



# Feng Shui For Balanced Living

## Enjoying the Holidays



*This time of year can be the most wonderful, but for many it can also be the most stressful. Some simple changes to the way we approach the holidays can make a huge difference in our enjoyment of them.*

*We often get caught up in all the things that we feel like we “should” do and lose touch with what we like to do.*

*To keep the balance this time of the year, our family decided to do less*

*and refocus on what’s most important to us.*

*We realized that many of us don’t enjoy shopping this time of year and spending money on things people may or may not enjoy. So, our family decided to scale back on gift-giving and started adopting local charities instead.*

*Now the focus of Christmas morning is about time spent together and enjoying each other’s company.*

*I admitted that I love hosting holiday gatherings, but felt stressed setting up, preparing and cleaning up afterwards. So, now people bring food and help out more, so that I can relax too.*

*I’ve found that scheduling unstructured downtime and nights at home*

*are especially important in the midst of all of the festivities. Listening to music, laughing with the kids, and sitting by the fire help restore our energy.*

*By scaling back in other ways, you may find that eating healthy, keeping up exercise routines, meditating and getting plenty of sleep becomes much easier.*

*I find that when I feel healthy, it’s much easier to stay in the moment and enjoy myself throughout the holidays.*

*If you find your stress level increasing and you need an extra boost, consider joining us at an upcoming meditation or scheduling a Reiki treatment with me.*

*Wishing you and your family a happy holiday season! With love, Lisa*

## Take a Time Out

*Looking for a way to de-stress this holiday season? Consider booking a Reiki treatment with me at my new space in Amherst. When you feel good, you have a lot more positive energy to offer others.*





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**Creating Balanced Spaces  
through Feng Shui, Design,  
Color and Organization**

# Holiday Party Planning Tips



Are you planning to host an event this season? Consider Feng Shui and the flow of energy at your party.

Creating positive energy at your event starts with setting the stage for you and your guests to be comfortable and have fun.

As you plan your event, consider the following:

- \* What mood or feeling are you trying to create? Do you want the event to be formal or informal? Have fun decorating accordingly.
- \* Think about how you want the party to flow and set up bars and food where people can approach from multiple directions and mingle easily.
- \* Eating out can be stressful for those with food allergies and special dietary needs. Having options available for them will ensure that you become their favorite host or hostess!
- \* If you are having a big party, consider hiring help. When you are relaxed and having fun, your guests will too. If you need assistance with planning a party, I'd be happy to help! Give me a call.



Looking for an unique gift? Lisa Law Feng Shui, Design, and Reiki Gift Certificates are available.

## Guided Meditations

*Do you want to learn how to relax on a deeper level? Would you like to learn how to focus your mind through meditation? Stop in for one of these upcoming classes!*

### Wednesdays at Noon

*Come join Lisa for guided relaxation and meditation Wednesday, December 4th from noon—1 pm at PhyZZically Fit Fitness Studio, 360 Amherst Street, Nashua, NH (Behind Loan Max on Avard Street). All meditation levels welcome. Please bring a pillow and a friend! Fee \$10.*

### Wednesday Evenings

*Come join Lisa and The "Awaken-The Divine You" Seniors for guided meditations on December 4th and 18th from 6:30-8 pm at 16 Columbia Street, Amherst, NH (near Frederick's Pastries). Cost \$15. All are welcome. Please RSVP.*