



Strengthen the Energy of your Feng Shui Enhancements

“Align your thoughts, attitudes, actions and words to the new life situation that you desire.”

Denise Linn, Feng Shui for the Soul

Each and every one of us has the ‘tools’ that will enable us to create an environment of success that will support powerful outcomes. As you are applying the physical changes in your space, remain focused on what you wish the physical energy change to achieve.

Feng Shui teaches the power of *intention*. By being perfectly clear about what you intend to do; you make a commitment to yourself to actually do it. Setting your intentions is about understanding what you are doing, why you are doing it, and how you are going to do it.

“Dr. Wayne Dyer has researched intention as a force in the universe that allows the act of creation to take place.”

The Power of Intention

Meaningful intentions must have goals related to those intentions. Decide what your goals are, make a plan for meeting them, and use the power of intention to help you achieve them.

The clarity with which you *visualize* an intention makes your intention much more likely to manifest. Feel ... emotionally and physically ... how it will be when you have achieved your intention.

Visualizations are the images that we create in our mind of what we want. Images that we have created in our mind are reinforced by recreating them over and over again. We have set the image into our subconscious as if we have actually seen. We believe what our eyes see - as the saying goes *“seeing is believing”*.

Combined with *affirmations*, your visualizations become a powerful tool to create what you want to accomplish.

An *affirmation* is simply an intention you want to achieve - stated as if you have already achieved it. Affirmations are powerful and positive statements of acceptance and give you the opportunity to decide how you want to think about your life circumstances. They are an opportunity for you to change your mindset toward what you want.

You must believe that you *can* manifest your destiny. This process of *visualizing and believing in* your goals helps you to achieve them.

Repeat affirmations daily until they are so ingrained into your belief system that you accept them without question. Display your affirmations where you will see them regularly – on the

bathroom mirror, beside a door that you use regularly, beside your desk, in your car. Continually seeing your affirmations will reinforce your commitment to the changes that you are taking on. As an ongoing process, after you have achieved your intentions, add new affirmations.

Think
Happy

I like to ‘see’ an affirmation that looks beautiful too, rather than just writing it out on a piece of paper. This can be accomplished by displaying removable word art. After so many requests, Feng Shui Market is now offering a new product specifically for

this purpose – WordDesign where you can author your own custom wording to display. I’ve seen this done around pictures with lovely words to express the feelings associated with the picture. For more information about this new product, please visit www.fengshuimarket.ca, go to *Feng Shui for You* > Products > Word Designs or [Click Here](#).

Self-affirmations are healing, positive self-scripts that you give to yourself to counteract your own negative thoughts, taking personal responsibility for your health and emotional stability; letting go of negative emotional baggage; resolving past feelings so you can be in the present; giving yourself permission to grow, to change, to take risks, to rise up and to create a better life for yourself.

Positive self-affirmations include three statements:

1. **I am** (who you are, strengths and talents you have)
I am ... energetic, enthusiastic, intelligent, joyful;

2. **I can** (your potential, your belief in your power to grow, to change and to help yourself)
I can ... heal, handle my children, let go of guilt, laugh and have fun; and

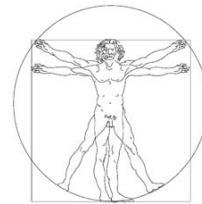
3. **I will** (positive statement of what you want to happen)
I will ... gain emotional strength each day, give others responsibility for their lives today, praise my children today, take care of me today.

I can
change

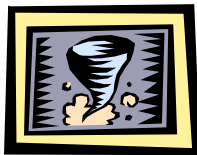
“From the unseen beliefs and thoughts we hold within us, to the visible reflections of these thoughts we see in our environment. The outer reflects the inner and it is important to work on both aspects of ourselves.”

Dr. Jill Henry, Ed.D

Matters of Health



'UN-tornado' Yourself this Winter' – Part II



Here are some ideas to get you through winter without tears or tornados

Let children get involved in cooking and learning to make healthy food choices at an early age. Ask your child to help make a healthy menu plan for the week, and let them help with the shopping. Education is key. A fabulous web site to review is www.101cookbooks.com. It has menus and recipes broken up into meals and events including ingredient and pantry lists and how to build up the pantry for ease of planning and convenience.

Some winter fruits include apples, avocados, mandarins, plums, and late winter strawberries. These should always be organic. Vegetable choices are varied and rich. Red beets, broccoli, brussel sprouts, early winter butternut pumpkin, cabbage, cauliflower and leeks and onions. In addition, parsnips, snow peas and zucchini. All of these can be chopped and added to a vegetable stock with warming spices to make a great soup. Blend half and add back to the base. Add lots of fresh garlic and dried basil. Make enough for at least two or three dinners. Miso stock can be added here and really should be considered a staple all year long. A tablespoon in hot water, stirred and stored in a thermos is great for kid's lunches. And so healthy. Homemade pizzas and sprouted grain wraps with a variety of herbal teas, can round out even the pickiest eaters menu.

