



# Feng Shui For Balanced Living

## Fall Cleaning



As the days become cooler and the kids head back to school, it's a great time to evaluate your environment and do some fall cleaning.

Before putting summer items away automatically, evaluate how often they got used. Ask yourself if you really want to take up valuable storage space for seldom used things. If you are ready to let things go, consider donating to local chari-

ties and thrift stores. It's quick and easy.

As you change your closet from summer to winter, weed out anything that is stained, damaged or unworn this year. We evolve and it's ok for wardrobes to evolve too.

September is also a great time to evaluate your children's spaces. Do their rooms fit their current needs and interests? Do they have designated areas for studying and favorite activities? Can unused toys and outgrown clothes move on to someone else?

Small changes to your children's spaces can help keep them organized, focused and feeling good about themselves.

As you de-clutter, think about how each space in your home gets used. Have your rooms and work spaces changed as your needs and interests have changed? Does your home reflect the true you? If not, how can it?

In addition to removing clutter, a deep cleaning from top to bottom can help clear your spaces energetically and make your home feel much better.

Need extra help or inspiration? Consider a consultation or workshop this fall! I'd love to help you get organized and rethink your spaces!

In Love & Light, -Lisa

## Places that Love Stuff

### *Gently Used Women and Children's Clothing:*

Mother & Child Clothing and Gifts, 650 Amherst Street, Nashua

### *Gently Used Building Materials & Household Items:*

Habitat for Humanity's Re-Store, 352 Amherst Street, Nashua

### *Clothing and Household Items:*

The Salvation Army Thrift Store, 217 West Hollis Street, Nashua





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### **You're Invited!**

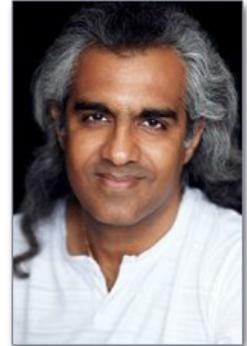
Come learn more about the "Awaken-The Divine You" program, meet past students and enjoy light refreshments, Tuesday, September 10th from 6:30-8pm at the Nashua Country Club. Event is free. To reserve your spot, call (603) 921-8052 or [Info@thegoldenspaceusa.com](mailto:Info@thegoldenspaceusa.com).

## **"Awaken-The Divine You" Offered in Nashua this Fall**

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

*These workshops will enhance your knowledge of yourself and teach you skills to calm and focus your mind to achieve your goals and be more balanced in all areas of life.*



### **Self-Discovery Workshop**

October 29th, 7-9:30 pm

### **Open Meditation**

October 30th, 7-9pm

### **Beyond Meditation**

November 1st, 10:00 am-6pm

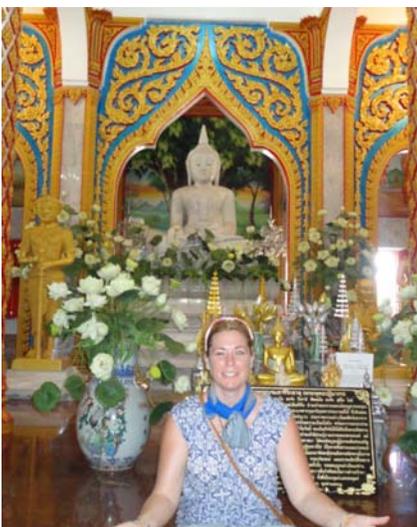
### **"Awaken-The Divine You" Foundation Level**

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

*Special early bird discounts now through September 15th. Sign up early. Space is limited. Visit [www.thegoldenspaceusa.com](http://www.thegoldenspaceusa.com) or call (603) 921-8052 for more information.*

## **"Awakening" Experience**

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*If you've enjoyed hearing about my spiritual journey this year, I encourage you to sign up for the "Awaken-The Divine You" program this fall! I've now attended the Foundation Level three times and I get something amazing out of it each time.*

*I had no idea a year ago when I took these classes, that I'd grow and evolve so much. I've seen hundreds of people in the "Awaken" program across the world transform as well.*

*No matter where you are on your life's path, you'll enjoy Umesh's programs and learn skills to help you along your way. What are you waiting for? I look forward to hearing about your journey of Self-Discovery, too!*

*-Lisa*



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**Spaces that Nurture  
The Soul and Spirit**

## Fall Workshops

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### **Introduction to Feng Shui**

September 24th, 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**

October 1st, 6:30-8:00 pm

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

### **Advanced Feng Shui**

October 8th, 6:30-8:00 pm

*In this hands-on workshop, I 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 and will be held at the Nashua Country Club. Please call (603) 566-6109 to reserve your spot. Advanced registration required.*

## Meditation & Reiki

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Start your week out with a relaxed frame of mind! Beginning September 15th, I will host weekly meditation classes at PhyZZically Fit Personal Training Studio, 360 Amherst Street, Nashua (Behind Loan Max) Sunday afternoons from 5-6 pm. Meditation fee \$10. Call (603) 566-6109 for more information.

Are you ready to try the healing and de-stressing benefits of Reiki? Consider a Reiki treatment! I'm now booking fall appointments for you, your pets and horses. Reiki fee \$40 an hour.



## Relaxation at Work

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Did you know that I'm available for workplace workshops? I offer 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 and can tailor programs to your group's interests and needs. I look forward to inspiring your workplace too!