



Feng Shui into Spring

*On March 20, 2007, at precisely 8:07 pm EDT, the sun will cross directly over the Earth's equator. This moment is known as the **vernal equinox** in the Northern Hemisphere. For the Southern Hemisphere, this is the moment of the **autumnal equinox**.*

In our Western culture, it is a reminder that winter has now ended and Spring has officially begun. Spring is the season of renewal, manifestation, celebration and falling in love. Now is the time to go full-force into action – to get rid of everything that does not serve you anymore and make space for new, fresh energy to come into your life.

Here are some basic steps to get you started:

- 1. Clear your clutter. Love it, Use it or Lose it!**
Make a choice today to surround yourself with only those items that bring you joy and are meaningful to you. Your belongings provide inspiration, nourishment, support and strength to you. Get rid of those things that don't work for you anymore and make room for new opportunities and experiences to enter your life. Clearing clutter – the outmoded, the outworn, the out-of-touch, the never-wanted, and the maybe-useful items that block fresh energy – is one of the most powerful things you can do to transform your life and manifest changes quickly.
- 2. Spring Clean**
At this time of year, many of us get the urge to haul old clothes out of closets, empty dresser drawers and even wash windows – in other words, “spring clean”. As nature begins its cycle of regeneration and new beginnings, we too, want to make a fresh start. An

“old fashioned” spring-cleaning rejuvenates the entire home and gets the energy flowing freely.

- 3. Open up your windows**
Let the fresh air in to circulate throughout your home. Get rid of stale air and shift the energy instantly.
- 4. Stimulate the Chi in your home**
Now is a great time to add healthy plants, fresh flowers, water fountains and wind chimes into your space to liven up the energy.
- 5. Revitalize with aromatherapy**
For a quick and easy Chi boost, use natural essential oil sprays, diffusers or candles to move stagnant Chi.
- 6. Make space for new relationships**
Create an open, free flow of energy in your physical space so that you can attract and manifest more of what you are looking for. If you would like to welcome a new relationship into your life, make space – actual, physical space – for this new person to be in your home.

Using Feng Shui intention, your spring projects can get rid of old things that you don't want anymore and can represent new feelings or attitude that can now find their way into your life.

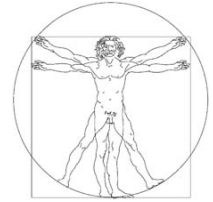
Upcoming Feng Shui Classes at Mount Royal College

Feng Shui for Retailers CRN 30843	Sat., March 24
Feng Shui for Retailers CRN 31011	Mon., March 26, April 2
Feng Shui for Retailers CRN 30844	Wed., March 28, April 4
Feng Shui for the Workplace CRN 30665	Sat. March 31
Balancing Energy with Feng Shui CRN 31065	Tues., April 3, 10, 17, 24
Feng Shui for the Workplace CRN 31010	Mon., April 16, 23
Feng Shui for the Workplace CRN 30561	Wed., April 18, 25
Feng Shui and Spirituality CRN 30749	Sat., April 21
Feng Shui for Your Garden CRN 30845	Sat., April 28

[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

Matters of Health



Sad State of Affairs

Many people feel mildly depressed during the winter, but some have more severe bouts of feeling down all the time: low energy, problems with sleep and appetite, and reduced concentration to the point where they have difficulty functioning at work or in the home. SAD describes those who have clinical depression only during the autumn and winter seasons. During the spring and summer, they feel well. North American settlers called it cabin fever; Inuit peoples call it Arctic hysteria. In Finland and Norway, suicide rates dramatically increase during the winter months.

The common symptoms of SAD include extreme fatigue and lack of energy, increased need for sleep, sleeping much more than usual, and carbohydrate cravings with increased appetite and weight gain. How common is SAD? Apparently it affects 40 million North Americans. Seventy-five to 80 percent of SAD sufferers are women, for whom the illness typically begins in the third decade of life. And SAD has also been observed in children, who may be irritable, have difficulty getting out of bed, and experience problems in school during the fall and winter.

This Little Light of Mine

Many patients with clinical SAD improve with exposure to bright artificial light, called phototherapy (light therapy). As little as 30 minutes per day sitting under a light box can give significant improvement in 60 to 80 percent of SAD patients. The light has to hit the eyes, or at least the face, to be effective. The therapy may use ordinary fluorescent light bulbs (although many recommend full spectrum lights) with an intensity of 10,000 lux, about 10 to 20 times as bright as ordinary indoor light. Some of my clients use light therapy in the early part of the day, before going off to work. It seems to be the most effective. People with milder symptoms of “winter blahs” may be helped by simply spending more time outdoors and exercising regularly in the winter. At least twenty minutes in late morning sunshine is necessary for all of us for other reasons as well, but is especially prudent in an anti-SAD protocol.

