



## *A Healthy Bedroom ...*

## *... a Healthy You!*

*When we think of our bedroom, we tend to think of intimacy and relationships. In Feng Shui, that is indeed one of the most important functions of the bedroom. But first and foremost, your bedroom nourishes your personal energy – your self esteem, your love of self.*

North Americans spend an average of 6.25 hours every day sleeping, so if you spend an additional 1.5 hours in your bedroom each day, that equates to more than 30% of your day in your bedroom. It is easy to see why your bedroom can nourish or deplete your energy.

Do you love to be in your bedroom? Is this a place of relaxation and joy – a place of comfort and peace for you? If this is where you spend 30% of your life, it should be this and more. Changing the energy in your bedroom can have a profound effect on your life.

Create a bedroom whereby the space nourishes and supports you – a luxurious, calm, uncluttered and beautiful room with a sense of soft yin energy, yet strong and empowering. Absolutely 'love' everything that you see in your bedroom – if it doesn't generate that feeling for you, it really doesn't belong there and there is a more suitable place for that object elsewhere. Surround yourself with beauty and love.

Here are some tips for a healthy bedroom:

The mouth of chi to your bedroom is your bedroom door – ensure that the door is in good condition – that it can open fully and that there are no squeaks or stickiness.

Provide a space where the energy flows without obstructions. Remove anything that doesn't belong – put your clothes and shoes in the closet; laundry belongs in the laundry hamper which is preferably not in your bedroom; clear under the bed; do not hang things on the back of the bedroom door – allow the energy to circulate freely.

Place your bed in the "command" position in your bedroom – so that when you are lying in bed, the doorway is in plain sight and you can see as much of the bedroom as possible. This is your position of strength.

A solid wooden headboard will provide excellent support with soft yin energy. An upholstered headboard is a great

way to add colour and richness and provides support plus softness, luxury and textile.

What is above your headboard? Provide a sense of protection and safety with soft wall hangings such as fabric art or quilts.

Balance your lighting – generally a central ceiling light fixture and two bedside lamps will provide a good energy flow in the bedroom. If you do have a dark corner where the energy is stagnated, this is a great place to add a lamp with upward lighting.

Keep your precious things in a position of honour – ideally in a top drawer.

Move anything with electrical energy, such as a radio or phone, far enough away from your bed so that the electrical wires do not touch the bed – the further the better actually.

An irregular shaped bedroom can create feelings of confusion and can contribute to agitated sleeping patterns. Hang a 30mm crystal in the middle of the room to expand the energy.

Use colour's different energy vibrations to create the ambience that you desire in your bedroom.

- Red is the colour of passion
- Pink or Peach inspires love, romance and attraction
- Green encourages new growth and is a money colour
- Yellow is a colour of balance, promotes health and healing
- Purple's nobility creates the vibration of abundance
- Blue is calm and relaxing
- White promotes communication – speaking and listening

Essential Oils are an excellent natural way to adjust energy. Rose Essential Oil will encourage love and Lavender will promote a great night's sleep.

Add some warm and nourishing Earth energy in your bedroom – rose quartz which is also the colour of love, is perfect for this.

*A healthy bedroom, a healthy you!*

# Limited Seats are Available – Register Today!

## Experiential Feng Shui II: Penetrating Mysteries of Feng Shui

In the first of the Experiential Feng Shui series, participants were 'wowed' with new concepts, secret cures, Chi Kung, and personal Chi Cultivation that David Kennedy has learned from decades of study with Grandmaster Professor Lin Yun and other teachers.

The response to the first workshop has been overwhelming and the second workshop of this series is almost full, so don't wait another minute to register for this extraordinary opportunity to study with world-renowned Feng Shui expert and bestselling author of "Feng Shui for Dummies", David Daniel Kennedy.

In the second of this series, **Experiential Feng Shui II: Penetrating Mysteries of Feng Shui**, participants will learn:

- An incredible number of Interior and Exterior factors that are most important to consider when doing a Feng Shui analysis – for highly effective results, as taught by Grandmaster Professor Lin Yun
- Valuable principles that David Kennedy has developed, including order of importance and the layers of transcendental principles
- How and why you would assess Feng Shui for life areas vs. for the environment
- Secrets of and the rationale of using remedial vs. proactive cures
- Effective techniques for choosing and implementing Feng Shui cures for real tangible life changes
- Secret cures
- Mirrors in the Bedroom: the Good, the Bad & the Distorted

If Feng Shui is of interest to you, you can't afford to miss this great session designed so you can experience Feng Shui come alive in this knowledge-packed fun-filled weekend. Advance to a new level of understanding of BTB Feng Shui concepts; where you will gain clear and comprehensive insight into the most important Feng Shui factors; and discover how Feng Shui provides such highly effective results ... and so much more!

