

Published May 21st, 2014

## Memorial Day, Helpful People and Gratitude: A FengShui Perspective

By Michele Duffy



"Activate" the Healthy People life area of the Bagua using metal sculptures of angels or Buddhas in yards. Photos Michele Duffy

Albert Schweitzer, the Nobel Peace Prize recipient, once said, "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

If you stand at your front door looking into your home, the Helpful People area is located to the near right corner from where you stand and is connected to and symbolizes blessings and helpful people who bless your life. When we fully "activate" a particular Bagua area, like Helpful People, we do this in the house, master bedroom and the yard so the garden receives a lot of healthy FengShui.

The Helpful People area of the FengShui Bagua is governed by the metal element. We can "activate" the metal element of this life area by placing metal sculptures of our loved ones, angels or Buddhas, and the colors that represent metal including white, grey, silver, and metallic in that location. Place art that depicts all we are grateful for or who we are grateful for, including photos in metal frames of our helpful people or benefactors. Infuse the area with reflection.

The earth element "creates" or produces metal, so use the earth element in the Helpful People area. Since fire melts metal, avoid red and the fire element in this area to keep it strong and vibrant.

Helpful people always include family and friends - even trusty and faithful pets - but they also

Memorial Day may mean the beginning of summer, backyard barbecues and the slathering of sunscreen while donning a new swim suit at one of the area beaches, but for many, it is symbolic of one ideal: gratitude.

Learning to appreciate what you already have (yogi's call this *samtosha*) instead of what you lack is a valuable life skill to promote a sense of well being. From a FengShui perspective, gratitude is easily expressed through healthy plants, joyful family photos, and warm colors that we infuse inside our homes. A home filled with gratitude is fantastic FengShui.

While each of us have our own ideas of what constitutes health and happiness, there is some consensus that solid relationships, a healthy outlook and a sense of curiosity about life contribute greatly to achieving contentment. When we express thanks it impacts the receiver and it also benefits the one giving thanks.

There are nine "life" areas of the FengShui Bagua map (see diagram). By focusing on the "Helpful People" area of the Bagua Map, we can recognize the blessings in our lives. Acting upon them regularly improves our quality of life and our awareness and appreciation of others. This is good FengShui and karma since none of us achieves lasting happiness, health or success without the constant help of others.

include enemies and strangers. While it is easy to see the connection with why family and friends may be blessings in our lives, our enemies can be our most profound teachers of patience or impermanence. Also, remember that our enemies today can become friends tomorrow, and our friends today could someday turn against us.

Heaven also occupies the Helpful People area, underscoring that the Divine is always the most helpful to us; we turn inward, to our spiritual food for strength and spiritual grounding, so many blessings manifest. Expressing gratitude for our spirituality can give us great and real comfort, especially on Memorial Day, when we may contemplate those we have lost.

This Memorial Day tell your loved ones how much you appreciate counting them among the blessings in your life. Activate and bless the Helpful People area of your home, expressing your gratitude with specific symbology that is personal, physical and spiritual.

Share your gratitude and give thanks to all those who have given of themselves, without expectation of repayment so life could be filled with peace. As you do, reflect that you contribute to the global good, hope, light and peace in the world, and that perhaps you honor them best, this Memorial Day, by starting first with your own heart.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" FengShui one space at a time, as well as hiking in nature, cooking, spending time with her family; Canyon Ranch FengShui Master, International FengShui Guild (IFSG) Red Ribbon Professional. For more info, visit [www.mandalafengshui.com](http://www.mandalafengshui.com), email [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com), or call 520-647-4887.



Use colors that represent metal including white, grey, silver, and metallic.



Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

[back](#)

Copyright © Lamorinda Weekly, Moraga CA