



Feng Shui For Balanced Living

Awaken Journey



I've just returned from five weeks in India, Thailand, Singapore and Bali for a series of meditation retreats with spiritual and metaphysical Master Umesh Nandwani of Singapore and the "Awaken-The Devine You" program.

I had an amazing time exploring foreign lands, making friends worldwide and following my spiritual journey.

Visiting India and Bali, where the people live simply and in harmony with the Earth, made me appreciate the little

things about my life here in Nashua even more.

In the retreats, I felt like all aspects of myself were taken apart, polished and put back together in a more cohesive whole. I'm more connected now with my higher calling and everything I've learned supports and enhances my Feng Shui career.

Through the "Awaken" program, I've seen how each of us comes into life to grow, evolve and fulfill a higher purpose. Along the way our fears and humanity sidetrack us from what we are meant to do.

This program helped me connect to my highest levels of knowing and gave me the focus to stay on track.

My husband Brian is in the middle of a legal dispute with the State of New Hampshire and I

returned to a week of depositions, hearings and front-page news.

Umesh's words filled my head, "Stay positive...Be compassionate but detach...Do something today to move yourself forward."

I'm very thankful for his advice and realize that challenges are part of our spiritual journey. They help us grow and evolve and give us the opportunity to realize our higher purpose even faster.

So, what is my calling? I'm here to help awaken you to your highest potential by sharing my experiences, teaching Feng Shui and encouraging your spiritual journey. Together let's fill the world with peace, love and happiness! I hope to see you at one of my upcoming programs.

In Love & Light, -Lisa

An Evening of Peace, Love & Happiness



Please join me for an evening of Peace, Love and Happiness Friday, May 31st 7:30-9 pm at the Nashua Country Club! I'll share pictures from my trip and help you get inspired! RSVP by May 29th to this email.



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

Feng Shui Workshops

Are you looking for more peace and tranquility in your life? Need design or life-style inspiration? Come learn how Feng Shui can help!

Feng Shui Fundamentals

June 4th, 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

June 11th, 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

June 18th, 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 it can be used to help balance your environment. Please bring floor plans, pictures and Feng Shui questions.

Workshops are \$40 or take all 3 for \$100. They will be held at the Holistic Self Care Center in Nashua. Please call (603) 883-1490 to reserve your spot.

Thank you to Umesh Nandwani, Sushila Devi and everyone at The Golden Space in Singapore for hosting my Feng Shui workshops in April. I loved sharing our western style of Feng Shui with you!



Save the Date... Umesh is Back this Fall!



Ready to start on your spiritual journey? Umesh is offering the "Awaken-The Devine You" program Nov. 1-3, 2013 at the Holistic Self Care Center in Nashua. For more information and program details, visit www.thehscenter.com.

"Thank you, Lisa. You helped me in big and deep ways so that I can go fly my way!"

--Love you always,

L.W., Singapore