



## Space Clearing for Feng Shui

*Energy – positive or negative – is continually resonating in your space. It is as though there is an imprint in the flooring, the walls, the ceilings, the furniture, the plants, the animals and people – of everything that has taken place in that space. Energy transmits to all of our senses by what we feel when we enter a space – it is all connected.*

Whenever the energy in an environment becomes sluggish, it reflects on us by making us feel constantly tired, depressed or in a bad mood. This affects all aspects of our life, including family, prosperity, career and health.

Have you ever walked into a room where an intense argument has just taken place? You can feel the pressure – if you were to describe it, “you could cut the tension with a knife”. You are feeling perceptible energy in the space – it’s the residue of the energy of the argument. The energy is ‘stuck’ in the space and needs to be ‘cleared’.

Previously owned effects carry traces of predecessor energy – some good and some not so good.

Space Clearing – cleansing and consecrating our environment – is an important component to Feng Shui. It’s difficult to achieve a good flow of energy when there is too much negative energy stuck in your space.

There are many reasons to perform a Space Clearing:

- To change the energy in a space so Feng Shui enhancements are easier to implement
- When you are feeling ‘stuck’, unable to make a decision or get going with something
- Creating a fresh start to resolve recurring problems
- To clear predecessor energy
- To remove the grief and emotion following an illness or death in the space
- Creating a space in which something new can happen – to manifest something that you want to do
- Clearing out the past so you are fully present in the ‘now’ to give you the best environment for personal growth
- Revitalizing the energy to increase your ‘get-up-and-go’
- Clearing out an old relationship and keeping the passion in the new

The following simple Feng Shui Space Clearing tips are by no means comprehensive, but they will provide a quick and easy way to align the energies of your environment with your intentions. Karen Kingston’s *Creating Sacred Space with Feng Shui – Learn the Art of Space Clearing and Bring New Energy into Your Life* provides precise instructions for those of you who wish to perform a complete Space Clearing, or if you wish, you can hire a Certified Feng Shui Practitioner.

**Sound:** The vibration of sound penetrates and breaks up stuck energy, creating a powerful shift in energy very

quickly. Clap in corners and open closets/cupboards to dissolve stagnant energy – clap from bottom to top. The sound of the clap will become crisper and clearer as the stuck energy disperses. Feng Shui Practitioners often use Space Clearing Bells – they give the perfect sound to permeate any room and clear unwanted vibrations. The tone of the bell will change as the energy shifts. Lovely music is a wonderful way to introduce a change in the mood of a space. Wind Chimes maintain the clarity of the environment after a Space Clearing.

**Flowers:** Bring in fresh flowers to immediately improve the atmosphere. Just think of how quickly fresh flowers lift the personal energy of someone who is ill.

**Salt:** Sea Salt or Rock Salt absorbs impurities from the surrounding environment. Place small bowls of salt in the corners and leave them there for 24 hours.

**Water:** Revive a space instantly with an atomizer made with pure spring water and sandalwood essential oil. Spray upwards into the air – the negative ions generated can equalize excessive positive ions (generated by electrical paraphernalia) in your space. If you prefer, you can substitute the oil with another oil that you love. This is a lovely way to freshen up your bedroom every day.

**Incense:** Burning incense will retain a cleansed and uplifted atmosphere. Sandalwood and Frankincense are popular, however, it is important that you use incense that you enjoy.

**Smudge:** Sage is one of the most sacred and cleansing herbs used by so many cultures for clearing negative energy and purifying the space. Feng Shui Practitioners will often burn sage when conducting a comprehensive Space Clearing.

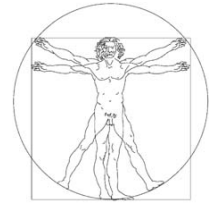
**Candles:** Fire has a wonderful quality of transformation about it and is associated with determination and creative force. Burning a candle and letting the problems and worries of the day burn in the fire, is a simple ceremony that keeps the energies of your home clean and clear of the burdens of the day.

