



## The Energy of Intuition and Intention

*Before you make Feng Shui adjustments in your home or office, you want to be explicit about what you want in life, so that the changes you make support this direction.*

We often feel that we don't know what we want, but deep within our subconscious minds, I believe we actually do. Let's try a short exercise – get comfortable, close your eyes and imagine yourself being really happy. Be aware of how you feel and what you see. Now, envision yourself walking into your home while experiencing these same feelings. While holding this vision in your mind, visualize what you can rearrange in your home to support you feeling this way.

You can use the power of your own intuition to determine the adjustments that you need to make in your home. You have and can use your intuition to arrange your home in a way that is beneficial to you and all who live in it. The energy patterns in your home are closely woven together into an intricate web of recurring patterns that will keep appearing again and again – with slightly different characteristics. Pay attention to these patterns and connect with this energy.

Feng Shui can be complex – uncertainty arises when different schools of Feng Shui disagree with one another. There is a simple principle that each of us knows ... that can be followed when in doubt: *“If it feels good, it is good Feng Shui.”*

The problem that we encounter when we try to assess the Feng Shui in our own environment is that we are so used to 'being' in our environment, that we are often unaware of whether it feels good or bad. Walk into a room, close your eyes and concentrate on how you really do feel. Become consciously aware of what your body is saying – are you feeling anxious or peaceful – sense the energy of the space.

When considering Feng Shui adjustments, evaluate the adjustments to ensure that this does in fact make sense in your case. Most importantly, your home needs to feel good to you, because you are the one who will be living there. Trust your intuition.

Have you ever heard “If it's not broken, don't fix it!”? Well, that certainly applies to Feng Shui. There can be many influences on the energy of a home or office – even if one area doesn't seem to have good Feng Shui, there may be other subliminal elements balancing that

area. If things are going well, you can assume that the energy is balanced in that area of your environment. If something isn't working for you, then it's time to look at making some adjustments.

The environment should be consistent with its purpose. A good example of this would be a home filled with lots of children. It wouldn't be immaculate with everything in order and beautiful artwork at waist level. A comfortable and childproofed environment will ensure that those who live in this home will feel at ease and in harmony with their surroundings. That makes sense doesn't it – would you be calm with children running around a china shop?

Each home, just like every person, has special qualities. The more you emphasize the positive in your home, the more positive it will become. When you take notice of what is best in your home, you will begin to see these same characteristics showing up in other areas of your life. *“You cannot separate dwellings from the people who live in them.”* When you see the good in one, it will be reflected in the other. Improvement in a home creates a starting point for improvement in a person, and vice versa.

To use Feng Shui to effectively change your life, it's essential to work from the inside out. Applying Feng Shui with intention will reinforce your new direction. You are making a commitment – and it's powerful. Combine your intention with a Feng Shui cure to magnify its effect – the human psyche responds to symbolic acts.

Your intention is most effective when you are passionate about it. Write down what you desire, why you want it and how intently you yearn for it. The clarity with which you visualize an intention makes your intention more likely to manifest. Feel ... emotionally and physically how it will be when you have achieved your intention.

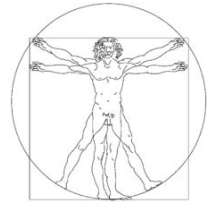
*Align your thoughts, attitudes, actions and words to the new life situation that you desire.*

Source: Feng Shui for the Soul, by Denise Linn

# Matters of Health

## Energy Flowing Freely

## ... in your home and your body – Part II



OK. I am beside myself with anticipation. This is undoubtedly the most vibrant and invigorating time of year for me. The spring energies are tingling and ‘moving’ everywhere...only temporarily dampened and ‘less intense’ with the falling of the snow. Even with the snow, spring is still happening. That growth. The newness. And in many ways like our bodies...trying to establish a balance within a certain environment. If we have a long and dry season – things just can’t do as well. Some things won’t grow at all. Some things will burn up, dry out and stagnate. If we have a really wet season, fungi and molds form, and plants can drown. Anyway – you get the picture. Or Doshas?

After a season of winter, and depending on the coming conditions, we need to honor what our bodies are telling us and give them what they require.