It is generally understood that people with SAD have a disturbance in the “biological clock” in the part of the brain that regulates hormones, sleep, and mood. In SAD individuals this clock “runs slower” in the winter. Brighter light may help to “reset the clock” and restore the normal function. Another theory

is that changes in brain chemicals, particularly serotonin and dopamine, may be disturbed in SAD; these imbalances can be corrected with light therapy and/or herbs and sound but specific nutritional protocols.

Sunny Days are Here Again

Melatonin is well known to help reset the “biological clock.” The normal dosage is three mg of melatonin before bed. This is one of those miracle hormones that love to come out and play in the sun...and – once produced, help us to feel and sleep well.

There has been much debate over how St. John’s wort (*Hypericum perforatum*) works. One of the old folklore descriptions said it concentrates the light of the sun; newer studies show it boosts serotonin levels. The normal dosage for St. John’s Wort is 300 mg three times daily. There have been some studies showing that vitamin D (400 IU), which we get by exposing our skin to the sun, can also reduce the symptoms of SAD significantly. A preliminary dosage of 800 mg for the first few days is acceptable.

Other tonic herbs used to increase energy and reduce the winter blues are Siberian ginseng (*Eleutherococcus senticosus*) and cordyceps (*Cordyceps sinensis*). You can often find these herbs together in the same formula, designed for high-performance athletes, but they can also give a boost to most people if taken on a regular basis. I suggest two to three capsules twice daily. A favorite of mine? Full Spectrum minerals with an added magnesium, a full range of B vitamins and chamomile tincture. Good foods, warming foods, alternating contrast showers, massage, breathing exercises, relaxing music, daily cuddles, along with a gentle thymus thump for your immune system – can all work winter wonders. A thymus thump involves gentle thumping on the chest around the sternum area to increase immunity – it begins here. Be well!

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. I am overwhelmed by the amount of clutter in my home – any ideas on how to tackle decluttering easily?

A. Take a garbage bag and *quickly* walk through your home and throw away 27 items. Close the garbage bag and pitch it right away. Next, take an empty box and go through your home collecting 27 items to give away. As soon as you finish, take the box to the car. You are less tempted to rescue items if they are enroute to their next destination. This doesn’t take long and will get your home decluttered in easy steps.



Feng Shui Market Workshops

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!](#)

Manifesting Your Heart's Desire with Feng Shui & Rainbow Colours

A Manifestation Board is an art piece/collage that expresses what you wish to draw into your life. The visual will enable you to focus on your heart's desire and the written will allow you to match your thoughts and emotions to manifest what you truly desire. In this fascinating workshop, you will create a complete Manifestation Board and learn how to manifest your heart's desire.

Prerequisite – the desire to learn something new and exciting with a great group of participants

Participants are asked to please bring scissors, magazines, inspirational pictures, inspiring words

Patti Alty combines her work as a Reiki Master, a Life Mentor™ and Feng Shui Practitioner to assist others to move forward in their lives through the creation of visual representations of their heart's desire. She helps you tap into your creativity, realizing what you truly desire. Patti is the owner of Synergy Designs specializing in Feng Shui for the home, space clearing, colour selection and declutter. She also does intuitive colour bottle readings, which reveal to her clients what their soul wishes them to know.



Registration includes Lunch and your basic supplies required to create your Manifestation Board
Saturday, March 31, 2007 9:00 am to 4:00 pm – Space is limited so [Register Now!](#)

Location: Experience an extraordinary retreat on a serene country ridge, just 15 minutes from downtown Calgary. Ripley Ridge Retreat is a revitalizing blend of country quiet close to city action. Overlooking Canada Olympic Park, it is located at 430 – 85 Street SW, Calgary, AB. For our out of town guests, Ripley Ridge Retreat offers unique high quality accommodation choices – [click here](#) for more information.

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

Product Special



The luminescent colour of this beautiful deep violet purple Swarovski 30mm crystal vibrates with the energy of nobility. This energy has characteristics that encourage success in life, assist with self-esteem and attract great abundance. These beautiful purple crystals make an excellent Prosperity Zone cure, and work equally well for the other 'money' zones in the home, such as the front door and the stove.

[Order](#) your Violet Purple Feng Shui Crystal today

Also available in a lovely 'Amethyst Violet' which has a delicate soft touch of colour.

[Order](#) your Amethyst Violet Purple Feng Shui Crystal today



Special Price for Violet Purple or Amethyst Violet Purple Feng Shui Crystals \$24.95 ea
After Special Price \$29.95

Feng Shui Market & Publishing

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