



## The Energy of Travel

*Let's face it, travel isn't quite the glamorous experience that it used to be – we used to dress up for a flight and if a pilot walked through an airport, people would actually stop and make room for him/her to pass by, almost as if they were sacred. Well, as my kid's now say, 'times have changed' ... and this certainly holds true with travel.*

It's not that people are travelling any less. In fact, statistics show that we are travelling more and further away from home. Travellers are seeking destinations that offer a unique cultural experience that hasn't been exploited yet.

Feng Shui is all about energy and the balanced flow of energy. Can good energy affect the success of your trip? Absolutely! Today, it is more essential than ever before that we prepare ourselves for a trip.

I have a number of suggestions that will make your travel experience more enjoyable, which in turn will create positive energy for yourself and for others around you.

**1. Passport:** The first step is to *'have what you need'*! When you start planning your trip and before you actually book, take the time to locate your passport and be sure that your passport is valid for longer than 6 months beyond your travel dates. If not, apply for a new passport right away – you need a minimum of 3-4 weeks to obtain a new passport. Remember that children also need a passport to enter the United States.

**2. Luggage.** Be sure to *'love'* this essential. Check your luggage at least 2 weeks prior to your trip. Is it in good repair? How much does it weigh when empty? Most scheduled airlines now allow 2 pieces of checked luggage (less than 50 lbs each). Chartered airlines allow 2 pieces of checked luggage but restrict the maximum combined weight to only 44 lbs. Check with your Charter airline – excess weight may cost you \$5 for each extra pound. You might want to invest in new luggage manufactured with ballistic nylon, a lightweight metal frame and hollow wheels.

The bottom line is to travel light. Take only those clothes that you will *'need and love'*. How many times have you come home from a trip and notice that you only wore half of what you packed? Leave space for new things to come into your life. What colours do you love? Think of the colours that will attract what you desire – think about relationships, creativity and abundance.

**3. Check-In.** Start your trip *'well prepared and rested'*. Airlines are notorious these days for over-booking flights and you do not want to be the last in line to find out all the seats are taken. Arrive at the airport well in advance of your flight to *avoid last minute panic* - at least 60 minutes prior to your departure for domestic flights; 90 minutes for flights to the US; and 2 hours for all other flights. If your seat is not pre-assigned, arrive even earlier.

Take advantage of on-line check-in. Most airlines now allow you to check in 24 hours in advance on their website. You need your record locator, the credit card used to purchase your ticket, or your frequent flyer number.

Before you board the aircraft, take out the items from your carry-on that you might use during the flight. It's frustrating when passengers stand in the aisle ... carefully rearranging all their carry-on items in the overhead bins while other travellers wait for them to finish fussing with their stuff.

**4. Arrival.** Look after your *'personal energy'*. Avoid specific time commitments in the first few days so you can ease into your new destination, allowing yourself the time to get over jet lag. One of the best ways to do this is to spend as much time outdoors during the daylight hours and avoid any naps during the day. The sooner you can get on local time the faster your jet lag will go away. Pamper yourself with a beautiful bath by candlelight or a relaxing massage.

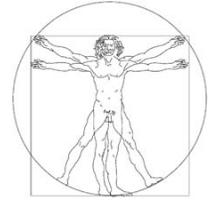
**5. Yin Accommodations.** Book a 'yin' hotel room early. Request a room far away from elevators and staircases and not overlooking a busy street. These areas of each floor will affect your rest periods. Once settled, you can transform your new 'home away from home' into a tranquil space for you to enjoy. Once settled, use a space clearing spray to clear the predecessor energy, and place your bagua map under the mattress. I also recommend that you bring fresh flowers into the room and light your travel candles to complete the transformation. I always travel with my own comfy pillow because the first few nights in a strange bed can be disturbing and before going to bed, I like to spray my pillow with lavender aromatherapy mist. Now, this is heaven!

**6. Enjoy.** Put your *'positive intentions'* into your trip. Be prepared to open your mind to all the sights, sounds and experiences that you visualized while planning the trip.

Enjoy the energy of the local people and let this glorious new adventure begin!

Cathy Gotfried, owner of Erawan Travel, specializes in exotic travel. Her more than 20 years of experience as a travel agent have inspired her to focus her energy on group travel. As a graduate of Mount Royal College's Feng Shui Practitioner Certificate Program, Cathy has found a new love of the Feng Shui connection she has now made in her Asian travels. She is escorting her 4<sup>th</sup> Ladies Group Tour to Bali in November, 2007. She can be reached at [cathyg@telusplanet.net](mailto:cathyg@telusplanet.net) or 403.278.4084.

# Matters of Health



## When you are Abroad ... Remember that News Travels Fast... ...and so does Food Poisoning and Persnickety Parasites...

“How was your trip?”  
“It was OK, but wow did I get ill...”

