

EVERYDAY FENG SHUI

Feng Shui by Maria
March Column

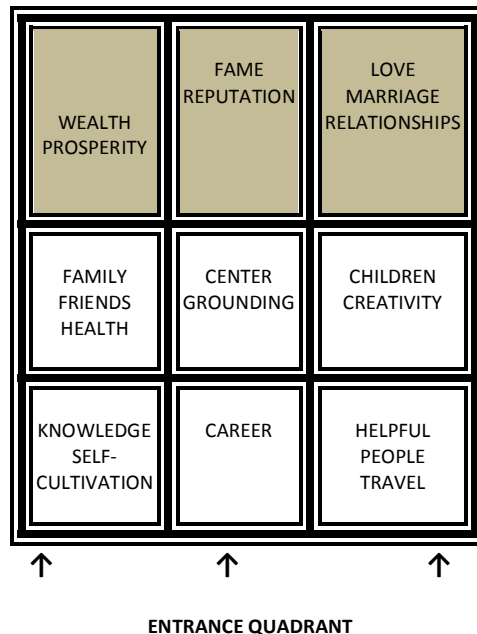
Feng Shui Can Bring More Fire Into Your Life

“The mind is not a vessel to be filled, but a fire to be kindled.” Are you ready to kindle the fire in your life? Feb. 8, 2016 marked the beginning of the Lunar Year of the Fire Monkey. This will prove to be a year of action since it is governed by the Feng Shui Element of Fire. Let’s get started in preparing for this energetic year.

The five Feng Shui elements: Wood, Fire, Earth, Metal and Water are considered the building blocks of everything physical on earth. The Fire Element is represented by the hearth, creating a warm feeling in your home. It is known to enhance excitement, enthusiasm, and leadership, which makes the Year of the Monkey so auspicious. Therefore it is important to invite more fire into your environment.

The Fire Element is found in:

All lighting (electrical, candles and natural) things made from animals (fur, leather, bone, feathers, wool etc.), pets and wildlife, art that depicts people, animals, sunshine or fire, shapes such as triangles, pyramids or cones, the red color spectrum. You want to ensure that each room had a little bit of the fire element, but primarily the rooms in the back left corner, back center wall and back right corner, which are the areas of the Bagua governed by the fire element. (See the Bagua diagram)



Fire 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, with the center for grounding and centering.” Each sector of the Bagua is represented by one of the elements. The fire element is so powerful that it occupies three areas of your home; the entire back portion.

Some examples of enhancements in these areas using fire are:

Wealth Area - Back Left Corner – Enhance this area if you need to generate more cash flow in your life, or if you want to be more aware of the flow of abundance in your life in general.

Enhance with:

- * Colors: purple, blue or red
- * Shapes: cones, triangles
- * Items: items that “call the Chi” such as flags, wind chimes, whirligigs, flowing water features, (fountains, waterfalls or aquariums), opulent items in the purple color spectrum, healthy round leaf plants
- * Art: depicting wealth or items you wish to purchase

Fame Area– Back Center – Enhance this area if you would like more recognition at home or at work.

Enhance with:

- * Colors: reds
- * Shapes: cones, triangles
- * Items: diplomas, awards and acknowledgements, up lighting, inspirational sayings
- * Art: depicting animals, people fire and the sun, personal images and symbols of fame

Love and Marriage Area– Right Back Corner – Enhance this area if you want to attract or improve a love relationship.

Enhance with:

- * Colors: reds, pinks, white
- * Shapes: cones, triangles
- * Items: pairs of items (candles, love birds, vases)
- * Art: art or photos depicting your significant other or romance, colors of reds, pinks and white

Fire in the Garden:

Bringing the Fire element to your garden continues the enhancement process. Directly outside the Wealth area you can plant purple flowers, the center outside the Fame area is a great location for vibrant red flowers, up lighting or twinkle lights, fire pits, BBQs and seating with red cushions, and in the back right corner bring in red/pink flowers, seating for two and fun garden art in pairs. Have fun with it. Your energy will improve each time you look out the windows.

