



As Spring is just around the corner, this is an excellent time to revitalize one of the most important rooms in your home ... your bedroom.

An auspiciously laid out bedroom brings harmony and successful relationships to the family. The ambience in this room should have more yin energy to make the room restful and induce sound sleep. The master bedroom nourishes the chi of the adults, which in turn nurtures the energy of the children.

Just a few simple Feng Shui tips can get the energy moving in a positive direction.

David Daniel Kennedy, author of the international best-seller, ***Feng Shui for Dummies***, states:

The watchwords for bedroom Feng Shui are simplicity, peace, and beauty. In the bedroom, an important rule of thumb is that anything not directly connected to resting and relating to your partner detracts from the relationship.

The bedroom must be clean and clear of clutter that would otherwise cause the flow of energy to stagnate. Remove all those unnecessary things from your closet and under your bed. Do you love it? Does it reflect who you are now in your life? The answers to those questions will tell you if the object is a keeper or not. Remove items such as work-related objects, electronics, bookcases, etc., which are *not directly connected to resting and relating to your partner*"

Clean thoroughly (dust, vacuum, wash, bedding) when you have cleared the clutter. Ahhh ... that does feel fresh and now the Chi has room to circulate freely!

Change the colour of your bedding to create a new and special energy vibration.



- Add some passion with Red
- Inspire love and romance with Pink or Peach
- Encourage healing and new growth with Green
- Promote health and healing with Yellow

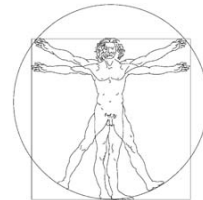
A rectangular or square shaped bedroom is ideal. Sometimes a walk-in closet or an en suite bathroom will cut into the space, creating an L-shaped bedroom. Consequently, a 'missing corner' may have been created, which weakens the flow of energy in the room. Hang a faceted crystal right at the interior corner in question (*David Daniel Kennedy recommends a larger 50mm crystal*).

Sharp corners that are pointing directly towards the bed send out *poison arrows*. Most commonly, we find that sharp edges of furniture or beams, or wall corners that jut into the room, will direct a piercing, stabbing type of energy, aimed directly at the sleeper. If possible, reposition or cover objects that create poison arrows. When you can't do this, hang a faceted crystal in front of the point to soften its sharp energy.

There are many Feng Shui bedroom cures that can be used to enhance relationships. These are just a few simple Feng Shui tips that will change the energy vibration in your bedroom to be more supportive of the life that you desire.

Matters of Health

In this season of love ...women? Sort yourselves out.



If you are familiar with BBC comics Mitchell and Webb, then you will be familiar with the commercial parody on women and men – commonly known as Women? Sort Yourself Out. (Go – Google it now for a laugh).

Women, it alleges, are to blame for everything and suffer from everything. From children's dirty clothes to peeing themselves. Women are taught to have problems. Women are taught that health and well-being are defined by the problems they have. Men are taught not to have problems. All they need is a beer and a shave and all is well again.

A bit backward. And absolutely true. I see this all the time in my practice. When I counsel couples for instance, I can't think of one time that the female client has finished her list of complaints about her life, how she has been feeling and how she doesn't feel as supported as she should be – and I kid you not. The Male client is sitting there with a blank look on his face. Blink. Blink. Everything is OK with him ...

Whose fault is this? I am blaming women. We need to sort ourselves out. We need to romance ourselves. We need to love ourselves. We need to be sexy for ourselves. Then – the world will find us sexy. Women can be dumb about that.

The media and even your friends are caught up in providing us with endless lists on how to improve ourselves. Endless lists. 13 ways to be a better wife. 24 ways to please your kids. 14 ways to have a nicer home. Be your best self by the time the world ends in 2012. 19 days to a new you. How to shed ten years from your face in one week. Lose 20 pounds while you sleep and your family won't recognise you. And I only made one of those up.

Who are we kidding? For some, this is not the season for romance at all. There has been an explosion of messages from everywhere on everything romantic and sexy. But the usual messages are aimed directly at women ... all men have to do is show up with chocolates and roses and it's all good.

I am not picking on the boys here. I admire the fact that a guy thinks he has done well by showing up, smelling good with a bouquet of roses, believing this is equivalent to the work the woman has just put into the same date ... and he still gets dinner and sex out of the deal. It is really rather cute. And they are super duper proud of themselves. I am partially kidding here. I do know a lot of men that behave

the same way women do. But there is this media centered attention on women to be 'better than they are' and that is insane. Women, need to have a full day spa, Botox their sagging earlobes, get tummy tucks, chin lifts and fake eyelashes, drop twenty pounds before the big day of love ... all this while being community leaders, strong role models for their children, run businesses, be – all that they can be ... It is a load of ... crock.

I remember a couple of years back when I was going through a particularly bad spell ... and I had gained some weight from the stress hormone, cortisol (yes – cortisol causes weight gain and there will be more on that in another article), and feeling hormonally out of control, and stressed beyond reasoning and I kept asking my partner 'do I look fat in this?' Does this coat still 'work' this dress? It even sounded pathetic to me. One day he finally asked me – why do you keep asking me these things? Do you want me to see you less than you are?