Aside from cultural memories ...bugs, bad bacteria, and really bad traveler’s diarrhea can make their way home with us. And you spent *how* much to have memories like that? How sad that this is often the thing we remember the most when asked about the vacation. *Hmmm.*

If you travel this year, there are things you should know about keeping yourself safe...aside from the obvious. In our worldwide community, we are sharing things with each other that we never have before.

Just preparing for travel can create diverse oxidative and immune system challenges for our bodies. We often hit the tarmac running...further stressing our immunity. The air on the plane, the food, and even the time we travel, can all put us in a punchy state. So, arming ourselves with the proper travel protocol would seem the prudent thing to do.

*Preparing our bodies before travel...even better.* The time you allow yourself pre-travel prep is individual. However, I strongly recommend priming yourself at least two weeks before. No – this is not the time to take on a full body detoxification regime. A healing crisis in Nepal would be...well, not great. But it is a time to gently build up the reserves you may need.

Regardless of how often you travel, these days it is becoming increasingly important to have an appropriate nutritional program in place.

On the plane, we are exposed to radiation, lower oxygen levels, air pollution, chemical preservatives in the food, pesticide sprays (to get rid of any nasty little vermin hitching rides to new countries), harsh disinfectants...you get the idea. You’re taking in the view over the south Pacific...your body is taking in the rest.

Water is probably the most important thing to consume to avoid the subsequent dehydration and to speed up and assist the body in flushing out toxins. If you are not diligent here, headaches, fatigue and constipation result. Your whole travel experience will be affected if the bowel slows down and toxins are running amok in your blood.

There are two phases to consider – energizing and relaxing. A calcium/magnesium supplement taken before, during and after flying will help you relax and ensure a decent night’s sleep.

After landing and getting settled into your lodging – stretching, a warm bath with rosemary or lavender oil, a massage if you can, and *eating lightly* and well for the first day, will help you rejuvenate in your new surroundings. A ‘B’ Stress formula is also a good idea. This, with the addition of strengthening herbs and tonics such as ginseng or Gotu Kola Leaf, are great.

For calming and relaxing, chamomile and valerian may be helpful. These two aids can be purchased in tincture form and kept in a *travel protocol kit*. With the calcium/magnesium, you now have a dynamic and natural tranquilizing combo.

If you can’t get a pure source of water in bottled form, you can protect yourself a couple of ways. Taking a small filter designed for travel is the preferred choice. You will need to find one with granulated carbon with silver added. A big concern is the microorganisms in the water, so the pore size of the filter is crucial. Anything from 0.2 to 2.0 microns will be effective. They will remove parasites, some bacteria, but not always the viruses. (The Katadyn unit may remove viruses). A good clean source of iodine found at your local health food store, will do in a pinch. About 8 to 10 drops to a quart should do it.

In addition to that – it is easy and imperative to assemble a *travel protocol kit* that is simple to maintain, can go where you go inconspicuously, and takes up very little room in your luggage. In addition to what I have mentioned, this would also have Echinacea, oregano oil, and so on – all with powerful healing properties. Email me if you would like the entire list. It’s worth it – and so far it hasn’t made the Terrorist Act Contraband list...

Following the travel protocol I have designed along with the above suggestions...will ensure good protection. The added precautions will make it all worthwhile. Think of it as additional travel insurance. When you do set out to travel the worlds...do so with wonder, excitement, and confidence. The runs should only involve chasing after a local cab.

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 has a special focus on Breast Health. Her goal? To assist those with imbalances by using her gentle ‘warrior makeovers’ involving body, mind and spirit.  
Margo can be reached at [margolaing@shaw.ca](mailto:margolaing@shaw.ca) or 246.5549.

*“The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath.”*

~ Margo

# Increase Your Power of Attraction

*When I first viewed **The Secret**, it was thrilling and validating. Like so many, I found the movie reawakened what I innately knew. It resonated within me at a deep level. Even though I had abundance in many areas of my life, it reminded me that I can create abundance in all areas. I wanted to know how to deliberately create in a more focused way – every day – how to seize each moment to consciously create a life of joy and abundance.*

What I discovered was an excess of information, and I was attracting it to me at such a pace that I could barely keep up! I studied the material of Bob Proctor, Joe Vitale, Dr. John Demartini, Abraham-Hicks, and Napoleon Hill, and they shared so many tools to create a magical life. I quickly became inundated. Where do I start? How can I integrate this information quickly and easily? Which tools provide the biggest impact? I became more confused.

And guess what I attracted? More confusion! But since I attracted confusion, I knew I could attract clarity...and I did!

I selected the best tools – those that were easy and practical to integrate into my busy life. Who has time to waste when a life of complete abundance is around the corner?

I shaped and adapted these tools, blending them with others I had learned through working with the subconscious mind and energy. Then I tested them. When others saw the results I was having, they wanted to know more. I shared with

friends and family and as their results propelled them forward, I shared them with my clients. The feedback was excellent.

