



Feng Shui For Balanced Living

The Flow of Chi

Feng Shui believes that everything is connected and that when the environment is balanced and filled with positive energy, it enhances life goals and leads to a feeling of tranquility.

Feng Shui has evolved over thousands of years to help people live in harmony with their environment.

Feng Shui is translated as wind and water and was used originally to site burial grounds, temples and palaces. In the last century it has become more mainstream as people realize the positive results it can bring.

Buildings were once situated in what's called "the belly of the dragon." These ideal spots supported all aspects of

human life and a positive flow of chi.

With modern technology, homes and businesses can be built anywhere and we are less connected with the harmony of Earth's energies. As a result, we are more stressed and unbalanced.

So, as a Feng Shui practitioner, I work to recreate balance and harmony in the environment.

If you think of your home as a living, breathing organism, you can better understand the flow of chi through your spaces.

Imagine your home taking a deep breath through the front door (your mouth of chi) and filling from top to bottom. Ideally, the chi

will flow easily and harmoniously throughout your spaces.

Ask yourself: Does your clutter prevent your chi from moving freely? Does your chi move too quickly and how can it slow down? Do you have items that are emotionally charged, that catch the breath?

I can teach you how to identify and balance these flows of energy, so that you feel more comfortable and supported by your environment.

Oftentimes simple, inexpensive changes, can make a huge difference in how you feel in your spaces and in everything else you do. I'd love to show you how!

In love & light, -Lisa

A Unique Hike



Hiking is one of my favorite ways to connect with Earth and Andre's Institute is a great place to start! Once a small ski area, now a spot for artists from all over the world to showcase their sculptures. You'll enjoy meandering trails and over 70 works of art. Free and open to the public. Located at 98 Route 13, Brookline, New Hampshire. Enjoy!



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**Spaces that Nurture
The Soul and Spirit**

Experience Feng Shui



Come learn how balancing your environment with Feng Shui, can lead to more peace and tranquility in your life! Attendees find the workshops fun, inspirational and packed with useful easy to apply information.

Dare to Begin

The City of Nashua is kicking off a new branding initiative "Dare to Begin". Nashua has been the site of innovations in textile manufacturing, technology, and many new and unique ideas.

It got me thinking...How am I daring? This year I dared to say, "Yes!" to all kinds of unique experiences, traveled all over the world and shared my passion for Feng Shui and energy healing with you. Hopefully, I've inspired you to dare to begin something new, too!

Feng Shui Fundamentals

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.

Working with the Bagua

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 and your life. 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.