



Feng Shui for Love

February always seems like a good month in which to refocus your Feng Shui energy on the bedroom. Feng Shui is an ongoing process. As energy comes and goes into and out of your home, you need to make your own energy adjustments. Keep your love energy strong by making adjustments in your bedroom.

To start, let's get the image into your mind of a \$1,000 a night bed and breakfast bedroom. Imagine the textures, colours, and the luxury; the gorgeous furnishings, romantic lighting and the fresh flowers. This is what your bedroom should look like.

Remember that your bedroom has two energy jobs. First and foremost, the energy of your bedroom must support your personal energy and your self esteem, how you feel about yourself. Then it must nourish your romantic love, creating an environment for an equal loving partnership; nourishing an existing relationship or providing the environment for attracting a new relationship.

Here is your Feng Shui Bedroom Refresher Course:

- Place your bed in the "Command Position" – headboard against a solid wall with a clear uninterrupted view of the bedroom door. Take charge of your space – just like the Mafia guy would.
- Don't sleep in a used bed or one from a previous relationship. Beds carry the energy of all that has gone on in them before.

- The ideal bed is Queen sized, ideally constructed of wood and has a solid wood or upholstered headboard.
- Set your bedroom up with even lighting on both sides of the room; try pink light bulbs in the light fixtures for added romance.
- Nightstands should be equal in size with two beautiful lamps.
- Everything in your bedroom should be displayed in pairs – to encourage the energy of love.
- Add some aromatherapy or incense to the room – patchouli and rose are the fragrances of love.
- Place two pieces of rose quartz in the 'love' corner of your bedroom to further stimulate the energy of love.
- Make sure that you have good representation of the 'love' colours in your bedroom. Add pink and red to the room in your bed linen, artwork and drapery.

Start by moving 9 items get the energy flowing.

Debra Ford is author of Calgary bestseller *"In the Feng Shui Zone"*. For more details, visit www.fengshuizone.ca



Feng Shui Market Workshops

March 2007 Feng Shui Student and Practitioner Workshops

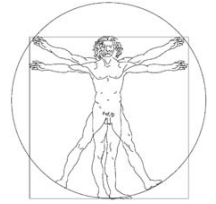
Prerequisites – completion of 'Balancing Energy with Feng Shui' class

Drawing Floor Plans for Feng Shui, presented by Ashley Doull	Monday, March 5	6:15 pm to 9:15 pm
Bagua Map Layouts, presented by Debra Ford	Monday, March 12	6:15 pm to 9:15 pm
Writing Effective Feng Shui Consulting Reports, presented by Maureen Johnson	Monday, March 19	6:15 pm to 9:15 pm

Please see the last page of this newsletter for additional information or click on [REGISTER NOW](#) !

Register early, as space is limited – call 295-7336 or e-mail [Registration](#) for more information.

Matters of Health



Those who want it all ... can have a little piece

Some people do it first thing in the morning. Some do it last thing at night. Some like to do it publicly. Others require extreme privacy. Others do it slowly. Some dive right on in. It doesn't really matter which you prefer, the occasional piece won't hurt you.

This good news is referring to creamy, mouthwatering, sweetly tantalizing...chocolate. Oh the chi of it all! In all its delightfully sinful forms...it is not so sinful so they say – in moderation. To the delight of chocolate lovers everywhere, we now know that the occasional piece won't play havoc with your cholesterol levels...or your food plan.

However, we all know the dangers of processed white sugar. Commercially-manufactured chocolate bars are loaded with it! But Holy Valentines Day Batman!! Chocolate can be compatible with a whole-food diet and a healthy lifestyle. That's where the beauty of organic chocolate comes into play. Besides the silky-smooth taste, it's the purity of ingredients that makes all the difference.

The Politics of the Piece

Ever wonder why you reach for chocolate when you're feeling a bit low? It's all in the phenylethylamine, a substance that makes you happy. You produce this substance naturally when you fall in love. And when we are hormonal? It could be the magnesium our bodies are yearning for...

So bring back those loving feelings by both eating and giving chocolate.

Manufacturers of organic chocolate are careful to use only certified organic cacao beans, sugar cane and nut and fruit fillings. That means the cacao, for example, is grown in its indigenous rainforest habitat, without chemicals or pesticides.

Instead of using refined white sugar, many small manufacturers use organically-grown Rapadura sugar, a whole, natural and unrefined cane sugar. It contains the vitamins and minerals that are stripped out of white sugar in the processing. It's still sugar but the body can process it

without harm—as long as you don't have candida as a chronic health condition.

Chocolate needs to be both purchased and consumed with discretion. Buy the best from small organic chocolate companies that encourage fair trade and at times pay more than the market price for organically-grown cacao beans. Small growers are often organized into cooperatives that ensure growers get a fair price for their hard work and value-added harvest.

