



Cultivating Personal Chi ... your Own and that of your Children

There is no relationship more important than the one you forge with a child. Every child needs a strong, loving, relationship with a parent or other important adult to feel safe and secure and to develop a sense of trust. Children depend on adults for encouragement, protection, supervision and support as they learn to think for themselves.

It's not easy to show love to a child all the time. Under the best of circumstances parents sometimes struggle with finding positive ways to handle the challenges of raising children. Raising children in modern times can be challenging. Rapidly changing technology has left us stressed, rushed, disconnected and out of balance. But it doesn't have to be this way.

Feng Shui can be a powerful tool to help enhance the day-to-day accomplishments of children in the home and in the classroom. Wouldn't you love your children to have a home and school that promotes peace, harmony and a creative learning environment? Wouldn't you love to see your children go to school smiling each day and then return home with those same smiles on their faces?

As a parent or guide for children it is important to constantly monitor and adjust your own Chi. If you cultivate positive Chi, your Chi will create love in your heart and your interactions with children will be influenced by a loving heart and a "lightness of being." Hard science doesn't need to have the last word on everything. Here are some ways for you and your children to cultivate an endless supply of positive Chi.

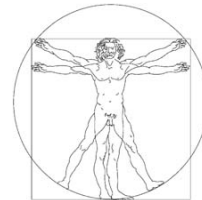
- Get adequate rest, sleep, exercise and nutrition.
- Walk, talk and eat more slowly. Eat meals as a family and linger at the table for a few minutes to share good news.

- Try not to project your urgency on your children and avoid over-scheduling them. Life is more than a "To Do List."
- Give yourself permission to be calm and teach your children to quiet their hearts.
- Criticize less – quit nagging – learn to forgive and forget.
- Bless your mess and move on.
- Stop apologizing – learn to say "No" if you need to.
- Do something ridiculous every day – cultivate your childlike self.
- Perform good deeds every day.
- Be kind, grateful and generous.
- Be mindful of your environment – continuously adjust the Feng Shui of your space.

Eileen Conti Weklar is an internationally recognized Master Feng Shui practitioner and a skilled consultant, teacher and writer. She has appeared on PBS, local television and radio; and has been featured in The Washington Times, Columbia Metropolitan Magazine, The Chicago Tribune, The San Francisco Chronicle, The Boston Globe and many other major newspapers across the country. She has completed intensive training with HH Grandmaster Professor Thomas Lin Yun of Berkeley, California, and as a senior student continues her studies with him. Her Feng Shui consulting firm, Eileen Conti Weklar - Feng Shui Designs and Solutions, is dedicated to helping people create safer, healthier and more powerful home and work environments.

Visit www.eileenweklar.com for more information.

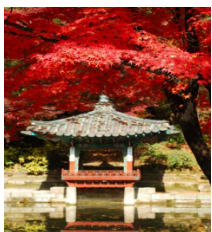
Matters of Health



TwitCHI

... getting to the edge and staying there.

5-HTP Valerian. Anti-stress capsules. Magnesium. All familiar to me these last few months. I love these. I love taking them. I will not stop taking them. Not until I can get untwitCHI and back into Chi.



No – not crazy.
Not living in
La La land –
although I would
like to at times.
But – have found
myself these past
months in

moments of absolute surprise that life can keep bringing ‘crap to deal with’ and it seems outside of anything you can do. Oh yes – the big pity party was upon me. And, so absolutley amazed was I, that at times – I was paralyzed to move away from the crap...mesmerised – like a deer caught in headlights. I became hooked on crisis.

And the nutty thing was – it wasn’t that the crisis (loads of plural here) wasn’t mine to deal with so much as it was mine to deal with differently... and much more appropriately.

I was not – wait for it – setting BOUNDARIES. I was not keeping the oh so familiar ‘I am peace energy’ close to my heart. I used to be really good at veiwing events from this calm and serene place. Suddenly in the last while – I became aware that I was smack dab (holy crow a term from my Mom) in the middle of it all – and it was hurting me.

