



Balance your Child's Energy with Feng Shui

Back to school should be an exciting time for all children, whether it is for the first time or returning to the next grade level. It is very beneficial for children to use Feng Shui to create new interest and energy flow in their bedroom for the new school year.

Feng Shui, the ancient Chinese practice of placement and arrangement of space to achieve harmony with the environment, advocates that rooms that have good Chi (energy), create happier, well-adjusted children. A child's room that has good, auspicious Chi is said to be balanced and harmonious. A harmonious bedroom is a restful room; thus fosters good relationships, improves self-esteem, encourages good study habits, and as a result promotes greater success in school.

Here are 6 simple Feng Shui guidelines that can be applied to a child's bedroom to balance their physical, mental, and spiritual energy.

1. Declutter (Physical Energy)

The bedroom is a child's inner sanctuary and reflects who they are and what is happening in their life. When your child's bedroom is cluttered, their life is out of control. Clutter (stuck energy) weighs down and halts the flow of Chi (energy) in their space.

Steps to clearing clutter:

Plan a declutter time and be there to guide children through their decisions.

- Use bins for "reuse, recycle (donate), or refuse (garbage)." Remove all things that your child "does not love or need." Eliminate outgrown toys, old school homework, books, artwork and crafts.
- Work on the 50:50 rule. All areas such as shelf spaces, drawers, storage boxes should be half full. Let your child know that there is more room for new things to come into their life if they let go of old things. Set aside a small storage box to put things in for easier end of the day clean up.
- Clean as you go. Remove dust and dirt and energy will flow.

2. Clear the Space

To remove old, stagnant energy and add new energy to the room, perform a salt space clearing ceremony in the room. "Salt cleansing clears out negative energy by purifying the atmosphere and absorbing negative vibrations" – *Debra Ford, The Feng Shui Zone/Home to Home Magazine, 2007*. Rock salt is best used for grounding and balance. Place three handfuls of salt in ceramic bowls and place a bowl in each corner of the room and if possible, one under the bed. Keep the bowls in the room for three days to allow the salt to absorb all the negative energy. After the third day, add aromatherapy by placing a scented "Aromajar" on a top shelf in your child's bedroom. Eucalyptus is excellent for children

with asthma and allergies and Lavender calms down their mind and spirit.

3. Restful Sleep

Place the bed in the "command position" – against a solid wall, with a clear view of the door. Ensure the bed has clean bed linens: sheets, comforter – and preferably a new pillow for the start of the school year. The mattress should be very comfortable in order to have the most restful sleep, thus increasing their ability to concentrate on their schoolwork and activities. A restful child is healthier and happy.

4. EMF (Electromagnetic Fields)

Electronic devices such as computers, TV's, and stereos emit positive ions that contribute to many health problems. If these can't be removed from the bedroom, place a *Salt Crystal Lamp* close to the offending device – to reduce the EMF by emitting negative ions into the air. A Salt Crystal Lamp is perfect for a child's room as a nightlight creating a soothing, relaxing atmosphere and adding a sense of security.

5. In a State of Gratitude (Mental Energy)

As your child prepares to head off to school, place a 20mm "*Gratitude Crystal*" inside their backpack. Teach children to be grateful. The more grateful or thankful they are, the more positive things come into their life. It also gives your child positive and protective energy wherever they may go.

6. Intentions (Spiritual Energy)

The physical cures above influence 30% of the energy change, the other 70% comes from your intention. Guided intention from the parent will influence the power of the cures. What will they achieve in the new school year? In your thoughts, "ask, believe, and you shall receive" – *Rhonda Byrne, The Secret*. Your children will see the confidence you place in them by your love and protective prayers as they head off to school. Bless them and keep them safe and their transition to the new school year will be a happy one.

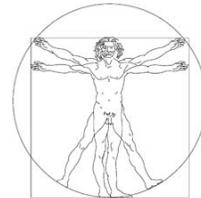
Teresa Watterston, owner of *Wind Water Inspire*, is a Certified Feng Shui Practitioner. Specializing in Feng Shui for Kids, it is her goal to help parents "create nurturing spaces" for their children – to nourish their physical growth, mental stimulation, and emotional well-being. She offers practical and informative workshops and presentations in all aspects of Feng Shui. She is a dedicated, devoted wife and mother to three, young energetic children.

Teresa can be contacted at teresa@windwaterinspire.com or 403.860.8852.

It is never too early for children to practice Feng Shui.



Matters of Health



Essential Fatty Acids

A Modern Day Nutritional Powerhouse . . . Keeping your Child's Inner Space Healthy



To address the modern-day surges in childhood ailments, the varied and numerous thoughts on nutritional arguments can get lost in an information storm. What to believe? Anything we can do to

help our child through their stages of growth – educationally, socially and developmentally... should be our number one priority. We have these children. Now what to do with them? Put that question out there and there will be no end to the advice that will aim itself at your parenting skills.

So – the first and foremost thing I can tell you is to always listen to your own heart. If something doesn't feel right – it probably isn't. Research everything. Ask more questions. My intent is to make the search for holistic approaches easier by providing another set of options for keeping balance in your child's body while they deal with their developmental changes.

Educational challenges, distractions, hyperactivity, inability to focus. All of these things have nutritional roots. In fact there is a growing body of professionals who are now agreeing, myself included, that many nutritional and lifestyle issues are labeled as medical conditions and are grossly overdiagnosed with subsequent unnecessary (and often damaging) treatment by prescription drugs. So now the child's immune system is compromised. They aren't consuming the right foods to partner appropriately with such aggressive drugs. They may become allergic, fatigued, or suffer from continual colds and so on. Although awareness is changing slowly, the alternatives are still not prevalent - and pursued half-heartedly because parents aren't supported by healthcare professionals sufficiently trained in alternative/holistic options.

