



# Feng Shui For Balanced Living

## Making Tracks

New Hampshire experienced its first major snowfall of the season this week. Nearly 8 inches fell and I couldn't wait to get out and play in it.



Setting out through the woods on my snowshoes was so peaceful. The woods were still except for my footsteps and an occasional wind blowing snow from the pine trees.

As I made tracks I started thinking about where my path has led this year. I trusted in the flow of life

and kept myself open to new opportunities.

I'm now lecturing all over New England and look forward to bringing Feng Shui to an even larger audience this year.

I love empowering people and teaching them how to bring more peace and tranquility into their lives by balancing their spaces with Feng Shui. Reconnecting people to what's most important to them has a huge ripple effect and I'm happy that the Feng Shui message has been so well received.

I now supplement my Feng Shui energy work with Reiki. My dog Shilo injured his back last year and through helping him I became a Reiki practitioner. Learning Reiki has enhanced everything else I do and connected me to an amazing network of healers in our community.

This year by saying "Yes," I visited eight countries

and experienced spiritual and archeological sites from Rome to Istanbul to Kathmandu. My feet traveled the same ground as Julius Caesar, Mother Mary and the Dalai Lama.

What did I learn? That across all cultures we are looking for what Feng Shui teaches—a satisfying life path, opportunities to learn and grow, good health, loving relationships, a steady flow of opportunities and resources, an outlet for creativity and support both here and in the spiritual realm. I found, too, that when people are in sync with the energies of the Earth they are much more centered and content.

So, get out and enjoy those sunsets, walks on the beach and maybe lay down some fresh tracks this year!

Wishing you a joyful 2013! In Love and Light.

-Lisa

## A Note on New Year's Resolutions

Rather than making resolutions, consider setting intentions for the year ahead. Be sure to put them in the present tense (as though they are already happening) and be positive. Here are some examples:

Rather than saying *I need to lose weight...* Say, *I am healthy, fit and can do everything I want to do.*

Rather than saying *I have to stop worrying...* Say *I am content and trust in the flow of life.*

We tend to attract what we focus on. So, putting out positive intentions makes it much easier to attract positive outcomes and for you to stay focused on the deeper goal.

Happy New  
Year!



2013





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**Creating Balanced Spaces  
through Feng Shui, Redesign,  
Color & Organization**

## Feng Shui Series

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Are you looking for more peace and tranquility in your life? Come learn the ancient art of placement! Workshops to be held at the Holistic Self Care Center, 12 Murphy Drive, Nashua

### Feng Shui Fundamentals

February 5th, 6:30-8:30 pm

*Practicing Feng Shui can improve health, finances, relationships and lead to an overall feeling of well being. Come learn an overview of Feng Shui philosophy and get at least 10 ideas that you can use immediately in your spaces!*

### Freedom from Clutter

February 12th, 6:30-8:30 pm

*Feng Shui believes that clean, harmonious, uncluttered spaces lead to balance and tranquility. Lisa will share with you the deeper meaning of the stuff we hold onto and give you tips and inspiration to get more organized.*

### Understanding the Bagua

February 19th, 6:30-8:30 pm

*In this hands-on workshop, Lisa will teach how to place the Bagua on your spaces and show how color, symbols and the elements can help balance the environment.*

*Workshops are \$40 or take all 3 for \$100. Pre-Registration required.*

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#### Feng Shui Tip:

Are you feeling ungrounded? Considering adding the Earth element to your environment. Use favorite pictures celebrating the Earth, add Earthy yellow or tan accessories or display pottery or items made of Earth.



*"I loved Lisa's workshop! I could have stayed all day and listened to her talk about Feng Shui. She makes it really fun and inspirational!"*

*-D.B., New Hampshire*

Love this newsletter and have friends who'd like to receive it? Let them know to sign up at [www.LisaLawDesignServices.com](http://www.LisaLawDesignServices.com). Back issues are also available on the website.

#### **Meditation Workshops:**

Umesh Nandwani from the Golden Space in Singapore will be doing a series of meditation workshops and his *Awaken the Devine You Program* February 28th-March 7th at the Holistic Self Care Center in Nashua. I did his 6 day program this fall and his meditation retreat in Nepal. Both were excellent! For more information visit [www.thehscenter.com](http://www.thehscenter.com).