Small manufacturers also donate a percentage of the profits to conservation efforts, both local and global. You can sleep soundly at night when you're not contributing to the destruction of the rainforest and poisoning the planet and its inhabitants with your chocolate habit.



High in fat, you would need to exercise 40 minutes to burn about 400 calories derived from 44 grams of milk chocolate. But what the heck! Do it! In your car. In the tub. In your closet. Or – if you want to keep this little *aside* secret...do it in your office supply room. The occasional piece won't hurt you. Indulge your love this Valentine...with just a little piece.

Margo Laing, RHN, NCP is a Certified Natural Health Practitioner and Registered Holistic Nutritionist with a special interest in Ayurvedic Medicine. She has been a natural health writer for about 15 years, has a strong interest in cancer prevention, and recently completed her Holistic Breast Health Specialist Certificate. Her goal for 2007? To assist those with imbalances by using her gentle 'warrior makeovers' involving body, mind and spirit. Margo can be reached at margolaing@shaw.ca

You Asked About It ...

Q. What area in my home do you recommend that I start making my Feng Shui changes?

A. Many people like to start working in the areas where they spend the most time. The bedroom is where you start and end each day so that's a good place to start. A personal connection exists between you and everything in your bedroom – it should be a retreat that is nourishing to your energy.

Product Special

Due to such popular demand, we are repeating this special offer – enjoy!



The red Swarovski 30mm crystal is a wonderful energy booster. Hang it in the middle of the master bedroom to stimulate the energy of love and passion; hang it in the Fame Zone as a 'red' cure; hang it in the Prosperity or Love and Relationship Zones as a (secondary) colour cure. You could also hang it in any zone that needs a kick start ... Is one of your goals to get your career moving? Hang this powerful crystal in the Career and Life Path Zone. Is one of your 2006 goals to improve family relations? Hang it in the Family Zone. A Feng Shui crystal balances energy and a red Feng Shui crystal adds the energy of power and strength – the vibration of the colour red.

[Order](#) your Red Feng Shui Crystal today

Quantities are limited



The pink Swarovski 30mm crystal has a beautiful 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 Zone. A Feng Shui crystal balances the energy in a space and a pink Feng Shui crystal vibrates with the energy of love.

[Order](#) your Pink Feng Shui Crystal today

Quantities are limited

Special Price for Red or Pink Feng Shui Crystals \$24.95 ea
After Special Price \$29.95

Upcoming Feng Shui Classes at Mount Royal College

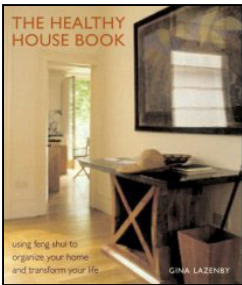
Balancing Energy with Feng Shui	February 24, March 3
Feng Shui for Residential Decorating	March 8, 10
Feng Shui for the Garden	March 15, 17
Feng Shui for Retailers	March 24
Feng Shui for Retailers	March 26, April 2
Feng Shui for Retailers	March 28, April 4
Feng Shui for the Workplace	March 31
Feng Shui for the Workplace	April 16, 23
Feng Shui for the Workplace	April 18, 25

[Click here to view more information about Feng Shui classes](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at mtroyal.ca Click on My MRC

“We can only learn to love by loving.”
Doris Murdock

Booktalk...



THE HEALTHY HOUSE BOOK Using Feng Shui to Organize your Home and Transform your Life

submitted by Maureen Cowling

Author: Gina Lazenby

Publisher: The Lyons Press; 1.0 Edition (October 1, 2000)

It took Gina Lazenby 18 months to create her book, **The Healthy House Book**. She invested three years of research along with personal experience to produce this very informative book. Her opinions are based on personal vision and not necessarily endorsed by conventional practice or belief. Gina Lazenby is the founder and managing director of the Feng Shui network in London, England. She is a regular speaker on health issues and Feng Shui at international conferences in the UK, USA and Europe. She is the author of *The Feng Shui House Book* and *Simple Feng Shui*.

Gina's book is divided into three chapters and includes 180 big, bright, full-color illustrations to help guide the reader to a full understanding. She covers: 1) The Seven Stressors; 2) Stress-Relieving Measures; and 3) Healthy Rooms.

The Seven Stressors – Chapter One

This chapter covers seven aspects of life and our environment that we live in that causes stress;

1. clutter and disorder
2. electromagnetic radiation (EMF)
3. chemical pollution
4. environmental stress
5. geopathic stress
6. lifestyle stress
7. unhealthy diets

Gina addresses each topic by first explaining what it is and how it affects you and then she moves on to provide suggestions on what you need to do to start the process of bringing in positive energy. Tips for cleaning products, which are all environmentally friendly, are covered. Dowsing methods are covered for EMF and geopathic stress.

