



Feng Shui For Balanced Living

Love in All the Right Spaces



Are you hoping Cupid's arrow finds you this year? Would you like to strengthen an existing relationship? Working in your environment is a great place to start and Feng Shui can help you.

If you are looking for a new relationship, consider whether your spaces are

set up for two people or a single life-style. What messages do your artwork and furnishings send about who you are and what you really want? Has your environment evolved as you have?

Small changes can make your home welcoming and comfortable to that new person and help inspire you on your life path.

If you are already in a relationship, Feng Shui can enhance it. My husband Brian and I have been married for 25 years and our relationship is much stronger as a result of practicing Feng Shui.

We have pictures of happy times together and places we love to go throughout

our home. We have repurposed spaces to fit our current needs and have de-cluttered and organized from top to bottom.

As a result, our home functions really well and has become our oasis from the rest of the world. We look forward to coming home every day and spending time together in spaces that support us in everything we do.

If you'd like to learn how to add a little love in all the right spaces, consider one of my upcoming workshops or a private in home consultation. I'd love to help you!

*Happy Valentine's Day!
In Love & Light. -Lisa*

Valentine's Day is a great time to celebrate your relationship. Planning date nights, spending time alone together and finding activities that you both enjoy can help keep the romance going throughout the year.

Stress Buster

Do you sometimes feel caught up in all the things you'd like to change from the past or fears about what might happen in the future? Try slowing down and being aware of the present moment.

Take a few minutes in the morning to notice how comfy your favorite slippers feel or how delicious the coffee smells when its brewing. Listen to the birds singing happily outside or your son's laughter as he heads off to school.

As you do this exercise, you may notice more and more peace and tranquility in

your day. Moments like these may be small but their impact is big and noticing them can make you feel much better.





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



Thank you to everyone who participated in our recent neighborhood candlelight meditation. It was lots of fun!

Volunteers Needed:

Do you love animals and have some extra time to give? Consider volunteering at The Humane Society of Greater Nashua. I started volunteering there recently and the animals look forward to sharing their love with you too!

Feng Shui Series

Are you looking for more peace and tranquility in your life? Come learn how Feng Shui can help! Workshops to be held at the Holistic Self Care Center, 12 Murphy Drive, Nashua.

Feng Shui Fundamentals

February 5th, 6:30-8:00 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, 6:30-8:00 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, 6:30-8:00 pm

In this hands-on workshop, Lisa will teach you how to place the Bagua on your spaces and show how color, symbols and the elements can help balance your environment. Please bring floor plans, pictures and Feng Shui questions.

Workshops are \$40 or take all 3 for \$100. Space is still available. Please call the Holistic Self Care Center at (603) 883-1490 to reserve your spot.

Meditation Workshops

Want to learn more about meditation and how it can enhance your life? Umesh Nandwani from the Golden Space in Singapore will be doing a series of meditation workshops and his *Awaken the Devine You Program* at the Holistic Self Care Center in Nashua February 28th through March 7th.

I traveled with Umesh to Nepal and took these classes. They are excellent! For more information, visit www.thehscenter.com.

FREE PREVIEW: February 28th

All Day Meditation Class: March 1st

Foundational Level I: March 2nd & March 3rd

Advanced and Personal Mastery Levels II & III:
March 4th - March 7th

Ikebana Flower in Nashua will be hosting "Freedom From Clutter," Friday, February 22nd, 6:30-8 pm. Email Lisa for more information or to register.