Visit <http://www.fengshuimarket.ca/product-davidkennedy-002.html> for more information and registration.

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### **Emerald Green 30mm Feng Shui Crystal – Regular \$29.95    Now only \$24.95**



This striking emerald green Swarovski 30mm crystal will give a kick start to get the family energy flowing. The expansive, growing and upward moving characteristics add a burst of energy to improve family relationships. Make sure the energy flowing throughout your home is nourishing and supporting your family. These lovely emerald green 30mm Swarovski crystals are the perfect colour cure for the Family, Skills and Knowledge, or Prosperity Gua.

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The pink Swarovski 30mm crystal has a beautiful soft, delicate pink colour. This crystal will enhance the energy of love and romance - hang it in the middle of the master bedroom or in the **Love and Relationship** Gua. A Feng Shui crystal balances the energy in a space and a pink Feng Shui crystal vibrates with the energy of love. The colour pink connects to self-love ... and unconditional **love of self** is the foundation to overflowing with the energy vibration of love. Inner strength and self-acceptance promotes well-being and self-understanding.

All crystals are pre-strung and include a small white hook - ready to hang.

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## Feng Shui Market & Publishing

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# Experiential Feng Shui II

## Penetrating Mysteries of Feng Shui

with **David Daniel Kennedy**

bestselling author, "Feng Shui for Dummies"

presented by Feng Shui Market & Publishing

*"Learning from David ranks as one of the most joyous academic experiences of my life. I feel privileged for receiving what seemed like sacred knowledge. I can say for sure that this class changed me, but I can't say just how yet, or how it will affect my life from here forward ... but I am excited to find out."*  
~ Greg Coonfer, Owner, Tiempo, Calgary, Alberta

### You will learn:

- Turtle Chi Kung for Health & Longevity
- Detailed Systematic BTB Environmental Analysis Methods
- Subtle Changes to Maximize the Effectiveness of Your Cures
- Seeing a Home with X-Ray Vision: Identifying Hidden Problems
- What Ranks Higher than the Bagua in Feng Shui Analysis
- Secrets of Remedial & Proactive Cures
- Relative Effectiveness of the Cures
- Secret Cures
- Advanced Learnings: Assessing Feng Shui for Life Areas (Money, Health, etc.) vs. Feng Shui for Areas of the Environment
- Overcoming Obstacles to Success
- BTB Meditation Methods

Also, **Mirrors in the Bedroom:**  
the Good, the Bad & the Distorted

### Experience Feng Shui come alive

In this knowledge-packed, interactive workshop, you will gain a clear and comprehensive understanding of the most important Feng Shui analysis factors. Learn how Feng Shui provides such highly effective results. This is an extraordinary opportunity to learn some of the most potent teachings of BTB Feng Shui that David Kennedy has learned from Grandmaster Professor Lin Yun and other teachers.

In the second of this series, you will have a living experience of Feng Shui (Experiential Feng Shui), gain a deeper insight into Feng Shui & learn exclusive techniques that will translate into results.

*"I was so thrilled and excited to know more, learn more and accumulate new insights and valuable information from David. The Feng Shui information I learnt has renewed my passion for BTB Feng Shui. It has made me question, evaluate and delve more into so many aspects of Feng Shui previously unknown to me. The BTB Feng Shui student must seek new knowledge. The BTB practitioner must continue a life-long learning journey. David is an able and knowledgeable teacher and guide. The frog's journey has only just begun. Thank you, David!"*  
~ Kelly Kaur, Professor, Mount Royal University, Calgary, Alberta

**Register Today** at [www.fengshuimarket.ca](http://www.fengshuimarket.ca)

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Are you **inspired** by the **innovation** and **energy** offered by those involved with **Feng Shui**?

*It gives us great pleasure to announce*

## *Feng Shui Connections® ...*



Our common desire to **understand** and use **Feng Shui** to positively affect others is contagious and it is a life-long learning experience. During this exciting journey, we benefit tremendously from others' **experiences** and the ability to discuss our own questions in a like-minded community.

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**Feng Shui Connections®**  
*is committed to the continual study  
and appreciation of Feng Shui.*

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