How do you cope? With Wee Baby Steps

Holistic options do not need to be overwhelming. They can be approached with baby steps. One change can produce remarkable differences in a short period of time.

Knowing your child's challenges and understanding how deficiencies happen, is a good start. One of several deficiencies rampant in North America is Essential Fatty Acid (EFA) Deficiency. This means we aren't consuming enough good fats (EFA'S) and the body is showing distress. EFA's are essential because the body can't produce them.

EFA's are needed for cell membranes to function efficiently. Some examples are: brain and retina development, hormone synthesis, regulation of pain, immune functions, and skin, nail and hair health. Rather disturbing considering our society is seriously lacking in these fats.

At the root of an EFA deficiency is our increased bombard-

ment by immune-suppressing toxins and our degraded Western diet. Results can be frightening, painful, and developmentally challenging to a child.

Contributing factors to an EFA Deficiency and some options:

Sugars

Try raw honey or Stevia. Third grade molasses is a great iron-rich option. Apple butter, organic coconut and cinnamon are all nature's sweet treats.

Transfats, Hydrogenated Fats

Read your labels carefully and replace with products that are clean and whole including butter, and cold-pressed olive oil and other oil blends such as flax, hemp, borage, and primrose oils, and high quality fish oils such as Krill, cod or Herring. These are your EFA's.

Table Salt

Replace with Celtic sea salt (should be slightly gray and moist), or try Himalayan Rock salt. These also replenish mineral stores.

Phosphates (found in soft drinks)

Avoid these altogether. Not only are they contributors to EFA Deficiency... they hurt children's growing bones. Fresh juices are much better and 'cocktail creations' can be fun for kids. Try cranberry and mango juice or pineapple and fresh orange juice combos and throw in some blueberries and a couple of tablespoons of an EFA oil blend...

Pervasive Cooking Methods

such as deep frying and microwaved foods

Steam, bake, stir fry in veggie broth and take the time to gently re-heat foods instead of microwaving. Microwaves mutate the molecular structure of foods and our natural enzymes don't recognize the food to break it down appropriately.

All the contributors listed can interfere with and seriously undermine your child's immune system. These factors have brought us to an EFA deficiency – now being recognized in epidemic terms. Next month's newsletter will cover what to look for if you suspect a deficiency and what to do about it. Protecting a child's inner spaces, and teaching children how to do the same... is a tremendous gift. For you and your child.

Margo Laing, RHN, NCP is a Certified Holistic Breast Health Specialist, Registered Holistic Nutritionist and Natural Health Practitioner. Margo has been a natural health writer for about 15 years, with a strong interest in children's health and cancer prevention. 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

"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. I have a special place in my Children and Creativity Zone where I keep a lot of my daughter's art projects. I love them all, but my daughter doesn't like some of these items on display as she isn't happy with the end result. How can I display everything without offending my daughter?

A. Remember that this zone is about Children and Creativity and it represents playfulness, creativity and love. If your daughter is unhappy with some of the things that you are displaying, it is creating a negative impact on her. She may consider the project unsuccessful or even worse – a catastrophe. That is constantly being reinforced to her and is a drain on her energy. Just let those items go and keep things that bring positive energy to everyone. Remember to keep this space uncluttered and update with those things that represent the present.

Online Product Specials

20mm Personal Crystal



Take good energy everywhere you go with a Clear 20mm Personal Crystal!

Send good energy with your children while they are away from home (at school, overnight stays, trips, etc.) Also referred to as a 'Gratitude Crystal', children love to have one to remind them to be grateful and thankful of the positive things that they have in their life. This Swarovski Feng Shui Crystal will add positive, protective energy and redirect negative energy as you go about your day.

Packaged in a red gift pouch, it is convenient and easy to tuck this lovely 20mm Feng Shui Crystal into a backpack, purse, or briefcase. It is also excellent for redirecting negative energy when traveling – simply tuck one in each piece of your luggage. This smaller crystal is also ideal to add positive energy to your car or truck – hang it from the rear view mirror (sufficiently out of the way so that it doesn't distract you).

Order

**5 Personal Crystals and receive our special offer:
1 ADDITIONAL 20mm PERSONAL CRYSTAL FREE!**



Feng Shui Market

is pleased to announce that most of our products can now also be purchased at

zinck TRADING HOUSE
808 Edmonton Trail NE, Calgary, Alberta (parking in rear)

Call Lisa Zinck @ **232•8399** for product availability

For hours of operation, click on http://www.zincktrading.com/contact_us.html

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www.zincktrading.com

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](#)

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



FENG SHUI ZONE

DISTANCE LEARNING FENG SHUI CERTIFICATE PROGRAM

Access to learning is often difficult or impossible when we attempt to coordinate our busy lives and distant locations with our ongoing desire for life long learning.

The world has become a smaller place with the evolution of the Internet and e-mail and Distance Learning has opened the doors for many people who are unable to attend classroom studies.

- Students enjoy the flexibility to study at their own pace from wherever they are located.
- Instructor / Student contact is provided through Jill Ethier with unlimited phone and e-mail access to all students.
- The course structure includes supplied texts and module notes, assignments, book reports and a Feng Shui Practicum.

[For additional information, click here](#)

Feng Shui Market & Publishing

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