Balancing the Elements:

In Feng Shui, the most harmonious places in nature are where interplay of all five elements occurs. Therefore the Fire Element needs to be balanced. Too much fire amplifies aggression and impatience, and does not allow you to feel relaxed on your home. As in nature to calm and balance the fire you would add a bit of the Water Element.

The Water Element is found in:

Water features of all kinds (fountains, aquariums, and birdbaths), reflective surfaces such as glass, cut crystal and mirrors, flowing asymmetrical shapes, the black and dark tones color spectrum, art depicting water scenes.

Remember, you’re adding these only as a balance, so add them in moderation.

Too little fire creates a lack of positive movement, and coldness in your home. To counterbalance this you would add representations of the Fire Element, as I outlined above, and as in nature, you can stoke the fire with a bit of the Wood Element.

The Wood Element is found in:

Wooden furniture and accessories, wooden paneling and decks, all indoor and outdoor plants (including silk, plastic or dried), plant based cloth and textiles, floral prints, art depicting landscapes, gardens, plants and flowers, columnar shapes and stripes, the green and blue color spectrum.

Although this column focuses on the power of the fire element to add energy in your life, to fully balance all the elements knowledge of the remaining two elements, Earth and Metal, is important. I don’t want to detract from the power of the Fire Element by going into too much detail about the others; but here is a quick fix I use to add balance of all the elements in certain areas around my home.

A Quick Fix - 5 Element Arrangements:

Creating a small 5 element arrangement in any room helps to strengthen the Ch'i, and adds power to affirmations and enhancements. It marks the beginning of positive change and invites the Ch'i to move. For example, adding a 5 Element Arrangement to the wealth area if you want a boost in your finances and overall prosperity. Quick Fixes are also excellent when you need a boost to specific facets of your life, such as when seeking a job, deciding to start a family, or beginning a large remodeling project. For example: This year begin with Fire – A red (fire) orchid (also Wood because of it being a plant), in a round shape (Metal) black pot (Water) sitting on a rectangular yellow mat (Earth). There you go – a perfect 5 Element display! I also added one of these to the center of my home to calm the energy when my kitchen was being remodeled. Have fun with this; there are millions of combinations.

For more information regarding the 5 Feng Shui elements please go to <http://fengshuibymaria.com/newspaper-columns.html> (September and October 2011)

Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. Intent is the inner work that leads you to a more harmonious life. 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 Fire Element areas:

"Prosperity is flowing into my life", "I am filled with positive energy", "I am surrounded by relationships which enrich my life."

Feng Shui at Work:

A client of mine just moved into a new real estate office. It is totally empty and therefore a blank canvas. What a wonderful opportunity to enhance his Feng Shui. He just installed a very professional looking grey carpet representing a lot of the Metal Element. Because of the power of the year of the Monkey I suggested he balance the metal with the Fire Element and focus on the back three areas: Wealth, Fame and Relationships with clients. He painted the entire back wall a striking shade of burgundy and hung his logo in the Fame area, with an up-light lamp lighting it. In the Wealth area he featured photos of opulent properties, a tabletop fountain to allow prosperity to flow and in the Relationship area he placed a picture of him and a client shaking hands in front of a sold sign. This, along with a welcoming entrance, brought in the fire he needed to kick off his business successfully.

Adding more fire to your home will help you get motivated, build and forge ahead with renewed energy. Learning to identify the elements can be a lot of fun. With practice you will see that there are no "random acts of decorating". Whatever you add to a room should be purposeful to help you create harmony. Think of all the different combinations you can using the things you love. Remember that Feng Shui is about "Living with What You Love."

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".

Classes:

Learn more about the Bagua and the 5 Elements in my next series of 4 classes through Acalanes Adult Ed:

Thurs. evenings 6:30-8:30 p.m., April 14-May 5. Go to www.acalanes.k12.ca.us/adulted to register.

(Participants will receive \$40 off a home consultation.)

Until then...Blessings!

Maria McCullough - Bio

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. 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.”