My turn. Blink. Blink. I love this man. And, more importantly, he reminded me that I had fallen out of love with myself.

Men care differently about how they look. And – wait for it because this is huge - they care differently than you do about how you look. This thing about dressing and doing to please others is just wrong. Now, having said that – men could work a bit on the way they express their love. They need to express it differently at times. Men? Stop buying stuff for your lover. What should you do? Don't stop bathing and keep smelling good. Those remain the basics. Then – many light caresses throughout the day. Intentional caresses. Kisses – on the mouth. Tickle her – not the dog. Loving glances. Do not 'wink' at your woman. Don't do that. And don't fart in front of her. Loud gas noises are not funny. Clench and remove yourself from her vicinity. Feet rubs, hugs, gratitude for her and for the way she rounds out your life are all great ways of expressing your love. Sit with your partner, ask her how her day went ... and look into her eyes as she is speaking to you. Do not pick at your toe nails, read the paper, glance away at the TV or other things around you that you find distracting. 'She' is what you are finding distracting. Let her

know that, as you breathe her in. OK – reality check. But you get where I am going.

Women?

Stop looking at yourself as imperfect – in anyway. It takes twenty four hours to break a habit. (Check back on my article February De-Resolutions at www.margolaing.ca) Buy yourself fresh flowers. You too, should keep bathing and smelling good ... be sexy for yourself. That is crazy sexy. And the Zen way – by not trying to be sexy – you become sexy.

Imperfections are self imposed, culturally imposed and designed to make you feel ... bad. Not good enough. Sexy is not needy. Sexy is confident. It is confidence in your sexiness that you know you are not needy.

As women, we reinforce imperfections upon each other. Awhile back I ran into a woman I hadn't seen in some time. One of the first things out of her mouth was "You look wonderful! Have you lost weight?" And without hesitating, I said "Why? Did I need to?" And, who cares if I have a few extra pounds on me now? I still look good.

Ladies? Stand naked in front of a mirror and tell yourself who you are, then ask yourself why this is important. When talking with other people, I dare you not to start sentences with – I am the wife of ... or the mother of ... who are you and why is that important?

Hang out with women who can dare to be who they are. Be that woman ... and the rest will follow.

Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically. 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 emphasis on prevention, restoration, and the harmony of body, mind and spirit.

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The Tradition of the Red Envelope

The ritual of exchanging red envelopes has its roots in traditional Chinese folk customs and culture. During the Chinese New Year celebration children are gifted with money in red envelopes. To receive money in a red envelope is considered to be lucky for the person who gives it and the one who receives it. The color red symbolizes good fortune, positive power, courage and strength and is used to convey blessings and positive energy and to diffuse negative energy. The rectangular shape resembles that of ancient shields and symbolizes protection.

The Chinese red envelope is also the traditional symbol of exchange when Feng Shui "cures" or adjustments are shared. When Feng Shui practitioners provide solutions for balancing Chi they are sharing sacred knowledge and divine wisdom that for centuries was secret information known only to very few people. Until now this knowledge was shared only by oral transmission on a master to student basis. The Feng Shui practitioner requests the exchange of red envelopes to safeguard and cherish this sacred knowledge.

The person who receives the "cure" places a monetary token of acknowledgment inside the envelope and gives it to the Feng Shui practitioner. Offering the red envelope shows the recipient's sincere intention and respect for the knowledge shared at a

consultation. The exchange honors and protects the teachers, teachings and ancient traditions of Feng Shui and strengthens and enhances the effectiveness of Feng Shui information. This exchange creates an auspicious bond between practitioner and client.

Why should money be placed in the red envelope? Money is a universal tool to complete a transaction. During a Feng Shui consultation sacred knowledge has changed hands and is complete. A Feng Shui practitioner may request 1, 9, 27 or even 108 red envelopes depending upon the amount and level of the information shared.

Each night the Feng Shui practitioner places all the red envelopes he/she has received that day under his/her pillow and sleeps on them, offering blessings and positive intentions to all those who have shared in the Feng Shui experience. In the morning the practitioner removes the money and saves the envelopes to be burned on an auspicious day, usually during Chinese New Year. On such an auspicious day, the practitioner sends back to the universe all the positive intentions of those working toward change in their lives through the sacred principles of Feng Shui.

~ Eileen Conti Weklar, Feng Shui Designs & Solutions
www.eileenweklar.com

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Assorted Red Envelopes **Special Introductory Price \$2.75**

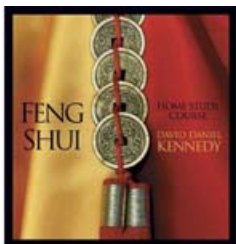


The red envelope tradition has been practiced throughout Chinese history. When they are given as a gift, red envelopes are considered to be a wish of good luck, prosperity and happiness to the person who receives them. The assorted illustrations on the front of these red envelopes represent blessings and good wishes of longevity, success and good health.

Package of 27 assorted envelopes

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Feng Shui Home Study Course – Regular \$129.95 **Special 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.

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