



Plant Positive Intentions This Spring *Opportunities grown with simple Feng Shui "fixes"*

Many people who are interested in Feng Shui restrict its implementation to the inside of their home, perhaps feeling intimidated or reluctant to show the world that they are "into Feng Shui." Fear not! Garden Feng Shui is not about making your yard a showcase of Asian artifacts. It is about creating a space that is peaceful, clutter-free and welcoming. If you apply the principles of Feng Shui effectively, other people will not know why your yard looks **and** feels so good, they will simply appreciate that it does.

Here are some ways to improve the energy outdoors, to ensure that nothing but positive energy flows indoors:

The Eyes and Mouth of Chi



Stand at the front of your home and look at it with fresh eyes. What do you see? Is it welcoming... or do you want to run?

Regardless of whether or not you generally use an alternate entrance, the front door is the one that was

designed by the architect to be the main entry. The front door is *the mouth of Chi* – where energy enters your home. Think of your front door as a beacon for what you want to bring into your life. The windows are *the eyes of Chi*. **Both** are very important parts of your home.

Your first step in spring garden care should be to give this important outdoor area a "facelift":

- Ensure that trees, shrubs and vines are not blocking doors, windows or sidewalks.
- Sweep and wash the exterior area around front door area regularly.
- Replace any broken panes of glass in doors or windows.

- Ensure that the doorbell works properly.
- Ensure the door and trim are nicely painted.
- Ensure all locks and hinges work properly.
- Replace or repair broken or worn light fixtures.
- Replace burnt out light bulbs.
- Make sure all water faucets and electrical outlets work properly.
- Change decorations with the seasons.
- Replace an old and worn mailbox or give it a fresh coat of paint.
- Ensure that the fence is in good repair and that all gates swing freely and don't stick or squeak.

De-clutter

Think about your yard and garden no differently than if it was a room inside your home. Plants should be well trimmed and healthy. Ideally, dead foliage and the contents of planters should be removed in the fall, as they hold negative energy throughout the winter. Furniture, planters and statuary should be in good repair. If not, decide if an item can be repainted, repaired, recycled or should be trashed.

Act Natural

Where possible, planters, furniture and statuary should be made of wood, metal, glass or earth (clay or cement). Place accent pieces in the corresponding bagua zone, according to the element they are made of.



Photo by Terri Perrin

Think Tall

Consider the fence, as well as the back of your home and the garden shed, as the walls to your outdoor living space. Let them be your canvas! Erect metal or wood tre-lises to support beautiful flowering vines. Hang wind chimes or windsocks; install water features, religious symbols or other artistic accent pieces. Be creative, but don't make it look cluttered.

Make Waves



Photo by Terri Perrin

If possible, reshape flowerbeds and sidewalks to ensure that they have rounded and curvaceous edges, not straight lines and sharp corners. Try to emulate the natural meandering paths found in nature. If using material for borders, use bricks or rocks, rather than wood (because it rots) or plastic (because it is not "natural"). Or, considering leaving the edges bare, and tidy them several times throughout the growing season.

"In Chinese history, the garden was integral to, yet contrasted with the house. While the home followed conventions of symmetry and straight lines, the garden – like nature itself – was asymmetrical, irregular and curvilinear."

Sarah Rossbach & Master Lin Yun
~ Feng Shui Design

Water and Other Enhancements

A flowing water feature works exceptionally well when placed anywhere near your front door or in the far left hand corner of your yard, which is the "Prosperity" area of the Feng Shui bagua map. (Be sure to keep the water clean!) A gazing ball not only makes a beautiful accent piece, it can be respectfully placed in a specific area of your garden to "double" your intention. Be aware, however, that mirrors and other reflective surfaces "double" what is around them. If your gazing ball reflects a flowerbed that is in dire need of weeding and deadheading, your life may very well take a turn for the worse!



Photo by Terri Perrin

Get in the Zone

When buying plants, flowers, trees and shrubs, look for those that are proven to thrive in your specific gardening zone. Despite your best intentions, not just any plant will grow because you want it to. For the best bang for your buck, *join your local horticultural society to learn about gardening in your area.* Plant flowers of various colours, according to the colour of the corresponding bagua zone.

The Fine Art of Intention

Feng Shui works and it can work for you. But it is important to recognize that it cannot be a substitute for taking responsibility for your own life. Intention is the way to give power to your Feng Shui cures and enhancements. The physical cure is believed to influence the Chi (energy) by about 30 per cent. Your intention makes up the remaining 70 per cent. In order to see any results from your enhancements, you still have to go to work, pay your bills, reach out to others, take time to "Smell the roses" ... *and* water the planters!



Terri Perrin, certified as a Feng Shui Practitioner through Mount Royal College, in Calgary, Alberta is a member of the Feng Shui Association of Canada and the International Feng Shui Association.

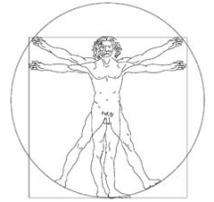
Terri now lives in Courtenay, B.C., and is available for home, garden and business consultations. She also presents a variety of Feng Shui workshops.

