



## A Peaceful Feng Shui Holiday Season

*A Feng Shui Holiday is one that is calm, relaxed and happy; a Holiday time that is not overwhelming or stressful. The Holiday season brings so many unnecessary stresses to our lives and it seems ironic that at a time when we should be relaxing and enjoying ourselves, spending time with those we love, exactly the opposite is happening.*

The Holidays are a time for being grateful – think about what it is you are thankful for and focus on that. Don't focus on what you think is missing from your life. Each of us is here to experience the life we are living; everything is exactly as it should be – there should be no regrets. Focus on what you are grateful for in your life and you will create more of that.

A Feng Shui teaching is that you will get back from the Universe what you give. To attract good energy into your life, you need to give good energy to the world. One of the easiest ways to attract good energy is to volunteer or donate. Why not support a favourite charity rather than giving family members gifts that they really don't want (they only become clutter)? Why not limit Christmas gifts this year and use the funds to make someone needier feel that they are cared for? Not only will you be spreading love and positive energy; you will be attracting good energy and positive events into your life. Instead of hostess gifts and gift exchanges, make donations to a chosen charity.

Decorate your home for the Holidays using these simple Feng Shui principles:

- Before placing decorations first remove all the items and knick-knacks that you usually have in those spaces. Don't simply add more stuff (clutter) to your home.
- Only put out those decorations that you LOVE. Don't feel the need to put up everything that you placed in your storage boxes last year – if you don't love it, recycle it, donate it or throw it away.
- Use this opportunity to dust and clean the rooms to which you will be adding holiday decorations. Dirt and dust have negative energy that will slow down your life.
- Add earth energy to your home to slow the energy down. Everything vibrates at its own energy – different colours have different energy vibrations;

different elements (wood, fire, earth, metal, water) vibrate at different energies. When you add red or burgundy as you put out your Christmas decorations, you are adding busy, fast vibrating 'fire' energy, which could cause added stress and arguments in the home. When you add earth energy you will slow this energy down. Earth energy is represented by rocks, stones, pottery, bricks, anything made from soil.

- Add water energy to your home. The colours of Christmas represent fire energy and in Feng Shui 'water puts out fire', so when you add water energy you create balance in your home. Water energy is represented by glass, crystals, mirrors, water fountains. Consider hanging small Feng Shui crystals or round mirrors on the Christmas tree.
- Outdoor light attracts good energy into your yard and if you hang lights in the front yard you will add positive energy to your life. Placing lights along the back fence or back deck of your home will positively affect the energy of your future success and assist you in achieving your 2006 goals.
- Outdoor lights will need to be put up before it's too cold, but only turn them on December 1<sup>st</sup>. Leave them up to add energy to your yard during the dull, cold months of January and February.

In the next newsletter we will share ideas on decorating your Christmas tree using the Feng Shui Zones e.g. a Family Zone tree would include wooden ornaments, family photos and memorabilia; a Relationships and Love tree would include the predominant colour pink, decorations in pairs and symbols of love (turtle doves). (Decorated Feng Shui Zone Christmas trees will be featured on CTV noon news December 4, 11 and 18.)

Decorating in this way will ensure that **physical energy** is flowing smoothly; planning for a less stressful time will make sure that **mental energy** is calm; making 'giving' a big part of your Holidays will create positive **spiritual energy**. The formula for a great Holiday season!

## You Asked About It ...

*Q. I have found mice in my home - is there a Feng Shui cure that would help me get rid of them.*

A. It's that time of the year, when the outside critters are looking for a warm place inside. First, I would recommend that you get professional help. Find an exterminator that will get rid of the mice (because when you see one, there are usually a whole bunch right behind) in as humane a way as possible. Secondly - use your Feng Shui energy knowledge. Animals have fire energy - so add water energy to the space to extinguish the fire energy. In any way that you can e.g. hang a 30mm Feng Shui crystal or place as large a mirror as possible in the vicinity.

## Christmas Product Specials

### Feng Shui Holiday Decoration



When we decorate our homes for Christmas, we usually add too much 'fire' energy (by introducing so much red and burgundy) and this causes a hot, explosive energy imbalance. Hang these beautiful 20mm Feng Shui Crystals (strung on clear string) on your Christmas tree this year to add 'water' energy to your home and to calm the energy of the home down.

