

## EVERYDAY FENG SHUI

Feng Shui by Maria

January 2014 Column for Benicia Herald

### **The Year of the Horse: Time to Make Feng Shui New Year's Resolutions**

Enter 2014! Another year filled with wonderful new opportunities! What will it hold for you? Are you visualizing your dreams and putting your resolutions into motion?

With the Chinese New Year arriving on the new Moon of January 30 the year of the Horse begins, and promises to be a good one. In Chinese astrology, the Horse year is considered a fortunate year that brings luck and good things. The Horse year is a time of fast victories, unexpected adventure, and surprising romance. It is an excellent year for travel, and the more far away and off the beaten path the better. Energy is high and production is rewarded. This good luck is especially true for people born in the Horse Years. In Chinese astrology, people born in Horse years (2014, 2002, 1990, 1978, 1966, 1954, 1942, 1930, 1918, and 1906) are bright, cheerful, popular, and fun loving. They find people and crowds exciting, and love parties. Horse's childish innocence, sunny disposition, and natural charm attract many friends. Horse is a highly intuitive animal, so people born in Horse year follow their hunches. Their keen judgment and natural intuition often help them make the right decisions throughout their life. Usually they don't need to struggle in order to succeed and obtain the fine things life has to offer. Horses will tell you exactly what is on their mind; they are frank and dislike hidden agendas. So this is the time for issues to be out in the open, especially with family members.

2013 – Year of the Snake: This was the time for pondering and planning.

2014 – Year of the Horse – This is time to act fast, buy that home, launch that business, travel the world, make a big purchase, get a promotion at work, have a breakthrough – take a leap and fly. If it's right, then there's nothing to think about. Just follow instincts. Many will experience that 2014 is a year to have abundance, to marry, have a child, and/or expect doors of opportunity to open.

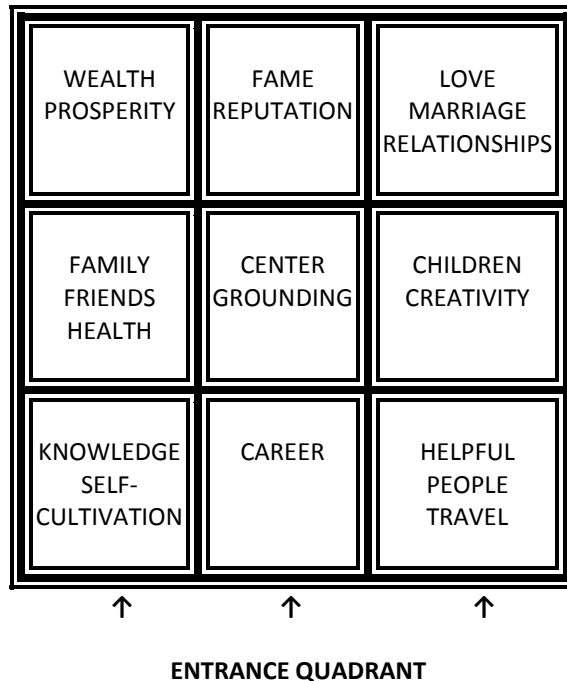
2015 – Year of the Sheep: This will be a year to get cozy and enjoy life's comforts in all their artistic forms.

This looks as if it's going to be a powerful year for everyone, but you may wonder what this has to do with Feng Shui. In Feng Shui the belief is not just to wait and hope things happen, but through affirmations and enhancements you create the energy that will bring positive things your way. Decisive action not procrastination brings victory.

#### Feng Shui and New Year's Resolutions:

Feng Shui is based on a direct relationship between your environment and your life; therefore you can use your environment to help you with your New Year's resolutions. In all of my columns you have learned the power of affirmations. The problem when writing a New Year's Resolution is that the statements are made as future goals, such as "This year I will lose ten pounds." Gyms are usually packed in January and then as the energy devoted to the resolutions tapers off, so does the participation. By stating the resolution as an affirmation which has already happened, and by placing a symbol that represents your resolution in the corresponding Bagua area, you will have a trigger that will remind you to stay on track. What you're doing is making a change in your environment to mirror a change you want in your life.

New year's Resolution and the Bagua: 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." Check the location where your resolutions would best be energized on the Bagua Map, they may even fit in more than one area. As in Feng Shui affirmations write/state your resolutions as if they already happened.



