

EVERYDAY FENG SHUI

Feng Shui by Maria

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Fertility and Feng Shui Can Go Hand in Hand

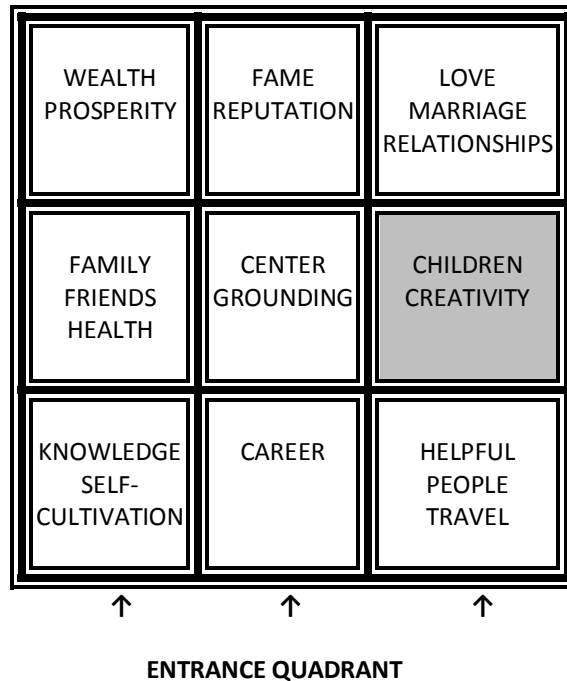
Planning for a baby is an exciting process; creating a space for the new arrival, arranging work schedules, finding day care, joyously notifying everyone, attending classes, reading books, attending baby showers and purchasing new supplies. But what if it's hard to get pregnant? What if you have been trying for a long time? For some the process of having a baby can involve numerous trips to the doctor, working with fertility clinics, exploring costly procedures such as In Vitro Fertilization or looking into adoption. While all the while trying whatever the doctor recommends, you can also use the power of Feng Shui to create energy forces in your home that can help open doors to fertility.

So what does Feng Shui have to do with fertility? Feng Shui is all about creating a positive energy field in your environment, which then transfers to you and affects your life. When your home energy is cluttered, messy and stuck you feel the same way. Through years of working with Feng Shui I have witnessed people create enhancements that will clear the energy for their family's well being.

When trying to get pregnant begin first by activating the Ch'i in the Children and Creativity Area.

Using the Bagua to Enhance the Children and Creativity Area:

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors, the Children and Creativity area is located in the right middle side of your home/office/business. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams"; with the center area for grounding. In the "I Ching" the Children and Creativity area of your home or business is called "Joyous Lake" because it is associated with the qualities of pleasure, encouragement and nurturing that children need to grow, and that babies need to enter this world.



Enhancements for enhancing the Children and Creativity area inside your home or business to aid in fertility:

- * Art, photos, collages or posters depicting pregnant mothers, and babies
- * Whimsical, playful and colorful items, baby toys, sculptures
- * Things having a personal association to your infancy and childhood
- * Items in colors of white or pastels
- * Things made of metal – brass, steel, pewter, silver, gold, aluminum, copper etc. such as furniture, lamps, candle holders, frames, figurines, jewelry
- * Quotes, vision boards, affirmations and sayings pertaining to pregnancy, healthy babies and children

The ideal location for a nursery is in the Child's area of the home (right middle area), where you can prepare a nest with the above enhancements for the baby you are trying to conceive. Since this does not always happen in a home you can enhance any other room falling in this area the same way. There is no end to the creativity this area can generate! A client created a gallery of their children's pictures in their stairwell, while I filled my laundry room, which is in the Children and Creativity Area with baby pictures and displayed a vision board there when my daughter was trying to get pregnant... Have fun with it!

Nursery in another Bagua area:

Getting ready for a new baby requires a lot of planning, and Feng Shui can help with a good foundation for baby's room preparations. Wherever you end up placing the nursery remember that nurseries are particularly nurturing if the colors are kept in pastel hues which are more calming than bright primary colors. A good flow of energy in the baby's room will inevitably lead to a happier, healthier child. Think of the nursery as a special retreat for relaxation and bonding with your little one. Creating a good Feng Shui room for your baby is more than just decorating. It is about expressing your unconditional love, care and adoration, as well as reassurance of support throughout the life you will be sharing together. Look for Bagua enhancing suggestions on <http://fengshuibymaria.com/newspaper-columns.html> (Aug. 2011)

