

EVERYDAY FENG SHUI

Feng Shui by Maria

January Column for Benicia Herald

Health, Family, Friends: Feng Shui Solutions to Strengthen your New Year's Resolutions

How many New Year's Resolutions have you made over the years, only to break them within a few months? Have the holidays worked to enhance family communication, or did some of your family members continue to drive you crazy? Did you enjoy celebrating with an abundance of friends? Was your New Year's resolution simply to strive to be closer with family and friends? How will you continue to nurture these relationships?

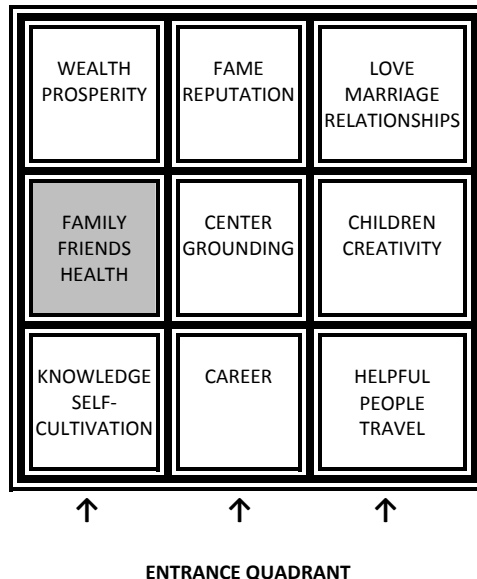
Believe it or not, the energy in your home can help you achieve your health and relationship goals. The Health/Family/Friends area is located in the middle left side of your home or office, and is particularly associated with "strength."

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors, the Health/Family/Friends area operates under the premise that it is important to cultivate strong physical health, and loving friend and family relationships to act as supportive foundations through the periodic "shocks" and unforeseen "storms" of life. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." In the "I Ching" the Health, Family and Friends area of your home or business is called "Shocking Thunder" as it refers to the unexpected shocks or sudden unforeseen problems that can cycle through our lives like stormy weather. Good health and 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. The healthier we are, the more options we have to enjoy life. Likewise, the healthier our relationships are with friends and family, the more we prosper from the opportunities and emotional support they provide.

I recently read a quote that sums up the power of Feng Shui: "I cannot prevent the birds of sorrow from passing over my head, but I can keep them from building a nest in my hair."

With the New Year upon us, now is a good time to make resolutions to strengthen health and relationships. Whatever room your Health, Friend and Family area resides, basic Feng Shui principles can help you nurture and strengthen yourself and your relationships.

The Health, Family and Friends area is located in the middle left side of your home/office/business.



Enhancements in this area are particularly helpful if; your health needs a boost, if you're planning or recovering from surgery, you are competing in sports, would like your social life to grow and improve in some way, or you would like your relationship with relatives to improve. This is a very powerful area.

Similar to the Knowledge area, which I explained in last month's column, the element for the Health/Family/Friends area is Wood, and the colors are blues and greens, representations of this element can be used inside and outside of your home or business.

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

- * Healthy plants with rounded soft leaves
- * Fresh cut flowers or flowering plants in all colors
- * Posters, paintings, framed photos and/or collages of, family and friends, figures of ideal body images in a healthy state (such as people exercising or being active), healthy plants and flowers, gardens and landscapes. (A gallery of family and friend pictures is especially beneficial here.)
- * Items in the colors of blues, greens
- * All floral prints, such as floral linens, upholstery, and wallpaper
- * All things made from wood, including furniture and decorations
- * 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...

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

- * This area is best enhanced outside with beautiful lush, flowering healthy plants.
- * If you have a window in this area, enhance the view as much as possible.

Elements to Avoid:

As I stated my December column, Wood is cut by Metal, so avoid an abundance of metal objects, stones, circular or oval shapes, or white colors. On the other hand, Wood is nurtured by water, so free flowing shapes, the color black, and/or glass objects work to further enhance this area. For example, if you have a gallery of pictures place them in wooden, blue, green, floral or black frames instead of metal ones.

A Missing Health/Family/Friends Area:

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”.

Feng Shui at work:

In my home, this area is in the bedroom foyer and the walk in closet. In the foyer I placed a glass table with a green runner below a large mirror. The wallpaper consists of small green flowers on a watery black background. On the table I have numerous pictures of friends and family in wooden frames, and small floral photo albums. I also placed small live bamboo plants in blue pots on the table. This has become a shrine to family and friends.

In times when we have had medical issues or procedures which require extra blessings, I add pictures of us in a healthy state (running or hiking), and bring in a small flowering plant and affirmations. Once the issue is remedied, which has always been the case, I then plant the plant in my garden.

In the closet, we have decluttered and removed many of our clothes. In the book, “The Happiness Project,” Gretchen Rubin speaks to the importance of decluttering, and the personal satisfaction in giving yourself one empty shelf. I have created an empty shelf, where I placed pictures of friends and a picture of us running on the beach. I also placed a round faced crystal in the closet to keep the “Chi” moving. I love walking in there and reflecting on great times with wonderful friends.

A client, who was to undergo abdominal surgery, had this area in her bathroom; she hung a picture of a beautiful flower with a hummingbird (the representation of joy), and a collage of family pictures. The room was painted a lovely sage

green with a floral shower curtain. She was instructed to always keep the all drains and toilet closed to keep the vital “chi” from escaping. Since the bathroom is very small she hung a round faceted crystal and placed a small, live flowering plant on the window sill, and added positive affirmations. Her surgery went very well; she has recovered fully and is now working with a personal trainer.

Another client has this area missing from her jewelry art studio and store. In a consultation, I suggested she place a large mirror on the wall to push it back. She also hung a beautiful green striped cloth curtain separating the area from her workspace in the wealth corner. She will hang pictures of clients wearing her beautiful jewelry (her community of friends) in this area. She has been pleasantly overwhelmed with the amount of people that stop by to visit and buy.

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 are very important. It is also important for them to be expressed as if they are already happening.

Examples or affirmations for the “Health, Family and Friends” area:

“I am a vibrantly healthy person”, “I enjoy wonderful relationships with my family”, “I enjoy harmonious relationships with my friends.”

The New Year is a time for making resolutions. This year enlist the energy in your environment to help you achieve your goals; to strengthen your personal health, the health of those around you, and to build strong lifelong relationships with your support system of friends and family.

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”.

*** I NOW have a BLOG – Just go to the website and click on “Blog”:** I will respond to your questions quickly.

I will be teaching two more 3 hour classes through the Benicia Parks and Recreation:

Sat., Feb. 4th – 9:00 am, Fri., April 6th - 9:00 am. These are the same classes repeated. The Parks and Recreation Guide is now available, if you’d like to register. (Participants will receive \$40 off a home consultation.)

Until then...Blessings!

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.”