Here are some examples of using the Bagua to energize your New Year's resolutions:

#### 1) Resolutions in the Career Area

When aspiring to new goals around your career, place a mirror, art representing a water feature, or a representation of the work you are aspiring to in the front center of your home— then state or write your resolution such as this example and place it in the area: *"I am a very successful Graphic Artist. I love my lucrative job and am thriving."*

#### 2) Resolutions in Knowledge and Self Cultivation Area

When aspiring to go to school or learn a new skill place representation of your studies, healthy plants with rounded soft leaves and art depicting nature scenes in the front left corner: Sample resolution: *"I got accepted to the college of my choice and am getting As in all my classes."*

#### 3) Resolutions in Friends/Family/Health Area

When aspiring to get healthier or build relationships, place floral arrangements, art depicting vibrant flowers or pictures of friends or you in a healthy state in the left middle area. Sample resolution: *"I am now running 3 miles a day and have reached my goal weight."*

#### 4) Resolutions in Wealth Area

When aspiring to increase prosperity place opulent items or art in the purple color spectrum in the left back corner. Sample resolution: *"I paid off my last loan and am now totally out of debt."*

#### 5) Resolutions in Fame Area

When aspiring to increase your reputation place awards or art in the red color spectrum in the back middle area. Sample resolution: *"The flyers I made for my business are gaining attention. Business has improved dramatically."*

#### 6) Resolutions in Love and Marriage Area

When aspiring to improve your romantic relationship place pairs of items, pictures of you and your mate in a happy time together, or romantic art in the red color spectrum in the back right corner. Sample resolution: *"The weekly date night with my husband has improved our communication and closeness."*

#### 6) Resolutions in Children and Creativity Area

When aspiring to improve your creativity or relationship with your children place photos of children, items made by children or your whimsical creative art in the middle right area. Sample resolution: *"I'm reading to my children for half an hour per day. They love our time together."*

#### 8) Resolutions in Helpful People and Travel Area

When aspiring to improve the synchronicity in your life or travel to new places, place art pertaining to spiritual guides, mentors, and helpful people or desired travel locations in the front right corner. Sample resolution: *"My research on inexpensive flights was successful. I finally have tickets to Hawaii and I'm taking off."*

#### 9) Resolutions in the Center Area

This area helps you ground and connect with all the other areas. Restate and or place any resolutions also here in items made of ceramics, the colors yellow, earth tones, and rectangle shapes

Bring the power and good luck of the Horse Year to you. The more you visualize yourself achieving your resolution the better chances for success. Your dedication to the care and upkeep of the area you placed it in will indicate your sincerity to the resolution. You can make it happen!

#### Feng Shui at Work

One of my Feng Shui mentors shared this lovely idea. This January, start the year with an empty jar, and throughout the year fill it with notes about good things that happen. These can be benchmarks toward your resolutions or any other small occurrences. Then on New Year's Eve, empty it and see what awesome stuff happened that year.

A client wanted to lose weight and begin a running regime. She wrote a resolution that she was running three miles a day and had lost 10 pounds and placed it on a vision board surrounded by flowers in her Health Area. She placed a picture of herself when she was thin, and a picture of healthy runners. She watched her diet and began by running half a mile. She added a few more steps every day. She charted her mileage and weight loss. She surpassed both goals and just ran her first 5K race. She is glowing!

Another client wanted to improve the relationship with her husband. She wrote her resolution and created a romantic boudoir in their bedroom with many pictures of them on their happy travels, shades of reds and pairs of items. She purchased a set of "Romance Cards" which give each person loving tasks to show their love. Some examples are: "Take your partner on a romantic walk, write a love note, buy a small surprise gift" etc... The two of them have embraced pulling a card weekly; doing something nice for each other and have in turn embraced each other. Her resolution has become a reality.

#### Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Written affirmations/resolutions cost nothing. Visualization is always available to you and a very powerful tool for your success.

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put "Feng Shui" on the subject line, or visit my website at [www.fengshuibymaria.com](http://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.

#### **COME TO MY NEXT CLASS and Receive \$40 Off a Home Consultation**

My next two classes will be a series of 2 - Sign up for each separately through Parks and Recreation. You can take just one or both.

**Saturday January 18- 9:00-12:00 am - Essential Feng Shui for Beginners**

**Saturday March 8 - 9:00-12:00 am - Balancing the Elements (for those having taken the Essentials class or with knowledge of the Bagua)**

The Parks and Recreation Guide is now available, if you'd like to register. (Participants will receive \$40 off a home consultation.) - Mark your calendars and invite friends.

Until then...Blessings!

**Maria McCullough – Bio**

Maria McCullough, a Benicia resident, is the owner / founder of *Feng Shui by Maria* ([www.fengshuibymaria.com](http://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."