### **Intention**

A vital step is to set the “intention” of the space. Once the space has been cleared, it is raised to a higher vibration level. This is the opportunity to set the tone of your new space – energy will naturally follow the intention. Allow your energy to expand and fill the space while at the same time declaring your intention.

# Matters of Health

## The Dandiest Weed



In Japan – the dandelion is considered just as beautiful as chrysanthemums. Here however, people treat this little yellow flower like it is something gross.

This summer I have again watched with amusement as my neighbor has attacked these weeds with a fervor and dedication that should be saved for something...well...’bigger – such as humanitarian causes. This year he started out rather small – using just a fork. Really. Then – he went on to the use of a crowbar – swiped right out of the back of his car. And more recently – the most impractical use of a huge and ghastly pick. One day he was down on his knees with his face so close to the ground – I thought he was trying to pull them out with his teeth. Going nose to nose with the dandelion...yes – let’s scare them out of our yards! He has even tried soaking his lawns in carcinogenic pesticides to destroy them. My yard is pesticide free. You can imagine his chagrin. I am *responsible* for his growing crop. What he won’t ‘absorb’ when I tell him is that the dandelion naturally protects itself from the abuses of humankind. It will overcome. It will survive...indeed getting stronger – more GASP – prolific. Like the ant. Left alone and simply mowed down before it seeds, seems to work for my yard - plus I eat them. Use them I say to my neighbor every year...as medicine. Medicine – he scoffs, as he proceeds to look around his yard, back alleys and garage sales for yet another implement that will show the dandelion it should indeed fear his scorn. The private joke is that I have been supplying him with a dried tea mixture for years that contains the dreaded lion. A wonderful fact is the humble dandelion is “hepato-protective” - capable of protecting our livers from many toxic chemical pollutants. I thought my neighbor could use such a thing to protect him from his ‘round-up’ attempts.

### Summers Gentle Wonder

People have used dandelion safely as medicine since ancient Roman times. The root is a spring and summer tonic. Working directly on the liver, it cleans up accumulated toxins from our long winters. Rome still fell but the dandelion survives.



Photo courtesy of  
Dandelion Herbal Centre

The dandelion is a multi-use plant. It improves your energy because it encourages appropriate oxygen use at a cellular level. It’s a natural vitamin supplement as well. The root contains choline, vitamins A, B, C, iron, silica, magnesium, and calcium, all welcome energy providers after the cold months.

Gall bladder problems, jaundice, and hepatitis respond well to it, and the root can be taken as a tea, a tincture, in capsules, or chewed raw. It’s also a standard treatment for skin problems such as boils, eczema, psoriasis, and acne. It corrects hormone imbalances (i.e., PMS) and even lowers cholesterol. For scrapes, and stings or even burns...chew the leaf to pulp and apply.

Dandelion root works by decongesting and restoring the liver by stimulating the flow of bile - nature’s own self-healing technique. The liver loves the lions.

Recent scientific studies show that dandelion root improves the body’s ability to eliminate cancer cells. Studies show possible anti-tumor activity and antioxidant action. More recently, the ‘weed of choice’ is receiving a second look for its anti-inflammatory actions and arthritis. I have actually suggested clients use this remedy for many conditions including bladder problems.

All this makes dandelion root a good herb to start your spring/summer cleansing treatment with. It’s safe for almost anyone and inexpensively obtained. Find plants that haven’t been sprayed with pesticides. By no means should you even consider munching on a plant that may have ‘breathed in’ toxic cocktails. With everything – know your source. Even double-check my information. The roots are most powerful when dug in the spring and early summer before a new crop begins, or in autumn after growth has died down. They can also be washed and chewed raw or chopped and added to salad - use the delicious greens, too! A piece of root, two to three inches long, is sufficient to make tea or a tincture for a day’s use. Easily harvested, use a fork, crowbar, pick...

You can make the tea by simmering a heaping teaspoon (two to eight grams) of dried root in a cup of water for about 10 minutes. A cup of this decoction is taken three times daily. The dose for the tincture is two to eight milliliters (1:5, 25-percent alcohol) three times daily before meals. A course of treatment can last one or two months.