Our medicinal foods for winter include cabbage, onion, garlic and mustard. These keep us warmed from the inside out and have amazing healing properties. Garlic can be added to the miso. Mustard can be added to the cabbage – eaten – and left over broth can be used for chest packs during the cold season. Our aromatherapy considerations should include lavender, clary sage, geranium and bergamot. I love to throw an old pot on the stove, add water and add essential oils. Cloves with nutmeg and Ylang Ylang are a favorite.

And regarding colds and viruses? Our little winter wonders should never get Tylenol to reduce fever unless it is in an emergency situation. We want a fever because that is the immune system heating up to burn off the virus and or the bacterial infection. By chemically, reducing the fever – our immune system has to work hard at revving up again. Now the slight fever is a raging one. There are other appropriate ways of ensuring we are very comfortable during a fever.

Over the counter meds are entirely frowned upon now – as well they should. Coughing, sneezing and fever and chills are the bodies' way of detoxing that which needs to be eliminated. Let your child relax and rest. Take the opportunity to do the same. A client recently told me that when she needs to rest – she gives her kids gravol. I find that lazy, and dangerous.

Frequent cold, nightmares, behaviour issues, crying easily and eczema can all indicate allergies, essential fatty acid

deficiencies and even a problem with minerals – usually a deficiency. If an all out nutrition war is hard on you now, it can be disastrous for your child's life later. A good rule here: you control what they eat; they control how much they eat.

Living a 'seasonal life' and honouring and adjusting to the individual energies of each season is a tradition adhered to by many old civilizations. The consistency of the seasons can teach us the old rhythms of the earth where each stage of development is measured and considered.

In conclusion?

We live on the edge of the fringe – the must be super hero fringe...a residual hangover. You are number one. You must always be number one...and, you were here first. If you are running around like crazed mad people – your kids will also pay the price. You will pay the price. Your body will pay the price.

Because our children are so sensitive to our moods, the energy in the house, the adult behaviours and so on, part of what challenges us in their moods and behaviours, is in part, something we control. When we are pushed to our limits and even beyond...our kids will pay a price. Something gets lost in the chaos. The goal is to protect them. But – as odd as this may seem, we do that by protecting ourselves first. We have to be good to ourselves...to be good for them. So, this is where some of the hardest work has to be done. How much can you gain? And what can you lose? Ultimately – we will always look back. What we choose to see when we do so...is up to us right now. Use everything within you. Think back to a time when you have done things before that required the same strength...do it again. And trust. And let go. And this winter? 'Be' instead of 'do'. The kids will be fine. But how that happens is up to the parents. But for now – empower yourself and understand that you are on the edge of something pretty incredible. No need to 'duck' from those little tornados any longer. Although – they may need to duck from your snowballs. Now – go outside and play. And then – rest.



Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

Margo Laing, RHN, ROHP
Certified Orthomolecular Health Practitioner and Certified Cancer Coach
Holistic Breast Health Consultant
Registered Holistic Nutritionist
Email: margolaing@shaw.ca

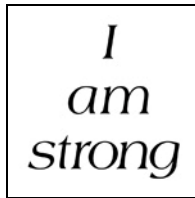
Upcoming Events

Grandmaster Professor Lin Yun Rinpoche will be conducting a workshop in **Calgary, Alberta**. Professor Lin Yun's workshop is tentatively scheduled for **August 22 & 23, 2009** and we anticipate that the date and venue will be confirmed in February 2009. Upon date confirmation, registration will be available directly through the Yun Lin Temple. Watch for more information to be posted as it becomes available on the [Feng Shui Market 'Upcoming Events'](#) webpage.

New Product Special Just in time for the Holiday Season ...

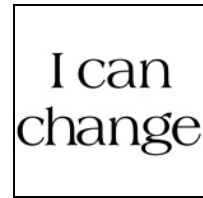
Custom Word Designs

Transform your environment with something amazing - **Custom WordDesigns** - the perfect way to display your personal affirmations or inspirational thoughts. The removable adhesive vinyl with peel off backing and step-by-step application instructions applies easily on any smooth surface.



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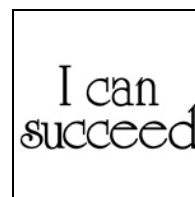


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Meditation Zen Garden

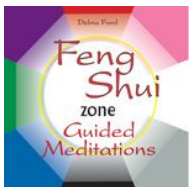
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Light the natural candles in this lovely meditation Zen garden to help the stress levels slip away – promoting better health and well being. Our Zen garden is quality wood crafted with a beautiful black finish, measuring 18.5" x 5" x 1", includes 8 tea lights, natural stone rock.

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Feng Shui Market & Publishing

Mailing Address 195, 612 - 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3
www.fengshuimarket.ca

Phone 403.295.7336
email: info@fengshuimarket.ca