



## Balancing Mental Energy

*The crazy, stressful Holiday season is approaching and I thought it would be a good time for us to focus on balancing mental energy; to understand that we are in control of what we think about and that it is our choice whether we stay balanced or not. If we start preparing ourselves for the additional mental stress of the Holidays, energy will flow more smoothly for us and our families.*

*I just wanted to remind you of who you are.*

Energy flows through us, it flows on earth, it flows out in the heavens and throughout the entire Universe - it is all the same energy. The energy that flows through us is the same energy that flows through the Universe and we are connected to this energy. Could it be that we are the same energy? I know the energy of my mind is connected to the immense energy of the Universe and the Quantum Physicists call this phenomenon 'entanglement'.

We know that the energy of the Universe is positive – because life is being created all the time. Our cycles of creation occur every second, every minute, and every hour of every day. Every day the sun comes up and goes down with the same spectacular glory, every year we experience four seasons, the full moon follows the new moon and we are all connected to these incredible cycles of nature. How can we even consider ourselves as separate or 'less than'? Why would we ever feel unworthy when our energy is entangled with this glory? Why would we have even one negative thought about ourselves when we are filled with the same unlimited possibility and promise as the energy of nature; the energy of creation.

We have forgotten that we are entangled with the energy of the Universe. If the energy on Earth is positive and we are connected to this energy, how did we decide that we are a failure? After all it is the same energy; the energy that flows through us that makes us alive, that which is our soul, is the same energy that created the Universe. And that energy is God.

So, how did we forget that we are the same energy as God? Why is it that we let the Holiday season overcome us? How did we slip into this negative spiral that has become our life; this life of constant worry, fear and regret? The main reason is that we have forgotten who we really are. We have forgotten that we are indeed of the same energy as the Universe; we are the same soul as God.

We have created a materialistic society that has defined us in many weird and wonderful ways.

- We define ourselves by the things that we own.
- We define ourselves by what we do.

*"Devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."*

Tuesdays with Morrie, Mitch Albom. Page 128

- We are obsessed by what others think of us.
- We define ourselves by who we think our children are – or rather who we think others will think our children are.
- We think that we are alone.

We have become separated from the positive energy of the Universe by defining ourselves by what we own and the job that we do; by worrying about what others think of us and our children; by thinking that we are alone. Our material worth is of no consequence if we don't use it for good; our job is irrelevant if we aren't becoming a better person each and every day.

We have further separated ourselves by worrying what others think of us, by allowing ourselves to be judged by a flawed value system. And then we have felt that what is happening around us, to our families, to our neighbours, to our communities, to our country and to our world, is of no concern to us.

Make the change to your mental energy now, before the Holiday rush. A great tool for changing negative mental energy and what you believe in is with thankfulness in advance. (During his study of energy on water crystals, Masaru Emoto (author of the True Power of Water, ISBN 1-41652217-4) noticed that the energy of love and gratitude had the greatest positive effect on water, and our physical body is mostly made up of water.)

Before the Holidays begin, make a list of what you are thankful for. Focus on the things that you have – not on the things you don't have. Be thankful for things in advance. Be thankful for all that is in your life; for all that you have created. Own it; now change it!

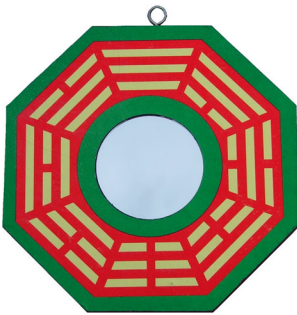
Don't forget to pamper yourself with "Relaxing Baths" (recipes in my book *In the Feng Shui Zone*), keep up with your meditation routine and surround yourself with people who make you feel great. Let's make this Holiday Season the best ever.

## You Asked About It ...

*Q. Halloween is such an exciting time for children and they enjoy it so much, but I find that their energy levels go absolutely crazy with all the excitement. What do you suggest to keep energy levels more balanced at this chaotic time of year?*

A. Halloween is a very exciting time of year and all of the activities in which children are involved usually represent a lot of change for them. As with all situations where change is a big factor - the Feng Shui 'cure' is to add earth energy which is stable, reliable and nourishing. If you haven't already done so, add earth energy to their bedroom by placing 4 round rocks in the corners. Add earth energy to their person with natural gemstones such as amber (for Protection), jade (for healing) or turquoise (for happiness). To take good energy everywhere that they go, give your child a 20mm personal Feng Shui crystal to keep in their pocket. Remember to hang your Bagua Mirror above or near the front door to protect your home over Halloween and limit the amount of sugar that your children consume.

