



# Feng Shui For Balanced Living

## The Energy of a Place

Did you know that places have distinct energies and personalities just like people?

Each country, region, town and home is unique and is shaped by the history and landscape around it.

When you chose your current home, there was likely something that spoke to you on a deep level that made you feel safe and comfortable there.

You wanted to live in the city, country or something in between and the location probably fits your current lifestyle and interests.

We choose vacation spots, too, because we enjoy the energies there.

I know that I crave spending time in the mountains to feel restored on a really deep level. My sister needs to spend time with her horses and my dad loves his time in the woods.

Listen to what you're craving...Spend the day on the beach, sitting by a lake, or hiking. Soaking in the energies of your special place will help you feel more balanced in your everyday life.

If you aren't able to visit your favorite spot this

summer, visualize going there through meditation or include pictures of it in your environment. Including the energy of your favorite places can help reinforce the positive effect that energy has on you.

If your home needs more inspiration or a energy makeover, I can help. Oftentimes small inexpensive changes, can make a huge difference in how you feel. Your home can become your personal oasis and I'd love to help you!

Wishing you rest and relaxation this summer!

In Love & Light -Lisa

## Relaxation at Work



Would you like to de-stress your workday? I'd love to help! I'm available for workplace programs on lowering stress, meditation, and balancing the environment through Feng Shui and de-cluttering.

I've spoken to businesses of all sizes throughout New England on Feng Shui and stress-management and can tailor programs to your group's interests and needs. I recently taught Feng Shui in Singapore as well. I look forward to inspiring your workplace too!



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**Spaces that Nurture  
The Soul and Spirit**

## A Feng Shui Story

*"I met Lisa through a mutual friend. I had been living in my new house for 2 years and within that time span, a good marriage had ended, my financial situation went from great to horrible, and we lost our business.*

*Going over a little of the history of the house, I discovered that the previous owners had divorced and had a few tragedies of their own. I thought that maybe there was something wrong with the energy flow of the house. I called Lisa over for a Feng Shui overview.*

*We went over the Bagua and discovered the love/relationship section was located in the pantry and bathroom!!! Talk about a drain!!! The money section wasn't quite complete either.*

*The house was in the middle of renovations and I took this opportunity to change a few small things. I also went on a serious de-cluttering mission!!*

*After organizing the house and placing some meaningful items in the areas I wanted to change I noticed a huge improvement!!! My boyfriend decided to move in and my personal income also increased with the potential to make more! This was all within 3 weeks of those few small changes!!*

*Lisa was very detailed and went through each room giving suggestions on what to change. I am so happy I asked her to help me change the energy flow of the house!"* —D.E., Milford, NH

## Reiki Available



*Are you ready to try the healing and de-stressing benefits of Reiki? Give me a call! I'm now booking appointments for July and August for you, your pets or your horses.*

### Umesh is Back this Fall!

Spiritual and Metaphysical Master Umesh Nandwani of Singapore is offering the "Awaken-The Divine You" program this fall at the Nashua Country Club.

#### Self-Discovery Workshop

October 29th, 7-9:30 pm

#### Open Meditation

October 30th, 7-9pm

#### Beyond Meditation

November 1st, 10:00 am-6pm

#### "Awaken-The Divine You" Foundation Level

November 2nd & 3rd, 10:00 am-6pm

Enjoy special early bird discounts now through September 15th. For more information and to register, visit [www.thegoldenspaceusa.com](http://www.thegoldenspaceusa.com).

