

EVERYDAY FENG SHUI
Feng Shui by Maria
October Column for Benicia Herald

Don't Let Your Energy Go Down the Drain

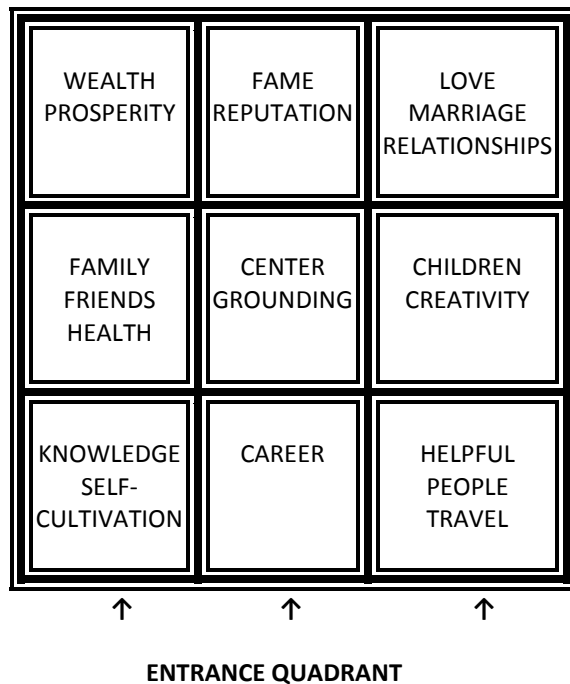
“Where the eye goes, the Chi flows.” Chi is your vital life energy, and this old Feng Shui saying especially applies to all bathrooms in your home. Can you see open toilets from your entrance, your bed, or anywhere else in your home? Is this the first thing you see when you wake up in the morning? If the answer is yes, you can bet that some of your energy is being drained.

Bathrooms are classically considered potential threats in Feng Shui because more often than not they are unadorned places with open plumbing that pulls your attention, your energy – your Chi – down the drain. The bathroom and your home’s plumbing correspond to your elimination system. It is here that personal cleansing rituals take place and where wastes are flushed away. However Chi can also be flushed out of your home via toilets and bathroom drains. Although there are no ideal places for a bathroom to reside, some locations are worse than others. If possible avoid homes with bathrooms in the back left (wealth) or back right (love and marriage) as these can cause drains in prosperity and relationships.

At the same time bathrooms are a necessary part of your home. Therefore it is important to minimize opportunities for Chi to flow out of your home too quickly, taking with it your prosperity, health or relationships. All is not lost! It is easy to correct a bathroom’s pull on your energy and enhance your life

Bathrooms 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.”



Bathrooms should take on the qualities of the Bagua area they reside in, with these important rules:

- Keep your bathroom clean, neat and orderly. Make sure you dispose of shampoo and other cosmetic bottles that are almost empty or too old to use.
- Close toilet lids, sink stoppers and shower curtains to conceal water outlets, or cover the drains with small rubber mats used for that purpose.
- Repair leaky faucets, showerheads, and toilets to prevent waste.
- Install adequate lighting for convenience and balancing the watery energy.
- When all else fails, at least keep the door closed.
- If your bedroom leads to a bathroom without a door, make it a priority to install a door, curtain, or screen to visually separate the bathroom from the bedroom.

- Ideally the toilet is placed so you don't see it from the bathroom door (located in its own "water closet" or behind a wall or screen). When this is impossible, hang a round faceted cut-glass crystal from the ceiling between the door and the toilet to help lift and circulate the Chi.

Make all bathrooms beautiful! You will quickly lift the Chi with a fresh coat of paint, new bathroom linens, candles, art, plants and inviting scents. Here are some examples of using the Bagua attributes to enhance your bathrooms:

Bathrooms in Knowledge and Self Cultivation Area

- * Items in wood, the colors of blues, greens, or black and in the shape of columns or stripes
- * Healthy plants with rounded soft leaves
- * Art depicting nature scenes

Bathrooms in Friends/Family/Health Area

- * Healthy floral arrangements or art depicting vibrant flowers
- * Photos of family, friends or representing perfect health
- * Items in wood and the colors of blues, greens, or black