[Order](#) your Feng Shui Holiday Decorations today

**Special Price \$10.95 ea**

Regular Price \$11.95

### Crystal Heaven – Holiday Savings Price \$209.65 – You Save \$59.90

We have a wonderful Christmas present for you. The holiday season is the time of year to focus on our families and what better way than to add the beautiful Family colour of Green.

[Order any 7 Swarovski 30mm Colour Crystals](#)

*and you will also receive a free Antique Green Crystal AND our new Emerald Green Crystal.  
That's right ... FREE ... 9 Swarovski 30mm Colour Crystals for the price of 7 – this is a fabulous offer!*



## Upcoming Feng Shui Classes at Mount Royal College

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
Balancing Energy with Feng Shui	January 15, 22, 29, February 5
Balancing Energy with Feng Shui	January 17, 24, 31, February 7
Clearing Clutter with Feng Shui	January 20, 27
Balancing Energy with Feng Shui	February 24, March 3

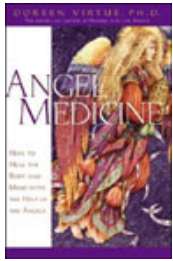
[Click here to view more information about Feng Shui classes](#)

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

*“The truth is that as much as you plan and dream and move forward in your life, you must remember you are always acting in conjunction with the flow and energy of the Universe. You move in the direction of your goal with all the force and verve you can muster — and then let go, releasing your plan to the power that's bigger than yourself and allowing your dream to unfold as its own masterpiece. Dream big — dream very big. Work hard — work very hard. And after you've done all you can, you stand, wait, and fully surrender.”*

Oprah Winfrey

# Booktalk...



## ANGEL MEDICINE: How to Heal the Body and Mind with the Help of Angels

submitted by Solita Burke

Author: Doreen Virtue, Ph.D.  
Publisher: Hay House Inc. 2004

The author, Doreen Virtue visits the Greek Island of Santorini. She takes you on a spiritual adventure as she uncovers the ancient secrets of the healing temples of the lost civilizations of Atlantis. While she is in Santorini she is contacted by a group of Angels calling themselves the "Angels of Atlantis" and begins experiencing past life regressions.

This book is both a cool adventure story and a reference book in one. It has three parts that relate to the story of her recovery of memories of Atlantean healing methods, along with messages from the Angels. While in her past life regressions she starts to realize that she was, at one time, a healer in an Atlantean temple - where they used sunlight and crystals to heal their patients. She uses her memories of this, as well as her conversations with the Angels to explain how this healing process works.

The second and third parts of the book reveal the scientific studies, case studies, methods and charts that support the importance of love and light in healing, as well as the power of prayer and meditation, in healing. In one section of the book, she explains the primary duty of each Archangel, and their corresponding colours and crystals. She also gives a list of complaints/ailments and tells you which crystals work best for them. As an example, if you are prone to nosebleeds, Hematite is supposed to be a great stone/crystal to keep with you and to meditate with. On the other hand, if you are prone to headaches – Blue Lace Agate, Sugilite and Amethyst are the stones for you.

*I think this is an excellent book, and a must read for anyone trying to delve deeper into their spiritual side.*

*In my opinion, this is a MUST read!!*

## Last call for your 2<sup>nd</sup> Annual Feng Shui Christmas Party Tickets

Guest Speaker:

Alvin Law <http://www.alvinlaw.com/>  
[Click here to book your tickets](#)



Wednesday, December 6<sup>th</sup> 2006  
Elbow River Casino  
\$35 per person

## Feng Shui Market Workshops

*The hands-on training sessions exclusively offered to those participating in the Feng Shui Practitioners Certificate Program have provided the tools to become the most professional Feng Shui Practitioners in North America.*

Train the Trainer, presented by Maureen Johnson & Debra Ford

December 2

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

*In addition, for all of you who have been requesting public workshops relating to 'Feng Shui' and 'Energy', we are pleased to announce that we are scheduling some wonderful new sessions for you in 2007.*

*Watch for more information in Feng Shui News!*



### '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.

## Feng Shui Market & Publishing

Mailing Address 195, 612 - 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3 Phone 403.295.7336  
[www.fengshuimarket.ca](http://www.fengshuimarket.ca) email: [info@fengshuimarket.ca](mailto:info@fengshuimarket.ca)