Stress-Relieving Measures – Chapter Two

Gina addresses the various stress-relieving measures that are open to us. The first three;

1. sleep
2. diet
3. exercise

are indicated as most important.

The remainder of the de-stressors;

4. relaxation
5. nature
6. magnetism
7. the sun
8. home harmonizing tips

covered throughout the chapter are noted as valuable contributors to the quality of your life and your ability to take control over your own health.

Healthy Rooms – Chapter Three

In this chapter, Gina's focus is not so much on how spaces should be arranged. The emphasis is more on attitude of mind, which in turn influences the choice one would make about what to bring into your home.

Gina walks you through a step-by-step placement from flooring to the most smallest detail (ie: bowls of fresh fruit) in each room of the home.

In summary, I found this book to be very informative. No mention or reference to the Bagua Map or what form of Feng Shui was being used (ie: BTB). I would recommend this as a good supplementary resource book.



'Call for Writers'

Feng Shui Market and Publishing invites you to share your expertise with our newsletter readers and viewers. This is your opportunity to submit mental, physical and spiritual energy content that promotes the growth of personal energy. Submissions will be published both within the newsletter and on the Feng Shui Market and Feng Shui Zone websites.

[Contact us](#) by email to submit your topic and a brief outline of content (100 words).

Submission requirements: Final articles should be 350 - 400 words in length; if you have used any reference material it is vital to include proper credits; end the article with a 30 word bio, including your name, Company, email, website. Deadlines will be provided.

Feng Shui Market & Publishing

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www.fengshuimarket.ca email: info@fengshuimarket.ca

Feng Shui Market Workshop Registration

Drawing Floor Plans for Feng Shui

Learn the concepts and skills required to create professional manually drawn floor plans. This course has been developed to teach you how to create a perfect floor plan, step by step, using effective and time-saving techniques; and hands-on applications. Students will receive handouts and all the supplies that are required for drawing floor plans in an efficient and professional manner.



Prerequisite – Balancing Energy with Feng Shui

Ashley Doull, a Certified Feng Shui Practitioner, with a University of Calgary Certificate of Visual Design specializing in Interior Design, presents this workshop. Complimenting her 'hand drafting' expertise and experience, Ashley completed AutoCAD Computer Drafting courses. In addition to being a licensed realtor, Ashley owns and operates her own company - Balance (Feng Shui Consulting and Interior Design).

Monday, March 5, 2007 6:15 pm to 9:15 pm – Space is limited so [Register Now!](#)

Bagua Map Layouts for Feng Shui

Develop a good understanding of the concepts required to lay the Bagua Map on complex floor plans. This course has been developed to teach you how to lay the Bagua Map, calculate missing pieces and specific cures. We will discuss a multitude of complexities that arise from difficult floor plans and the solutions. Students will receive handouts and a custom designed 'advanced' bagua map that will be beneficial for any consultation.



Prerequisite: Balancing Energy with Feng Shui

Debra Ford, author of Calgary's non-fiction bestseller, *In the Feng Shui Zone* and writer/narrator of *Feng Shui Zone Guided Meditation CD* presents this workshop. Debra provides extensive Feng Shui consultations locally, nationally and internationally. Her level of expertise and logical approach to Feng Shui has earned her a popular reputation as a dynamic presenter.

Monday, March 12, 2007 6:15 pm to 9:15 pm – Space is limited so [Register Now!](#)

Writing Effective Feng Shui Consulting Reports



This workshop will provide you with the tools and techniques to enhance your ability to write clear, concise and well-organized Feng Shui Consulting Reports. A professional report is the result of your research, analysis, and recommendations. It is essential that the reports you prepare are clear and incisive, logically supporting your recommendations. Participants will receive an easy to follow template which provides the technical know-how to write efficient reports that get results.

Prerequisite: Balancing Energy with Feng Shui

Maureen Johnson has extensive experience providing communications and operational performance improvement services to a diverse group of local and national businesses ranging from health and utilities to manufacturing. Her expertise covers a broad range of business services and includes: business analysis; supply chain management; project management; systems implementation; training; documentation; and proposal development. Maureen provides Feng Shui Consultations in the Calgary and surrounding area and operates Feng Shui Market & Publishing.

Monday, March 19, 2007 6:15 pm to 9:15 pm – Space is limited so [Register Now!](#)

'Share Your Talents & Expertise'



The Feng Shui Market is looking for exciting new workshops for 2007 on topics relating to energy, wellness, and spiritual development. A sampling of suggested topics include: Diet, Nutrition and Fasting; Life Transitioning; EFT; Hypnotherapy; Reflexology; Body Messaging; Palm & Tea Leaf Reading. What's your suggestion?

If you would like to share your talents and expertise, please contact [Maureen Johnson](#) for further information.