

Memorial Day, Helpful People and Gratitude: A FengShui Perspective

By Michele Duffy

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.

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.

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