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Matters of Health

Cool, Clean Water

Why we need it, why we should honor it, and how we should use it



We're an educated crowd – right? But water consumption and its importance still seems to elude some of us. So here are some quick facts, helpful hints and whimsical ideas, on how to get enough of 'wonderful water'.



Some parents think they have to disguise this

amazing nutrient in juice or some other colored stuff just so their kids will drink it. I think the message is wrong and can hurt the child later. When thinking about nutrition, food and supplements come to mind for most people, but water is more critical to life than food, and in its purest form – is one of the most important nutrients we can give our children. And ourselves.

All chemical processes in our bodies require water; digestion, absorption, circulation, excretion, nutrient transportation, metabolic reactions, maintaining blood volume and body temperature.

So how much?

With *children* there is no fast rule here. But making sure they get enough water throughout the day is important. They can carry it with them in a stainless steel container during school hours and when at home. Little reminders help. They also need it before, during, and after playing sports and it's really important to get a big glass of water first thing in the morning – for all of us. Drinking water with food is never a good idea because it dilutes our digestion. And when it's cold – it can shut it down altogether.

For *adults*, the general idea is to get at least 10 glasses a day and more if we are active, cleansing, or ill. It's easy to purchase a few stainless steel containers and keep them with you...on your desk, or in your car. A nice big jug of it on the kitchen counter top is handy and should be gone by days end. Remember – dehydration keeps us from being sharp and 'with it' throughout the day...

And – older adults need more water. Their thirst mechanism is not as effective as in younger adults. As a result, older adults usually underestimate how much water they need.

The total daily intake also includes foods we eat such as fruits and veggies, and herbal teas can be a tasty and healthy way of ensuring we get enough. And when you are getting your produce through organic and local suppliers such as SPUD ... you know you're getting wonderful, clean sources of this elixir of life in every bite of an organic apple, peach or pear...

Water, water everywhere...

Considering our environment and also the fact that we're the only society that uses so much of this liquid gold just to shower everyday, is one reason to abstain. But another point to consider is, when we do nuzzle with the nozzle everyday, we strip away vital oils our bodies produce to protect our skin. I can't think of a better anti-aging regime then to stay out from under the shower nozzle. Well – maybe a few but this is definitely up there.



Body brushing is sexy and detoxifying ... and if done three or four times a week will help keep your body healthy, vibrant and youthful. It eliminates old skin cells, helps circulation ... and my favorite? Helps lymph fluid to move more freely throughout the body and speeds up the transit time of metabolic waste from the nodes. And all this can be done standing in the tub with a good body brush. Gentle up strokes to the heart and gentle down strokes to the heart. Leave your neck and face out of this exfoliation regime though! After, wipe down with a cloth and warm water spiked with some favorite essential oil. Now having said that, I also love the ritual bath...at least once or twice a week. I use a vital-bath tablet to remove chlorine then spice up the affair with loads of sea salt, aloe vera, and almond or jojoba oil and ylang ylang. Or patchouli, neroli, benzoin. You get the picture. I like to do

this at the end of the day and let my body be spoiled by the riches of warm, soothing, silky water. A glass of wine, a cup of herb tea, some candles, and soothing music ... make the event complete.

If you are detoxing, recovering from an illness or simply need to be soothed by this natural element ... water can help you heal.

If you haven't read the book yet or visited the web site of Dr. Masaru Emoto – I encourage you to do so. The water crystal photos are reason enough. These photographs and the purposes for them ... are beautiful reminders for us to be loving and grateful for what we have, for who we are...

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.

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See following page for
Chi, Feng Shui and Life from the Perspective of Black Sect Tantric Buddhism Workshop,
presented by HH Grandmaster Professor Lin Yun Rinpoche in Calgary, Alberta – August 22 & 23, 2009

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HH Grandmaster Professor Lin Yun Rinpoche

As a distinguished philosopher and foremost authority on Feng Shui, Professor Lin Yun lectures extensively at the invitation of academic institutions and religious communities all over the world. His audience includes the Parapsychology Society of the United Nations, the Library of Congress, the American Institute of Architects, and leading academic institutions such as Harvard, Yale, Princeton, MIT, Stanford, UC Berkeley, UCLA, Cornell, Duke University, Johns Hopkins University, University of Hawaii, University of Minnesota, California Institute of Technology, University of Pennsylvania, Wellesley College, Brandeis University, New York Institute of Technology, Oxford University in England, University of Duisburg and University of Munich in Germany, Beijing University, Qinhua University, and Chinese Academy of Social Sciences in China. Professor Lin Yun lectures throughout the world - England, France, Spain, Germany, Norway, Switzerland, Italy, Hong Kong, Taiwan, China, Singapore, Thailand, Indonesia, Japan, India, Australia, Brazil, Mexico, West Africa and many more.

Don't miss this unique opportunity to meet and hear

*His Holiness Grandmaster Professor Lin Yun Rinpoche
founder and supreme leader of the contemporary Black Sect Tantric Buddhism*

August 22 & 23, 2009

10:00 am - 12:00 pm / 2:00 pm - 5:00 pm
(both days)

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