Use the dandelion for the protective and preventative properties it contains. Use with caution if you have diabetes because it can affect blood sugar levels. Also – if you have allergies to any plant in the daisy family...the dandelion should be avoided. In that case, use only for its beauty as it graces our yards. It makes sense to change the way we look at a lot of things...and it pays to educate ourselves in the natural remedies that are bountiful in our backyards. Borage, chickweeds, red clover...and leave the picks to the farmers.

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 403.246.5549.

*“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

## You Asked About It ...

*Q. Is there an optimal shape for a dining room table?*

A. Both the shape and size of the dining room affect the energy flow in your dining room. Whenever possible, have the table situated in the centre of the room, with sufficient space behind the chairs to be able to move in and out easily. Round or oval tables encourage a sense of balance and harmony as the energy encircles the table. There is a sense of consensus as each seat is equal in its position at the table. Square or rectangular tables with pointy edges can have a sharp, cutting energy, which may cause everyone to feel irritated. If this is the case, use a silk tablecloth to soften the furniture.

## Product Specials

Smudging (purification) is a powerful way to transform energy in a space. It is a simple ritual used whenever you need to cleanse, balance or purify a space. It is a common practice used to purify a new home before moving in, in health centers to keep the space clear, and to remove negative, stagnant energy in places where or difficulties have been encountered. Sage is one of the most sacred and cleansing herbs used by many different cultures for clearing negative energy, purifying surrounding space and for starting something new. The clean burning sage smoke attaches itself to the negative energy of the area and cleanses it so that it becomes positive energy.



### White Sage

White Sage is the most masculine and powerful cleanser and is acknowledged for its healing properties. This broad leaf sage is organic and is valued for its robust aromatic properties.

**Order at Special Introductory Price \$3.95**  
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### Dessert Sage

The feminine Dessert Sage is renowned for cleansing, strength and wisdom characteristics. This wild harvested sage is a potent smudge, used since ancient times as a healing herb and to drive out negative energies, spirits and influences.



**Order at Special Introductory Price \$1.95**  
After Special Price \$2.45



### Abalone Shell

The Abalone Shell is a traditional holder to burn smudge when transforming the energy in a space. The use of this natural shell provides a representation of the four elements; the shell for water, the wooden match for fire, the herbs and ashes for the earth, and the smoke for the air. The embers from the burning smudge are safe to fall into the shell and at an approximate length of 5", this Abalone Shell is the perfect size to hold when smudging.

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# FENG SHUI PRACTITIONER CERTIFICATE CALENDAR

**2007**  
**Fall Semester**

Balancing Energy with Feng Shui CRN 90402	Wed., Sept 12, 19, 26, Oct 3
Feng Shui and Spirituality CRN 91031	Sat., Sept 15
Feng Shui and Spirituality CRN 90645	Sat., Dec 1
Feng Shui for your Garden CRN 90585	Sat., Sept 22
Residential Decorating with Feng Shui CRN 90519	Sat., Sept 29
Residential Decorating with Feng Shui CRN 90368	Sat., Nov 3
Clearing Clutter with Feng Shui CRN 90403	Wed., Oct 10, 17, 24, 31
Clearing Clutter with Feng Shui CRN 90772	Thu., Oct 11, 18, 25, Nov 1
Feng Shui for Retailers CRN 90509	Sat., Oct 13
Feng Shui for the Workplace CRN 90644	Wed., Nov 7, 14
Practical Feng Shui Consulting CRN 90455*	Wed., Nov 21, 28
Practical Feng Shui Consulting CRN 90751*	Sat., Nov 24
Practical Feng Shui Consulting CRN 90687*	Sun., Dec 2

\* *Practical Feng Shui Consulting* is the last of the 8 courses in the Mt. Royal Certificate program. It is recommended that students register early to receive pre-course work instructions.

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

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### Feng Shui Market & Publishing

Mailing Address 195, 612 - 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3  
[www.fengshuimarket.ca](http://www.fengshuimarket.ca)

Phone 403.295.7336  
email: [info@fengshuimarket.ca](mailto:info@fengshuimarket.ca)