

## EVERYDAY FENG SHUI

Feng Shui by Maria

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### Make Your Spring Garden Work for You

Walking into Navlets Garden Nursery last week was an energizing experience. As the door closed behind me I was swept away into a land of beautiful flowers, intoxicating fragrance and an explosion of color. All the 5 Feng Shui elements were represented, and I instantly felt calm and at the same time energized. This is because gardens are living, breathing entities offering us the balance of nature. As your home, gardens reflect your personal energy and can enhance and energize you, or contribute to draining you.

What aspects of your life would you like to see blossom? What dreams do you need to plant in fertile soil? Do you need to weed or dig out anything that's stifling your growth?

If your home is considered the "heart" of your property, the garden is considered the "aura". Your garden is your personal passport into nature. It keeps you connected to the rhythms of life, while replenishing and sustaining the Chi that meanders through your home; whether a flower or vegetable garden, vibrant nature in your yard attracts vibrant Chi into your home.

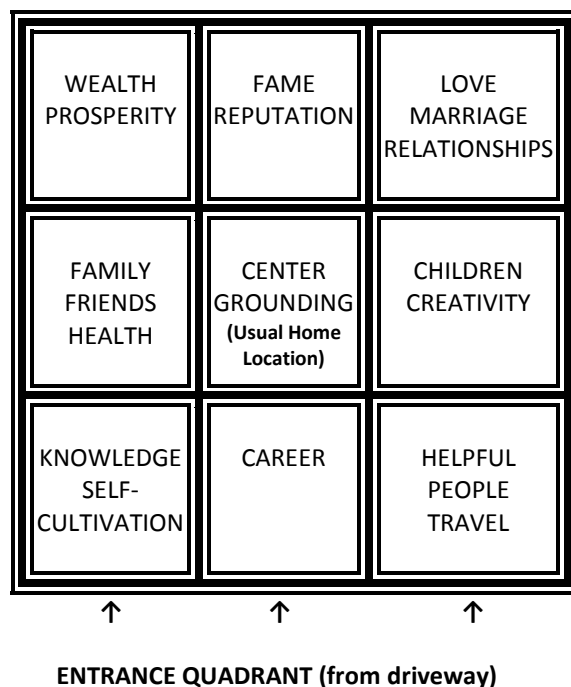
When applicable, use gardens and landscaping to complete the shape of your home. If your home is not a complete square or rectangle anchor the missing areas with a pleasing combination of trees, flowerbeds, garden sculptures, large rocks, decks, patios, fencing, lighting, specialty gardens and water features. There is no end to what you can do and the missing area becomes an enhancing outdoor area.

Make sure you have an attractive view from every window and door. Be nourished by a lovely view each time you look out; camouflage or screen unsightly views with trees, trellises with climbing vines, and hanging gardens. An inspirational place to rest the eye is a gift you give yourself every day.

Basic Feng Shui principles can help you nurture and strengthen your energy and yourself in all aspects of your life.

### Gardens 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."



Apply the Bagua map on your landscape footprint, using the driveway as the entrance. This may not be in the same direction as your front door. Depending on where your driveway is you will be entering your property from Knowledge, Career or Helpful People. Enhancing the entrance to your home and garden with healthy plants, water features, greeters and curving walkways is one of the most important things you can do to invite energizing Chi to your life. Gardens should take on the qualities of the Bagua area they reside in. Here are some examples of using the Bagua to enhance your garden:

#### Garden Enhancements in Career Area

\* Soft colorful plants, reds are particularly auspicious, water features such as 360 degree bubbling fountains or with water flowing toward the house, statements of identity, pots in shiny dark colors, wind chimes, and curved paths or asymmetrical lines

#### Garden Enhancements in Knowledge and Self Cultivation Area

\* Colors of blues, greens, wooden benches, symbols of mountains or large rocks, statues representing spiritual guides, healthy plants with rounded soft leaves, gazing balls, and items that create a quiet meditative feeling

#### Garden Enhancements in Friends/Family/Health Area

\* An abundance of healthy flowers in any color with upright growth (blooming flowers represent perfect health), sitting areas for entertaining, symbols of family, vegetable gardens, herbs, orchard

