
Fabrics	Textured	Smooth/Shiny
Design	Elaborate/Ornate	Plain/Uncomplicated
Display Collections	Many	Few/None
Art	Many Pieces	Few
Art	Small	Large
Pillows	Many	Few
Books	Many	Few
Mirrors	Small	Large
Plants	Many	Few
Storage Areas/Closets	Organized	Chaotic/Disorganized

Balancing Yin and Yang:

When dramatic architecture and design become expressions of extremes they can result in a Feng Shui nightmare. Sharp angles, radical proportions and exaggerated forms may be viewed as fabulous artistic features, but they usually don't make cozy habitat for humans. The more extreme Yin or Yang an environment is the more uncomfortable you will feel there. An extreme Yin room is one that is dark and cave like, with dark furniture, dim lighting and a low ceiling. A very Yang room would be quite large, with a high ceiling and windows that bake the room with sun, and a living space that is furnished sparingly with angular furniture and tables.

To balance the Yin room - add Yang components, such as brighter lighting, and lighter pastel colors with angular shapes. You can also bring in large pieces of art or large plants.

To balance the Yang room – add Yin components such as soft upholstered furniture rounded, and/or window treatments in dark, rich colors or prints. You can also bring in numerous pieces of small art, pictures or small plants and flower arrangements.

Balance in Use:

For the most part, we humans are lovers of a balance of Yin and Yang and we will instinctively place ourselves where things are “just right.” A client had an interior room as a home office. Although it had been elementally balanced to control all the wood, it had no windows, and low lighting, and consequently left the person tired and stressed by the end of the day. The solution came by adding a Yang feature in the form of a “Light Tube” in the ceiling of the room. This is an inexpensive form of a skylight, which lets in a great deal of natural light. My client expressed more energy and loves working in his office now.

What about Individual Tastes?

Sometimes different rooms have different purposes in our lives, and because of that may be inherently more Yin or Yang depending on what we intend to draw from. I have large great room, which is very Yang, with a lot of natural light and high ceilings. Because of the dark rounded furniture and numerous personal pictures and items displayed around the room it feels balanced to me and a source of renewed energy. This is the central hub of my home, and where I do the majority of my entertaining. I love being in there. My bedroom however is more Yin, which feels cozy to me. With its lower ceiling, lower lighting, dark wooden furniture and burgundy accents, this is the room that I spend every evening relaxing, decompressing and feeling nurtured. I balanced the Yin by painting the walls a light yellow, hanging a large piece of art, and bringing in a large ficus tree. The armoire is also a very large angular piece of furniture.

Remember that Feng Shui is LIVING WITH WHAT YOU LOVE. If you love your 30 foot high ceiling, and feel comfortable in the huge white room, or sun drenched office your personality may enjoy YANG qualities. On the other hand if you love cuddling up in your basement reading nook, your dark cave-like den, or your tiny floral bedroom, then you probably enjoy the coziness that Yin qualities bring to a room. As I stated before, there is no right or wrong. Balancing is not about changing the room as a whole; sometimes just adding a few simple items creates a good balance. As illustrated by the “light tube” my client used, small changes can mean a big difference. There are those of us out there who strike a balance naturally, but if you're not sure just complete the exercise of listing everything in a room and weighing the Yin versus the Yang items. If you find an imbalance, use the Yin/Yang chart above to identify some quick and effective balances. If you already have a balanced room, enjoy it! Only make changes if you are not in your “Human Comfort Zone”; it is essential to honor your preference and style to create your personal paradise.

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, or Facebook “Feng Shui by Maria”.



Maria McCullough - Bio

Maria McCullough, a Benicia resident, is the owner / founder of ***Feng Shui by Maria*** (www.fengshuibymaria.com) and is a speaker and educator with over 15 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."