



## Feng Shui and EMF Energy

*In Feng Shui our work is focused on creating a continuous gentle flow of energy in our environments – at home and at work. We know that by creating this flow we balance energy outside of us, which balances our personal energy and in that way our life outcome is improved. We are able to become the truly great beings that we were destined to become. As Neale Donald Walsh (author of Conversations with God) says “we become the grandest version of the greatest vision that we have of ourselves”.*

One of the major causes of negative energy is the fact that we are constantly bombarded by invisible electromagnetic field energy that is literally blanketing the earth. EMF energy is made up of different types of frequencies – electrical appliances and wiring, radio frequencies (AM/FM and CB), microwave frequencies (ovens, smoke detectors, cell phones), infrared radiation (alarm systems, motion detectors), ionizing radiation (fluorescent light, x-rays).

It is now believed that these different types of EMFs cause cellular damage to the human body and we are seeing the results with increasing health issues. To further exacerbate the problem, our bodies consist of 90% water and water is an excellent conductor of negative EMF energy. Documented maladies include sleep disorders, ADD, fatigue, nervous disorders, chronic illness, leukemia and other cancers.

By reducing exposure to electromagnetic pollution you can align your body closer to its natural state. In our everyday lives we are affected daily by the microwave, TV, stereo, computer, telephone, vacuum cleaner, hairdryer, electric stove, lights, fans, clocks and all other electrical equipment.

There are many simple things that can be done to reduce exposure to electromagnetic radiation and the most important is avoidance i.e. moving electrical items as far away from the body as possible.

1. Get rid of the microwave oven. Return to conventional cooking using organic food.
2. Remove all electrical appliances from the bedroom. Replace your clock radio with a wind-up alarm clock.
3. Never use electric blankets.

4. Sleep in a wooden bed – metal bed frames or lamps conduct electricity.
5. Make sure you know what is on the other side of the wall from the head of your bed. Do not sleep with the head of your bed against an electrical appliance in another room.
6. Do not use fluorescent lighting tubes with ballasts, and minimize the use of dimmer switches.
7. Keep cell phone use to an absolute minimum and don't keep it in a pocket near your ovaries, testicles or heart.
8. Use natural fibres in your home – they contain less static.
9. Use your hairdryer sparingly – attach an air tube to the end to keep the electric motor as far away from your head as possible.
10. Keep your laptop computer off your lap.

As an added precaution use your Feng Shui cures around electrical appliances where possible, particularly the TV, computer and microwave oven – silk (fabric or plants); Feng Shui crystals; salt crystal lamps; large pieces of quartz crystal.

(Reference: Jeannie Marie Tower – “Electromagnetic Pollution”)

***Note: We are investigating products that claim to limit the impact of EMFs in the home and will keep you posted.***

## You Asked About It ...

***Q. I have my compost in my Relationships and Love Zone of the backyard, is this a good spot for it?***

A. I am often asked where the compost should be positioned in the yard. Some of us regard compost as nature's wonder food and some of us regard it (while it is decomposing) as waste – no matter which way you view it compost can be placed almost anywhere in the yard except for 2 zones. These are Prosperity and Helpful People and Travel. As in our homes, these 2 zones are our no storage zones.

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## Product Special



This shimmering golden yellow Swarovski 30mm crystal vibrates with the energy of balance. This energy has characteristics that promote improvement in both mental and physical health. These beautiful golden yellow crystals make an excellent Health Zone cure and can also be used in any zone which needs additional balancing.

**Order your Yellow Feng Shui Crystal today**

**Special Price for Yellow Feng Shui Crystals \$24.95 ea**  
**After Special Price \$29.95**

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## Upcoming Feng Shui Classes

Balancing Energy with Feng Shui	June 3, 4
Feng Shui & Spirituality	June 10
Feng Shui for Retailers	June 11
Residential Decorating with Feng Shui	June 17
Feng Shui for the Garden	June 18
Practical Feng Shui Consulting	June 21, 28
Practical Feng Shui Consulting	June 22, 29

[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



**ST. THOMAS, USVI**

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## Join Debra on our exclusive Feng Shui Cruise January 7 - 14, 2007

*Our cruise is getting booked up – to reserve your spot  
email Brenda at [brenda@bonavistatravel.com](mailto:brenda@bonavistatravel.com)*

*Everyone is welcome and it will be an inspiring time for us all as we work on balancing our personal energy.*

*Go to [www.fengshuicruise.ca](http://www.fengshuicruise.ca) for details on the destinations, dates and prices.*

*If you are thinking of traveling alone, let Brenda know and she can pair you up with another Feng Shui traveler*

# What's New?

## *2<sup>nd</sup> Annual Feng Shui Christmas Party*

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



Tickets will be \$35 per person and will include  
a sumptuous buffet dinner, entertainment, prizes, guest speaker  
and most importantly recognition of our 2006 Feng Shui Graduates.

Please [click here](#) to book your tickets.

We have to pay a substantial deposit to reserve the banquet room,  
so it would be appreciated if you could book your Christmas Party tickets as soon as possible.

### *'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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