

EVERYDAY FENG SHUI

Feng Shui by Maria

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“What You See is What You Get: The Power of Feng Shui Vision Boards

On my walk today I thought of the phrase “What you see is what you get”, and remembered that I had just told my Feng Shui students “Where the eye goes, the Ch’i flows.” I marveled at the connection. In Feng Shui there is a belief that seeing things that make you feel calm or that you regard as beautiful help to nourishes you. When you create a place where you can see those calming and beautiful things on a daily basis, you will create a place where your dreams and goals can be nourished and ultimately manifested.

Feng Shui Vision Boards can help you picture and realized your dreams. They are simply a collection of images, words and objects that represent a physical manifestation of your feelings and thoughts; creating a doorway from the unseen to the seen. They are known to produce profound results, both those expected as well as unexpected, due perhaps to their influence on the unconscious or subconscious mind.

Vision boards work on many levels:

- 1) A Vision Board helps you set and prioritized your goals and intentions.
- 2) The process of creating a vision board helps to solidify these goals in your head, and sends them out to the universe.
- 3) Seeing your vision board regularly, with images and words representing your goals, and wishes helps remind you of what you want to do, who you want to be, and what you want to have. The vision board helps to ensure that you continue to move towards those things, both consciously and unconsciously.
- 4) Vision boards are fun to make and tap into your creativity.

Most of all – THEY WORK! They have worked for me and for others. I can look back at past vision boards I have created and am excited to compare them against the final results.

How To Create a Vision Board:

A Vision Board is a very personal, individualized representation of your hopes and dreams, so no two are alike.

- Begin with a board (11x14 or 8 ½ by 14 are the most practical sizes, but anything goes). You can also pick up poster boards at your local Dollar Stores.
- You can think of your life in the course of a year (what you want to have accomplished this time next year) , a season or just a single event, for example a wedding. You can even envision loftier lifetime goals such as career or family you have always wanted. Then close your eyes and visualize exactly what you want to happen. See all the details. Imagine your perfect home, office or event setting. Imagine the people in your life as part of the vision. What else do you see? Hear? How does your vision make you feel?
- Cut out images from magazines, calendars, maps, postcards, photos that represent these goals. Or search online and download pictures from websites.
- You can make it 3 dimensional by adding glitter, string, stickers, shells, rocks, magnets, beads etc... Remember you have freedom in creating YOUR board.
- Use a glue stick, glue gun, tacks, white glue, tape etc. to adhere items to the board.
- Add inspirational words that are very specific to your goals. Words are very powerful, they turn ideas into action, and therefore they need to be always kept in the affirmative; positive, uplifting statements only.
- Add specific affirmations that you write yourself, as if the goal has already happened. For example: “I love my career. I excel in my position and I am given constant accolades for a job well done. I am on the right path for growth.”
- If you want to create a board with quantitative goals, add sticker dots to each one as you achieve them. (A real estate agent had a goal of selling 10 homes that season. She placed a dot on her board each time she sold one. This way she could honor her achievements and watch her goal manifest itself.)

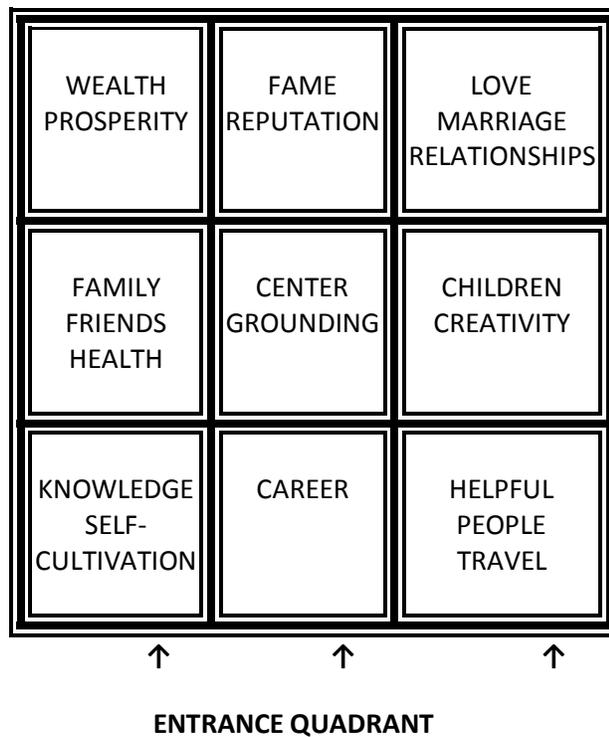
If you create a vision board for a year or specific event, the key is to keep it realistic. Can you say “yes” to everything on your board, or do you need to set a more achievable benchmark for the yearly time frame? Your board has to have substance and you should be able to check off benchmarks as they are achieved.