Remember last month when I said “*the idea in Ayurvedic science is to understand the actions and intimate interactions of our three energies to gain knowledge and even an intuitive sense of how to bring ‘you’ back into balance. The ideal of course is to do this before you have strayed too far from your innate state of equilibrium...*”

### **Digestive Discord...**

Well, spring is a beautiful time to cleanse and honor our body’s seasons. Doshas energies are active all the time, but to varying degrees. Just like the spring season, this is why certain symptoms and behaviors can manifest. Let’s take the digestive system. I always find ways back to that don’t I? I do believe though, that *everything starts there, can manifest there, can become dysfunctional there*. Think of this as ‘Center Vital’. Ayurvedic science believes that our three Doshas are in a dynamic interchange at all times. Alterations in one will affect the others. Or, if there is a disruption for whatever reason in one of our eleven systems, the trickle down effect will touch everything else.

As I mentioned, we are a mix of all three Doshas. Stronger in one than another. You can use the references to books below to get some idea of your blend and how to treat, respond and honor your special self. More importantly, even if one Doshas is stronger than the others, it should still be close enough to the other two to maintain harmony.

### **Dosha Assessments**

In the form provided at the end of this article, we can discern your unique Doshas blend. **Your highest scores reveal your dominant Doshas; and the lowest score, your least active.**

If your three scores are all similar, have someone you know well go over the questions again with you. If all three are still similar (this is called tridoshic) you usually have great balance and tend toward being healthy and emotionally stable. That is *usually*. If these similar three Doshas get out of balance it can be more difficult to re-harmonize. This can

occur in the cases of chronic illnesses, chronic stress, poor eating patterns, or a mix of these including hereditary and environmental factors.

### **Wake up to what ails you...**

There are always – without exception – signs that occur before the onset of illness. But the biggest one and the most often overlooked one – is simply ‘discomfort’ somewhere in the body. Pain comes next. Then consider this. Are you masking your discomfort or pain with anti-inflammatories? Suppressant treatments? So-called quick fixes? Pain is your body asking to be noticed and to listen to what it has to say. If unheard, it will shout it out loud and clear. It starts with elements aggravating your systems.

Trust me – you don’t *catch* pathology like the common cold. There are, as I mentioned fabulous books on seasonal guides to Ayurvedic nutrition and healing for the Doshas such as *The Book of Ayurveda: A Holistic Approach to Health and Longevity* by Judith Morrison, or *The Complete Book of Ayurvedic Home Remedies* by L. Vasant.

Ayurveda becomes easier to understand and apply once you have a clear vision of each Doshas. And this requires a bit of study. Trying to cram it all in here would be futile. But here are just a few more things to consider.


- When you have overworked...rest. When physical inactivity makes the mind dull and slow, increase movement, stimulating the body and mind to bring back balance. Study your Doshas type to pinpoint doshic imbalances and to re-harmonize your system.
- Time invested in your body (like your home) will pay dividends later. Start incorporating some of these suggestions one or two at a time and then add to them when you are comfortable. Aha. You can.
- Snooze. Sleep enough to feel refreshed. If you aren’t sleeping well now, analyze why and seek advice.
- Dream a Little Dream. Write down your dreams because they aren’t rubbish. They can contain messages of significance. If you are having poor dream recall...increase your vitamin B6 – this may help.
- House keeping. Mental cleansing and esteem building affirmations such as I talked about in a prior article can keep you connected to what is real...so you can stay where your soul is standing.
- I must I must...exercise. Move. Be mobile. Find a way.
- The brush off. Body brushing is a favorite of mine. I have a protocol on how to do this cleansing, lymphatic draining technique...it is to live for.
- Take a deep breath. With proper breathing throughout the day, you tap into amazing resources often overlooked. Now – breathe in deeply.

- I am so slick. Oil your skin all over using massage strokes with good grade oil...then follow with a bath or shower. This can be done once or twice a week.
- Wash out your mouth ... after brushing your teeth, scrape your tongue from the back to the tip...using a dental scraper. This gets rid of excess bacteria that may harbor there.
- My mind is now calmer; more alert....Mediation can be done anywhere and at anytime. There are techniques that are quick and efficient. Search them out.
- Water water everywhere but not a drop to drink. Hydrate. With at least 8 cups or more of clean water. By the time you are thirsty, you are dehydrated. Not good.
- Give thanks. And give back. Not up.
- Eat like a king or queen in the morning. Speaks for itself.