## Product Special



The Bagua Mirror is a traditional Feng Shui cure for the outside of your home. It attracts good energy into your home from the neighbourhood, while redirecting negative energy away from your space.

The Feng Shui Market Bagua Mirrors are simple, inexpensive and perfect for your Feng Shui needs. Don't feel tempted to purchase the 'fancier' decorator style Bagua Mirrors as they probably will not have the correct balance of colour or trigrams; and you could be incurring unnecessary expense.

The best place to hang your Bagua Mirror is above your front door. They can be 'tucked' out of site if you feel that the look doesn't fit in with your décor (they will be almost as effective). At some homes I have placed Bagua Mirrors in the mailbox at the front door and have also tucked a Bagua Mirror away behind bushes. It's not the best solution, but it is a very strong second. Bagua Mirrors can also be hung above the back door to redirect negative energy that is impacting the back of your home.

**[Order your Bagua Mirrors today](#)**

**Special Price \$8.95 ea**

**Regular Price \$9.95**

## Upcoming Feng Shui Classes

Clearing Clutter with Feng Shui	October 11, 18, 25, November 1
Residential Decorating with Feng Shui	October 14
Feng Shui for Retailers	October 15
Feng Shui for the Workplace	November 8, 15
Residential Decorating with Feng Shui	November 18
Feng Shui & Spirituality	November 19
Practical Feng Shui Consulting	November 22, 29
Practical Feng Shui Consulting	November 23, 30

[Click here to view more information about Feng Shui classes](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at [mtroyal.ca](http://mtroyal.ca) Click on My MRC

*"Now, perhaps more than at any other time in our evolution, we need to be clear and aware of the problems that beset us, but our endeavours become pointless unless we appreciate that we have become masters of our own destiny. We need to know where we are going and how we are going to get there. Already we have begun to make use of our conscious talents, but we have completely neglected those available on the other side of the mind. Nature has given us all the necessary equipment for our task in the space between our ears ... All that remains is for us to use them wisely."*

Lyllal Watson, Supernature, p. 244

# Have you got your tickets for our 2<sup>nd</sup> Annual Feng Shui Christmas Party?



Our Annual Christmas Party will be held on Wednesday, December 6<sup>th</sup> 2006 at the Elbow River Casino.

Join us for this fun evening and enjoy a sumptuous buffet dinner, entertainment and prizes;  
and meet and congratulate our 2006 Feng Shui Graduates.

We are delighted that Alvin Law, whose message has touched over 2 million people world wide, is our guest speaker.  
(Alvin Law <http://www.alvinlaw.com/>)

Tickets are \$35 per person.

Tickets are limited, so please [click here](#) to book your tickets today.

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## Feng Shui Market Workshops

These hands-on training sessions are exclusively offered to those of you participating in the  
Feng Shui Practitioners Certificate Program.

*Our aim is to provide you with the tools to become the most professional Feng Shui Practitioners in North America.*

Drawing Floor Plans for Feng Shui, presented by Ashley Doull	October 21
Bagua Map Layouts for Feng Shui, presented by Debra Ford	October 28 am
Setting up Your Business, presented by Patti Alty	October 28 pm
Train the Trainer, presented by Maureen Johnson & Debra Ford	December 2

*Register early, as space is limited – call 295-7336.*

### 'Call for Writers'



Feng Shui Market and Publishing invites you to share your expertise with our newsletter readers and viewers. This is your opportunity to submit mental, physical and spiritual energy content that promotes the growth of personal energy. Submissions will be published both within the newsletter and on the Feng Shui Market and Feng Shui Zone websites.

[Contact us](#) by email to submit your topic and a brief outline of content (100 words).

#### **Submission requirements:**

Final articles should be 650 - 750 words in length; if you have used any reference material it is vital to include proper credits; end the article with a 30 word bio, including your name, Company, email, website. Deadlines will be provided.

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## Feng Shui Market & Publishing

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