(Cut to universe in the backdrop saying ‘Excuse me! Hey over there! HELLOOO...where are you going? Remember calm..’)

My blood pressure went up. My hormones went haywire. My tears came unbidden. My anxiety was unchecked. Now, I am not saying that any of this was unwarranted. I really have had crisis in plural. What shocked and dismayed me – was when I emerged from this other side... I was wounded. I realized that CHI has no

boundaries. Me, the universe, and the chi...are all the same and it is the intention I bring to each and every thing...and the awareness I bring to each and every thing...that helps me to remember that ‘things are as they are’.

This was the moment when I relalized, that if I continued to be immered in the ‘crisis in plural’ – my body would start dying. And as a natural therapist – nothing made more shocking, and life-changing sense to me. Suddenly I was in the body of every single client...who couldn’t get out from within the confines of this addiction to crisis...this need to be in the middle and not along the edge.

On the edge...we can bring so much strength to our decisions. In the middle – we can be irrational, and at times incoherent. On the edge...you get to see every single thing with an impersonal objective...and bring what is required to that event or that moment. In the middle you have way too much say and a bigger need to control than is appropriate for your health.

On the edge...you choose who and what you want to engage with. On the edge, you are still compassionate. You still have patience. You have love. You have a say. And you have all of these things with a bigger and clearer understanding of what will or will not hurt you. On the edge, you give up the need to be right. You don’t let the intellect – so needed in times of ‘crisis in plural’, to become unbridled in pure, raw emotion. When you choose to be on the edge looking in, your smile is real, the touch from your hand is genuine, the love in your words is empowering...and listened to – not just heard. And you can do all this without emotionally engaging in a

really wrong place. In the middle – you take everything personally.

5-HTP Valerian, anti-stress capsules and magnesium all help. Breathing meditations, massage and time to reflect all help. Walks in nature, talks with loved ones, and awareness with intention, all help. When your CHI flows...you are no longer twitCHI ... and no longer hauled into all of that stuff which is addictive.

You have no choices in the past. Worry is like praying for the thing you don’t want to happen. And – you are about to become what you are thinking.

So...what ARE you thinking?

Check out: Eoin’s Happy Map (google search). And a favourite, www.greatday.com – for the daily motivator and some inspiring online meditations.

I am off to make my own reality. Note to the wise – beautiful settings certainly help. I will see you around Nelson B.C.!

Happy summer everyone!

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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Upcoming Events

September 11 & 12, 2010

Early Registration before August 7, 2010

Energetic Solutions for Raising Dynamic & Resilient Children

Eileen Conti Weklar, a highly regarded Feng Shui expert, teacher, author and motivational speaker, teaches practical, contemporary applications of the ancient wisdom of Feng Shui and Chi Cultivation to nurture, inspire and empower the Chi of our most precious resource – our children.

In these modern times we face numerous crises: overcrowding, confrontation, lack of control, drug use, health problems, and so much more. Support an unlimited supply of balanced Chi, use meditation to encourage spiritual resilience; develop strong support systems and loving relationships; understand mentoring relationships; and learn 'first aid for crisis situations'.

The 'Kiddie Case Studies' presented in this workshop provide effective tips on how to handle numerous day-to-day situations. Learn how to transform confrontations and tantrums; foster success in school and friendships; create a harmonious bedroom that is conducive to support healthy living and so much more.

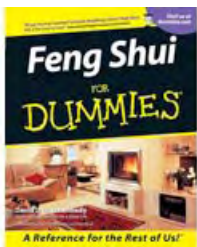
With more than 40 years of experience in the fields of education, social services, holistic health and Feng Shui, Eileen's focus is to help people create positive intent in themselves and their surroundings. A tireless advocate of promoting safe, healthy, harmonious and calm learning environments, Eileen has developed an effective Feng Shui program to be a powerful tool to help meet the challenges and enhance the day-to-day accomplishments of our children.

This workshop is designed for anyone who interacts with children and their families: Teachers, Family Groups, Parents, Feng Shui Practitioners, Healthcare & Childcare Providers, and Community & Family Services Providers.