- Don't go for broke. Everyday you should invest time on you. Tonight for instance...I am doing a body brushing and an oil massage. Nice hot bath. A glass of wine. I have worked hard – *now I rest.*

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*"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

 <b>VATA</b>	<b>Never applies (0)</b>	<b>Sometimes applies (2)</b>	<b>Often applies (4)</b>
My skin is often dry. I can't seem to moisturize enough			
I am slim and can eat mostly what I want without putting on weight			
My digestion feels irregular: sometimes I am ravenous and sometimes there is no appetite at all			
I learn new things easily, but long term memory isn't good			
I am usually creative and enthusiastic			
I give out so much energy that at times I need to recover and rejuvenate			
My energy levels fluctuate a lot			
I don't like cold – weather, drinks or food.			
My moods change easily and at times quickly			
Stress makes me feel uncomfortable, fearful, insecure			

**VATA TOTAL** \_\_\_\_\_

 <b>PITTA</b>	<b>Never applies (0)</b>	<b>Sometimes applies (2)</b>	<b>Often applies (4)</b>
I am of medium build and a balanced shape			
If I get indigestion it is a burning sensation			
I love iced drinks and cold foods			
I have a large appetite and digest food easily			
I am generally alert and focused			
People consider me passionate, brave, confident			
Heat makes me uncomfortable. It tires me out and I sweat easily			
I sometimes become impatient and/or angry too easily			
I am determined, stubborn, critical			
I am not intimidated by challenges			

**PITTA TOTAL** \_\_\_\_\_

 <b>KAPHA</b>	<b>Never applies (0)</b>	<b>Sometimes applies (2)</b>	<b>Often applies (4)</b>
I have a solid build. As a baby I was big boned			
My digestion is slow and I feel heavy after some meals			
I can gain weight easily and am slow to take it off			
I am usually patient and even tempered			
I am calm under stress			
It takes me longer to grasp some concepts than others at times			
Once I learn something, I never forget it			
Once I get going I have loads of stamina but I need to get going first			
I have a kind and compassionate nature			
I am uncomfortable in humidity and damp conditions but fine in heat or cold			

**KAPHA TOTAL** \_\_\_\_\_

# What's New?



## 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 or a Basic Understanding of 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 has 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).

**Saturday, April 19, 2008 1:30 pm to 4:00 pm**

Space is limited so [Register Now!](#)

## Online Product Specials

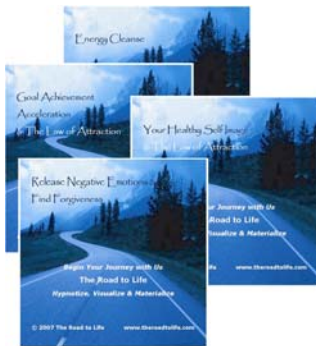
### The Road to Life Meditation CDs – Hypnotize, Visualize & Materialize!

Accelerate change in your life! Authored and narrated by Laurie Bonello, the Road to Life CDs gently guide you with hypnosis and visualization to increase the abundance in your life using the principles of the Law of Attraction and internal energy de-cluttering exercises. Create the life you desire now!

Laurie Bonello is an accomplished Reiki Master, Advanced Emotional Freedom Technique Practitioner, Master Hypnotist, Advanced Certified Hypnotherapist, Certified Feng Shui Practitioner, 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'.

### Internal Energy Cleanse

Be guided to a special healing place to cleanse your body of negative energy. A gentle waterfall purifies and balances your energy using the colors of the seven major chakras, your energy centers. Use morning and evening to start your day invigorated and energized; and retire at night feeling refreshed and calm.



### Goal Achievement Acceleration with the Law of Attraction

Using the principles of the Law of Attraction, accelerate your ability to attract successful goal achievement! Visualize and experience your accomplished goal and anchor the feelings of successful goal achievement into your mind and body, attracting it to you more quickly.

### Your Healthy Self Image & the Law of Attraction

As the Law of Attraction brings together similar energy, we draw to us thoughts, feelings and circumstances that are in harmony with beliefs we hold about ourselves. Enhance your self image and create healthy beliefs to clear the path to receive everything you desire.

### Release Negative Emotions & Find Forgiveness

Release negative thoughts, emotions and past events through forgiveness. Accelerate personal growth and expansion. Clearing this internal clutter will assist you in creating a life of abundance and well-being.

[Order](#) ANY Road to Life CD at this Special Price of \$21.95

Regular Price \$24.95



### Mother's Day Special Pink 30mm Feng Shui Crystal – only \$24.95 Save \$5.00

A Feng Shui crystal balances the energy in a space and this beautiful Feng Shui Pink Swarovski crystal has an intense vibration of the energy of love. The colour pink connects to self-love ... and unconditional **love of self** is the foundation to overflowing with the energy vibration of love. Inner strength and self-acceptance promotes well-being and self-understanding.

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