

EVERYDAY FENG SHUI

Feng Shui by Maria

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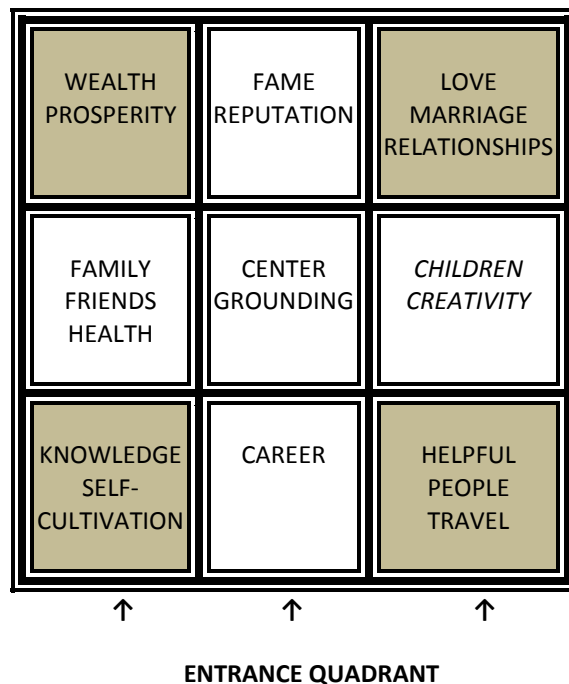
The Art of Anchoring: Keeping Your Energy and Blessings In

This is a time of year when we give thanks and count our blessings. We want to ensure that our home is working with us to keep us energized, harmonious and blessed. The ideal shape for a house in Feng Shui is a rectangle. This means that all areas of your home are contained within the Bagua, and that the vital energy, "Chi", can circulate to all areas of your life. Yet over 90% of western homes are not perfectly rectangular. What is the shape of the footprint of your home? What areas of your home are missing? How does this affect your life? When areas in your home are missing from the Bagua they could potentially also be missing from your life.

In my latest Feng Shui class, none of the twelve participants had a rectangular home, all were missing important areas and their lives were as well missing important components. Therefore we spent time teaching them the art of anchoring.

Anchoring 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 ever important Center, or hub. It is known as an environmental treasure map helping you locate specific energies in your home. When there are Bagua areas outside of the physical structure of your home or business, it's important to define and enhance them in some way.



To begin, locate the 4 corners of your home. Are they missing from the rectangle of the Bagua? If so use enhancements to either structurally or symbolically anchor the exact location of the missing corner. Walk the outside of your property until you are standing at the spot where the two walls would have met, then use one or more of the following anchoring cures.

Structural Anchoring:

This can be as simple as installing an outdoor lamppost, large boulders, trees, fences, water features, sculptures in a grouping in a garden. Or a more complicated fix like building a deck, arbor, patio, or room addition.

Don't be discouraged if you can't do anything substantial to enhance and anchor the Bagua on the outside of your home. There are still many ways you can symbolically complete a missing Gua.

Symbolic Anchoring:

Missing Bagua areas can be completed energetically by “planting” a natural quartz crystal, point up, where the corner would be if the structure were a rectangle, with the intentions of lifting and strengthening the Chi. If pavement covers the missing area, use paint instead of the crystal to mark the spot. Paint a symbol that would be meaningful to you representing the Bagua area (examples are a heart, trigram lines, initials, circle, star etc.)

Anchoring Indoors:

If there is no way to anchor forms the outside you can hang a mirror, round faceted crystal or art with depth on the wall closest to the missing area. This symbolically opens up the space to include what’s missing. It’s also very important to pay special attention to improving and enhancing the Bagua area in each room corresponding to the one that’s missing from your home structure. For instance a home that may be missing its Wealth and Prosperity area might also have cluttered closets, unhealthy plants and disliked possessions in the back left corner of other rooms in the house. Clean up those areas and place a representation of the missing area in each room.

The goal is to anchor or complete the missing area with something significant that’s in harmony with your home. Whenever you can choose items and designs that relate to the Bagua area you are working with. For example:

CAREER – Front Center – Anchor with water features such as fountains, waterfalls, red plants, black shiny pots

KNOWLEDGE/SELF CULTIVATION - Left Front Corner – Anchor with a large tree, a garden or blue/green gazing ball

FAMILY/FRIENDS/HEALTH - Left Center - Anchor with wooden seating, and a flower garden of many beautiful colors

WEALTH – Back Left Corner – Anchor with items that “call the Chi” such as flags, whirligigs, and water features

FAME – Back Center – Anchor with red plants and bright lighting, BBQs, red seating or cushions

LOVE – Right Back Corner – Anchor with a red bistro set with 2 chairs, pairs of garden art or trees with red/pink flowers

CHILDREN/CREATIVITY – Right Center – Anchor with metal seating, sculptures or whimsical garden art

HELPFUL PEOPLE/TRAVEL– Right Front Corner – Anchor with sculptures of spiritual guides, large boulders, white flowers

These are just a few suggestions. You can find more on <http://fengshuibymaria.com/newspaper-columns.html> (August 2011)

Your home represents the nurturing of all aspects of your life. Once you have anchored and enhanced the missing spaces enjoy the benefits of a positive energy flow and express your gratitude for all your blessings. Happy Thanksgiving!

Feng Shui at Work:

A client was remodeling a townhome located on an angular lot. She was very frustrated about the lack of synchronicity of her remodel. Materials were backordered; contractors were not showing up, estimates were coming in over budget. A quick mapping of her property showed that her Helpful People area was totally missing from the diagonal lot. We located the missing corner in her front lawn, and since it wasn’t in a space where she could plant a tree or place a boulder she immediately buried a large quartz crystal pointing up, with a positive affirmation. She also placed affirmations and natural crystals in the front right corner of every room in her house. The project took on a different energy and was completed soon after to her pleasure and satisfaction.

Another client was a single woman looking for love. The high rise apartment she lived in had a cut out in her Love and Marriage area. She hung two heart pictures and a round faceted crystal on the wall directly in front of missing corner. We went down to the parking lot and found the exact corner. She used permanent marker to draw a small heart on the space and wrote affirmations regarding finding true love. She is now dating two men that she recently met. It’s either feast or famine, and the prospects look good.

We were missing our Wealth and Prosperity corner, and to make matters worse the bathroom was adjacent to the missing corner. We created a “structural” anchoring by building a wooden arbor connecting the existing deck to the missing corner. We planted red trumpet vine to grow up the arbor, symbolizing the upward growth and blooming of prosperity, and a deep burgundy ornamental cherry tree near it. We hung a purple and orange fish windsock at the top of the missing corner, and have a deep purple gazing ball at the base. All our outside flowers in this area are in the purple spectrum. We enhanced the bathroom by painting the wall above the bathtub a deep burgundy (to match the tree), hung a picture of 9 Koi fish (fish represent wealth and good fortune), and hung a lavender 30 mm round faceted crystal in the corner. My husband got a new job and so far all is well financially.

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 while you’re anchoring a missing corner:

"The energy is staying within my home; prosperity is flowing my way." "I have captured the energy flowing into my love life; all good things are coming my way."

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Learning the art of anchoring could mean just moving a mirror, piece of art, seating arrangement, sculpture or large rock from one area of your home to the missing corner, and affirmations are always free!

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.

* **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

I will be teaching one more class this fall - Sign up through Parks and Recreation.

Saturday November 19 - 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) 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."