... more information on following page

Online Specials

Feng Shui for Dummies – Regular \$21.95 Now only \$19.95

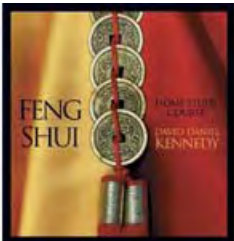


David Daniel Kennedy, International Feng Shui expert, shows you how to feel and access the energy of your environment in an easy and concise way. Find out how your environment influences your life right now. Use the solutions in this book to overcome obstacles and enhance the positive. Feng Shui can help bring positive energy into all areas of your life, from family and relationships to money and work. This 430 page book is packed with ready-to-use Feng Shui tips and remedies, featuring over 100 illustrations and diagrams so you can arrange your home or office for maximum energy - beginning today.



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Feng Shui Home Study Course – Regular \$129.95 Introductory Price \$124.95



David Daniel Kennedy, International Feng Shui expert, and author of the bestseller *Feng Shui for Dummies*® has developed this comprehensive home study course to teach you the philosophy, application, and best-kept secrets of this traditional means for generating health, wealth, happiness, and inner balance. At last, here is a practical and information-packed program that provides you with extensive training in the self-practice of Feng Shui. The 11.5 hour curriculum includes an introduction by Feng Shui Grandmaster Professor Lin Yun and an illustrated 175-page workbook created expressly for this course containing a wealth of charts and diagrams, diagnostic tools and tips, Feng Shui rituals and cures, and much more.



[Order Today!](#)

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Energetic Solutions for Raising Dynamic & Resilient Children

September 11 & 12, 2010

9:00 am to 4:00 pm

NAIT Calgary Campus

816 - 55 Avenue NE, Calgary, AB

with **Eileen Conti Weklar**

presented by Feng Shui Market & Publishing

As technology evolves at a breakneck pace, the practice of Feng Shui and Chi Cultivation methods provides an essential new approach to working with children.

The time is right

to incorporate some "Technolo-Chi" into the lives of our children - a little "high touch" in a "high tech world."

Here's a unique opportunity for you to unlock and tap into the wisdom of a cutting-edge master practitioner of Feng Shui and Chi Cultivation.

Participants will gain a working knowledge of the theories of Feng Shui and Chi Cultivation and many "take-home" Feng Shui remedies and Chi Cultivation methods that are practical, effective and easy to implement.

This fabulous weekend workshop is designed for anyone who interacts with children and their families - Feng Shui Professionals, Schools, Family Groups, Parents, Healthcare & Childcare Providers, Community Services Providers, Family Services Providers.

Eileen Conti Weklar will teach practical, contemporary applications of the ancient wisdom of Feng Shui and Chi Cultivation to nurture, inspire and empower the Chi of our most precious resource - our children.

\$350 early registration
before August 7, 2010
enter Promo Code AWW45

\$395 after August 7, 2010
plus 9 Red Envelopes

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Workshops & Seminars section
or call 403.295.7336

Learn to blend ancient wisdom that has withstood the test of time with modern thought to improve personal and professional skills and knowledge.

Gain deep insight and understanding of the theories of Feng Shui and Chi Cultivation from Eileen Conti Weklar, a highly regarded Feng Shui expert, teacher, author and motivational speaker.

Be inspired by fresh ideas and new directions for interactions and work with children and their families - Kiddie Case Studies.

Enjoy the opportunity to build your professional network of colleagues and resources.

Eileen Conti Weklar
is a Mom, Grandma, former
Special Ed Teacher, Social Worker
& Child-at-heart. She believes that
teaching children to safeguard their
vital force is more fundamental
than teaching them to read.

Eileen is a seasoned speaker who enlightens, inspires and delights audiences with her creative, practical and light-hearted approach. Clients include Virginia Hospital Centre Health Promotion Services, the University of South Carolina, Northern Virginia Community College, Central Intelligence Agency, the Board of Governors of the Federal Reserve System, United States Secret Service, NASA, Norwegian Cruise Lines, numerous schools, law offices, health care facilities and businesses