#### Garden Enhancements in Wealth Area

\* Healthy plants in the purple color spectrum such as Salvia, Lavender, lavender Trumpet Vines or Roses, fountains or waterfalls flowing toward the home, flags or whirligigs to call in the Chi

#### Garden Enhancements in Fame Area

\* Plants in colors red, up lighting or twinkle lights, BBQs, fire pits, garden art representing suns, stars, triangles and sculptures of people or animals

#### Garden Enhancements in Love and Marriage Area

\* Pairs of items depicting romance, including bistro tables with two chairs, two lounge chairs, loveseat or sculptures in pairs (avoid single or lonely items), plants in colors of reds, pinks and white

#### Garden Enhancements in Children and Creativity Area

\* Items in metal and plants in colors of white and pastels, whimsical garden art, children's playground or personal garden, workbench, garden bench, fairies, butterflies, nature spirit

#### Garden Enhancements in Helpful People and Travel Area

\* Garden art representing spiritual guides, or desired travel locations (We have a colorful pole with signs pointing to all the places we've traveled), birds, sundials

\* Items in metal and white plants

#### Garden Enhancements in Center Area

\* Houses usually occupy the center of the landscape Bagua, but if they don't this is an auspicious area for ceramics, plants in the color yellow, earth tones, rectangle shapes, patios, bricks/pavers, table and chairs

Because the home and garden are so connected, Feng Shui practitioners usually recommend enhancements for both. In her book "Secrets of the Land" Shelley Sparks - makes 5 recommendations for harmonious gardens:

- 1) Make the entry beautiful and clutter free
- 2) Place water features in the Career and Wealth areas
- 3) Remove dead plants quickly
- 4) Balance the Yin/Yang of your garden with opposites (short/tall plants, hot/soft colors, etc.)
- 5) Keep all systems working (i.e. watering, lighting – nothing should be broken)

Go to her website [www.harmonygardens.net](http://www.harmonygardens.net) for more garden ideas.

Remember that gardens reflect your personal energy. Look to your garden to see what's shifting in your life.

#### **Affirmations and Inner Work:**

This is a perfect time to plant your inner garden. Visualize yourself planting seeds and plants that represent what is important to you. Then tend your inner garden by watering and nurture it with intention and purpose. Then enjoy the fruits of your inner work.

#### **Feng Shui at Work:**

A client only had a cement patio as her back yard to her apartment building. It was located in the Wealth area of the apartment unit and part of it was the missing Knowledge and Self cultivation of her personal unit. To make corrections and enhancements she created two inviting sitting areas: In the Wealth corner she places a beautiful table with burgundy cushions and matching umbrella. She further enhanced the corner by removing a spiky plant and bringing in a soft lavender trumpet vine on a wide trellis. She

anchored her Knowledge corner with a wicker love seat and table placed over a raffia brown and green carpet. Both areas enhanced the plain cement area. It began to be used frequently by her and her tenants, and brought enough prosperity to her life to enable her to purchase yet another building.

Gardens are meant for creativity and whimsy. I recently found a chandelier at a flea market. I brought it to life by painting it pink, embellishing it with crystals and lights and hung it the Love and Marriage area of our garden, close to the pair of lovebirds and over the bistro set with two chairs. It's created a romantic ambiance outside of our guest room.

Another client began receiving work options when she enhanced her dreary Career entrance with beautiful hanging flower planters. She contacted me saying the birds and butterflies had found her, and so did the work.

#### Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Clearing your property of dead or diseased plants will halt negative energy from coming into your life. Having a place for all tools and garden supplies will help declutter your garden and allow new energy to flow in. Plant just one beautiful, healthy blooming plant, make you affirmations and watch the shift occur.

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.

#### **LEARN MORE IN MY NEXT CLASSES- and Receive \$40 Off a Home Consultation**

I will be teaching one more 3 hour class through the Benicia Parks and Recreation this spring:

#### **Saturday April 20 - 9:00 am**

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."