Bathrooms in Wealth Area

- * Opulent items in the purple color spectrum
- * Art representing wealth
- * Healthy, round leaf plants

Bathrooms in Fame Area

- * Photos or art representing achievements or inspiration
- * Items in the colors red
- * Items representing the fire element with candles and lighting

Bathrooms in Love and Marriage Area

- * Pairs of items (candles, love birds, soaps, etc.)
- * Art or photos depicting romance
- * Colors of reds, pinks and white

Bathrooms in Children and Creativity Area

- * Photos of children or items made by children
- * Items in metal and the colors of white and pastels
- * Whimsical art

Bathrooms in Helpful People and Travel Area

- * Art or figures pertaining to spiritual guides, and/or mentors, helpful people or of places where you have traveled or want to travel
- * Items that have a powerful personal association with your spiritual beliefs
- * Items in metal and colors of white, black or grey

Bathrooms in Center Area

- * Items in ceramics, the colors yellow, earth tones, and rectangle shapes
- * Art depicting earth tone scenes such as fields, deserts, sunflowers etc.

You can review any of the areas of the Bagua in greater detail in past columns on my website:

<http://www.fengshuibymaria.com/newspaper-columns.html>

Balancing Bathroom Elements

Elementally speaking, the bathroom is very Watery and can be balanced by adding items or designs associated with the different elements. Earth controls water, so by adding earth tones, and items made of ceramics and rectangles, the room begins to be balanced. For the Fire element, which creates Earth, bring in warmth via candles, lighting, art depicting animals or people and the red spectrum. Because Wood feeds Fire, you can further enhance your bathroom with fresh flowers, wood items or blues and greens. You may have noticed I did not include the Career area for a bathroom above. I did this purposefully because it is a water element area and bathrooms are already watery. If your bathroom happens to be in this area, balance the elements and include art depicting your careers goals and affirmations. For further information on balancing the elements go to the website above and read the September 2011 column.

We can design our bathrooms so that the Chi remains buoyant; and our health, wealth and happiness flourish!

Feng Shui at Work

Our master bathroom happens to be in our Wealth and Prosperity corner. We enhanced the bathroom by painting the wall above the bathtub a deep burgundy, 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. We were fortunate to have the toilet placed behind a wall in its own area, but we ensure that all drains are closed at all times, even placing a small rubber stopper over the shower drain when not in use. These enhancements coupled with our affirmations have helped our finances immensely. My husband recently retired and was offered a lucrative job as a consultant.

A client living in a small apartment has her only bathroom in the Knowledge and Self-Cultivation area to the left as you enter her home. She turned it into a lovely meditation area by using the color sage green, art depicting cool forest scenes, and a shower curtain with brocade leaves. She placed a wooden table in front of the toilet holding a small Buddha, bamboo plant, inspirational sayings and books. The green scented candle soothes and reminds one of a pine forest.

A number of years ago a friend and her new husband moved into a small apartment. Although it was very cute, it's only bathroom was in the Love and Marriage Area and was too small to be kept neat all the time. I offered enhancement suggestions such as "pretty it up" with the red/pink spectrum of colors, keep all drains closed, fix the leaking sink which had caused a rust stain, hang a crystal, hang romantic art, and add pairs of items and affirmations. Even though she tried, her husband, who was not a believer of Feng Shui, did not support her. In her frustration she found another apartment with a more auspicious floor plan. He refused to move. They divorced after two years. I often wonder what would have happened if they had in fact moved away from that draining bathroom.

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. This particular inner work is about draining and cleansing forces in your life. Sit quietly and ask yourself if you are being drained in some way either environmentally, mentally, physically or spiritually. If so, the time is now to lift this downward pull on your vitality, and stop this drain on your Chi. Cleanse yourself of anyone or anything that is pulling you down and "close the drains" on those relationships.

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. In this column you learned that just by closing all drains in your bathroom you can enact an important Feng Shui cure. You can also set a small live plant on the tank of your toilet. The plant draws Chi upward, away from the toilet keeping it and your energy from being flushed away. If the area is too dark, a healthy looking silk plant will suffice.

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.

*** I NOW have a 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 CLASS:

I will be teaching another 3 hour class through the Benicia Parks and Recreation this fall:

Saturday Nov. 3 - 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) 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."