And now I want to share them with you. There are so many ways to increase abundance in your life! In this one day workshop, you'll discover fast and easy tools to increase your power of attraction now.

Learn how to *define what you want* and *feel the vibration* of having it now. Experience a guided Neuro-Linguistic Programming technique to anchor that vibration and accelerate your ability to attract. Participate in a guided visualization to enhance the integration of six steps to increase your power of attraction.

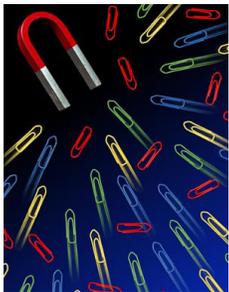
Tap into the power within you to create! It can be easy! It can be fun! Join me, and my colleague, Catharine Reed, as we share six steps to increase your power of attraction now.

Laurie Bonello, C.Ht, EFT-ADV  
Certified Hypnotherapist & Personal Development Coach



## Feng Shui Market Workshops

### Enhance your Life with the Law of Attraction



Learn why everyone is talking about 'The Secret' and how you can actually apply the Law of Attraction principles to your own life. This workshop will provide you with proven tools and techniques to increase your power of attraction. An easy to follow workbook guides participants through the six steps that can lead to a happier and more abundant life.

**Prerequisite:** the desire to understand and increase your power of attraction

Laurie Bonello is an accomplished Reiki Master, Advanced Emotional Freedom Technique Practitioner, Master Hypnotist, Advanced Certified Hypnotherapist, Personal Development Coach and Certified Human Resources Professional. A lifelong passion for energy work and spiritual development led to extended studies in Qi Gong, Feng Shui, Intuitive Development, Neuro-Linguistic Programming (NLP) and 'A Course in Miracles'. Through her company, *The Road to Life*, Laurie applies her experience and techniques in combination with the Law of Attraction to accelerate positive change in the lives of others.

Co-facilitator Catherine Reed, is a Certified Advanced Hypnotherapist and Certified Feng Shui Practitioner. She has studied the impact of the mind's internal energies through Hypnosis, Neuro-Linguistic Programming and energy psychology with the Emotional Freedom Technique. Catharine assists others to truly live their own 'empowered life' through her company, *Universal Balance*.

**Registration includes Lunch**

Saturday, March April 28, 2007 9:00 am to 4:15 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.*

## You Asked About It ...

*Q. Our bedroom has two windows that are so high on the wall that we can't see out of them. What can we do to get rid of the odd feeling, which I think is created by the windows, that we have in our bedroom?*

A. High windows can make you feel uneasy or stifled, especially in a bedroom. It is not always a problem, but in this case, hang a beautiful picture with outdoor scenery under the windows to create a feeling of the outdoors. If this situation occurs elsewhere in the home, an alternative would be to hang a mirror under the window.

## Product Special

### Feng Shui Travel Kit



This is the ultimate Feng Shui Travel Kit. It includes everything that you need to transform your 'home away from home' into a tranquil space.

The complete kit includes:

**Laminated Bagua Maps** – receive two maps, one for each suitcase to promote a stress free and safe travel experience. Balance the energy of the bed by moving your bagua map from your suitcase to under the mattress of this bed – place it print side up with the red fame zone pointed towards the head of the bed.

**20mm Personal Crystal** – carry this beautiful 20mm personal crystal on your person – to redirect negative energy when travelling. It comes in a lovely red velvet pouch, adding the power of the colour red.

**Aura Cleanser** – when you arrive at your destination, use the travel size 'Aura Cleanser' (125 ml) to remove any predecessor energy. Specially formulated to neutralize and cleanse your space, the powerful Aura Cleanser Essence encourages energetic responses from multi-levels of consciousness. Charged with crystalline structures, it is also used to alleviate energy imbalances.

**Metal Tealight Travel Case and Beeswax Tealight Candles** – receive three 100% Natural Beeswax Tealight Candles and use the Tealight Travel Case to burn your candles safely. When you leave your room, be sure to put the lid on the case. The naturally sweet aroma of honey combined with the bright and warm glow while burning improves the quality of the air and creates a relaxing atmosphere for you. Now you can enjoy a candlelight bath!

**Chinese Silk Travel Pouch** – everything fits perfectly into this lovely lightweight Chinese silk travel pouch and it is easy to pack.

**Order your Feng Shui Travel Kit today**

**Special Introductory Price \$34.95 ea**

**After Special Price \$39.95**

## Upcoming Feng Shui Classes at Mount Royal College

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	Thurs., April 26, Sat., April 28
Clearing Clutter with Feng Shui CRN 50575	Tues., May 8, 15, 22, 29
Clearing Clutter with Feng Shui CRN 50576	Wed., May 9, 16, 23, 30
Feng Shui and Spirituality CRN50217	Wed., May 9, 16
Residential Decorating with Feng Shui CRN 50479	Thurs., May 10, Sat., May 12

[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](http://mtroyal.ca) Click on My MRC

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