If you create a vision board for a loftier goal remember to look at it often as a reminder to stay on track. For example if your ultimate goal is to be president of a company, as you go through daily life ask yourself, “Is this what a president of a company would do?”

Remember, these are guidelines; there is no right or wrong to creating a vision board. It is a personal representation of YOUR goals; therefore it has to speak to YOU.

Connecting Your Vision Board to the Bagua:

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams,” with the 9th area being the Center, or grounding area. It is known as an environmental treasure map helping you locate specific energies in your home. Incorporating these areas in your vision board helps to connect with emotional energy.



No matter what your goal is, placing a picture, affirmation or word in the area of the map connected to the Bagua area will make it more powerful.

- Health/Friends/Family - Represents strength, vitality, growth (wood/blue/green/floral)
- Wealth/Prosperity - Gratitude and abundance (fire/purple)
- Fame - Integrity, how you are seen, where you glow (fire/red)
- Love/Marriage - Receptivity and intimacy (fire/red/pink)
- Children/Creativity - What makes you happy, childlike, creativity (metal/white/pastels)
- Helpful People/Travel - Synchronicity, being at the right place at the right time (metal/white/grey)
- Career - The power and depth we have within, following one’s bliss (water/black)
- Knowledge/Self Cultivation - Personal growth, honoring the ability to self enrich and be at peace (wood/blue/green)
- Center- Grounding and centering (earth tones)

You're done! Display your board in a location where you will see it every day. This will keep you grounded, help you grow and remind you of what you are grateful for. It will help you create order out of chaos. Once you have achieved the goals on the board, update it or create a new one. This is not an event – it's a journey. Enjoy the journey and the unfolding of your life!

Feng Shui at Work:

A client created a vision board years ago. In the center she created a fictional biography of herself 15 years into the future. Her ultimate goal was to be a respected project manager consultant. She envisioned having Toyota as one of her clients, so she included that in her biography. Four years later she received a senior position at a consulting firm whose flagship client is Toyota. She consulted at the Toyota headquarters in Southern California for over a year and loved it. This became a springboard to another important consulting project heading a large Informational Services Department. She has been very successful and is sold on Vision Boards.

Our grandson was born with a rare genetic disorder which posed some serious health risks. He had very low muscle tone and issues with his vision. Only time would tell if he would walk or speak. Our daughter, being a Feng Shui believer, created a board early on with pictures of children running and playing sports, working together in classroom settings, reading books and playing on jungle gyms. All the pictures depicted energetic, healthy children. Around the pictures were the words: LOVING, STRONG, CURIOUS, SOCIAL, PROGRESS, STRONG, SOLUTIONS, SMART. In the center was a picture of our grandson smiling. Three years later he no longer needs physical therapy and we can honestly say that each of these words describes our precocious grandchild perfectly. He is thriving!

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 a Vision Board event: *"I am working at the job I absolutely love," "We are pregnant with the baby we always wanted," "I am in a committed, loving relationship."*

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. The Western School of Feng Shui offers many free materials on their website. Browse and enjoy! <http://westernschooloffengshui.com/materials/> - You can create a vision board on any a piece of paper with scraps from old magazines - a cheap road to success.

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", where I post pictures as examples to enhancements. You can even hear me doing a one hour radio interview on my website!

* **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.

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."