Other Feng Shui recommendations to aid in fertility

- 1) Remove any blocks to your front door. Be sure that there is an open space out the front door and that there is nothing in direction line with your front door, such as a tree, street, or other object. The front door is considered the "mouth of Ch'i" and is where all energy enters the home. Make this area clean, auspicious, and beautiful.
- 2) Avoid clutter in the Children's area, such as crowded closets or junk rooms. Work at getting these cleaned out to allow new creative (fertility) energy to enter your life.
- 3) If there is a bathroom in this sector, make sure bathroom doors and toilet lids are shut and to keep a bright light on in this room.
- 4) Bedroom Feng Shui is extremely important when you are trying to conceive. Beds should never share the same wall as the door, a bathroom, or a kitchen. Televisions, computers, mirrors, plants, and exercise equipment should be removed. Rest and romance should be the only activities in this room.
- 5) Feng Shui uses symbols to enhance fertility. One symbol is placing a pair of elephants on either side of the bedroom door, as well as in the Child's area. Elephants are associated with pregnancy, especially if the trunks are up.
- 6) One great technique is to place nine metal frames of children on the right wall of the Children and Creativity sector of your home (also the right middle wall of your bedroom). These can be small frames on a table or larger ones hung on the wall. Once your child is born, replace the photos with those of your baby to draw the protective energies to assure good health and happiness for your child.
- 7) Finally ensure that your whole house is clean and free from clutter: Doors or windows aren't blocked – Ch'i moves through house without bumping into barriers or blockades such as misplaced objects, boxes or furniture. No dishes allowed piling up in the sink. All sinks, tubs, toilets clean and in good working condition. Windows clean inside and outside. All light bulbs work and those burned out replaced. All

equipment works. Plants healthy and cared for regularly. All obstructions blocking front door removed and the main entrance to home well lit.

When you are trying to conceive, it's always worth taking a comprehensive approach. You want a welcoming environment for the baby to enter. Fortunately, Feng Shui can help you make sure the environment supports your endeavors to bring that new addition to your family.

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 of affirmations for the Children and Creativity area:

"We are pregnant with a beautiful, healthy baby," "I am so thankful for the healthy baby in my life."

Feng Shui at Work:

Vision Boards are a powerful way to create affirmations and solid visions of your aspirations. A client, who was trying for her second child, to no avail, created a collage of pictures of pregnant women, newborn babies and words and phrases from magazines such as "pregnant", "healthy babies" and "joyous". Her Children's area happened to be in her family room where she had created a play area for her toddler. Her husband, an artist, also painted a picture of a baby's hand outstretched to touch his and placed it nearby the vision board. Her mother, also aware of Feng Shui placed a similar vision board in her Children's area which happened to be her laundry room. You can send positive energy from afar. A baby is on the way!

Another client had been trying to conceive for over 6 months and was about to try In Vitro Fertilization, when she and her husband decided it was time to redecorate the existing nursery and give their two year old his own "big boy bed." The crib remained in the nursery as a welcoming gesture to the much awaited infant. Once the nest was fully in place, it didn't take long for my client to happily get pregnant. All is in place and ready for their new addition!

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Decluttering and creating vision boards costs virtually nothing, and you can purchase small inexpensive metal frames at thrift or 99 cent stores. Intent is free!!!

Questions, Questions, Questions:

I encourage you to email me with question, which I will respond in this column or by email.

Reader: "I have been reading your columns and have been trying to get pregnant for over a year. Looking at the Bagua I see that my Children's area is the dinette area of our kitchen, which is usually filled with piles of clutter. We also keep 4 boxes of our deceased pet's ashes on a shelf in there. Where should I move them? Can Feng Shui help me get pregnant?"

Dear Reader: "Awareness is half the battle. Yes, you definitely should move the ashes which represent loss in a place where you need to focus on new life. If you can't bury the ashes in your garden, giving them back to the earth, they can be placed in one of your two more spiritual Bagua areas; Knowledge and Self Cultivation or Helpful People, considering them your angels. Clean up your dinette area of all piles, decorate with whites and pastels, place 9 pictures of babies in metal frames and replace them with your pictures when the baby is born. This is a great place for a vision board. Use the area for your meals with your husband. You may even want to bring in a high chair to show the baby you are ready. Keep working with your doctor. Blessings to you, please keep me posted."

Classes:

My next series of classes will begin at Acalanes Adult Ed. in Walnut Creek on Thurs. Sept. 17. Check out my website for registration information.

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.

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 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."