



# Feng Shui For Balanced Living



## Feng Shui for the New Year

Happy New Year!!

Are you looking to make changes this year? Practicing Feng Shui can support you.

Feng Shui encourages you to examine the flow of energy in all areas of your life. Whether you want to improve your health, relationships, career, creativity or overall feeling of well-being, Feng Shui can help.

You are constantly interacting with your environment and your environment is constantly interacting with you. So, as you look around, notice what messages are being reinforced on a daily basis. Does your environment support your current goals and aspirations. Does it represent the true you?

Placing symbols of what you are working toward in your home or office, can be powerful positive reinforcement. Many changes can be inexpensive as well.

For example, if you want to become healthier this year, consider putting your exercise clothes where you'll see them first or keep a fruit bowl on your kitchen counter so it's easier to make positive choices.

Are you looking to improve or attract a new relationship? Changing out art and accessories can make your spaces more comfortable for that relationship to grow.

Placing photos around of positive shared memories can reinforce the good times in your existing relationships.

If you are looking to incorporate your favorite activities into your life-style, allow your home to evolve as you have.

I wanted to meditate daily so I set up an area in my living room with a comfortable pillow, alter, candles and music, so it's easy to meditate every day.

De-cluttering is another great way to empower yourself. Every day tasks become much simpler and stress is reduced when you are organized and everything has its place.

Because each area of your life maps onto your environment, clutter can create a corresponding stickiness in your life.

I found that as I de-cluttered my outer environment and let go of things that I no longer wanted or needed, I was able to let go of thoughts and emotions that no longer served me, too. So, if you're feeling stuck, consider de-cluttering and making room for new opportunities to come your way.

I'd love to help you set up positive spaces and work with you on your goal setting for 2014. Please consider an upcoming workshop in January or an in-home consultation.

With love & light, Lisa

# Being Thankful

Would you like to be more positive? You can start by realizing all the things in your life that you are thankful for. Here are some ideas to get you started:

1. Start a thankfulness journal. List things every day that you are grateful for. They can be big or small.
2. Find a thankfulness buddy. Email your buddy and share 3 things daily with him or her. Have your buddy do the same.
3. Make a gratitude container. Have your family write on strips of paper and put them in a jar or box. When you need a positivity boost go back and read what you've all written.

Do you have tips to help you stay positive? I'd love to share them in an upcoming newsletter!



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Spaces that nurture the  
soul and spirit.

*Life is not measured by the number of breaths we take, but by the moments that take our breath away.*

*-Maya Angelo*



## **Newsletters**

Are you a new subscriber or thinking you may have missed a few? Past newsletters are posted on my website at [www.LisaLawDesignServices.com](http://www.LisaLawDesignServices.com).

## **Blog**

Did you know I have a blog? Follow me at [LisaLawFengShui.wordpress.com](http://LisaLawFengShui.wordpress.com) for more Feng Shui and inspiration.



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**Special Offer**

Book an in-home  
Feng Shui or design  
consultation by  
February 15th and  
receive 10% off.

## January Programs

*Are you looking for help making changes in 2014? Sign up for one of these upcoming programs to kick start your year!*

***Lunchtime Meditations***

**Phyzzically Fit, Nashua**

**Wednesdays, January 8th, 15th, 22nd & 29th , Noon-1pm**

Drop in for an hour of relaxation and guided meditation. You'll learn how to calm your mind and gain tools to help you de-stress. All meditation levels are welcome. Held at Phyzzically Fit Personal Training Studio, 360 Amherst Street, Nashua (Behind Loan Max). Cost \$10.

***Open Meditation***

**16 Columbia Drive, Amherst, NH**

**Wednesday, January 8th, 7-8:30 pm**

Come join me and other Seniors from The "Awaken-The Divine You" Program for an evening of meditation and spiritual fellowship. Cost \$15.

***"Awaken" Meet & Greet Nashua Country Club, Nashua, NH***

**Tuesday, January 14th, 6:30-8 pm**

You've heard me talk about The "Awaken-The Divine You" Program over the last year. Come meet "Awaken" students and learn more about the retreats. Master Umesh will join us via video. Light refreshments will be served. Please RSVP to [info@thegoldenspaceusa.com](mailto:info@thegoldenspaceusa.com).

***Manifesting in 2014***

**16 Columbia Drive, Amherst, NH**

**Thursday, January 23rd, 7-8 pm**

Have you made New Year's resolutions and want help making them become a reality in the coming year? Lisa will help you focus on your goals and give you tools to help bring them to fruition this year. Workshop cost \$25. Pre-Registration required.

***Intentional Environments***

**16 Columbia Drive, Amherst, NH**

**Tuesday, January 28th, 7-8 pm**

Envision your home and office spaces supporting and empowering your hopes and goals in the coming year. Get inspiration to de-clutter, improve the flow of energy in your spaces and balance all areas of your life. Workshop cost \$25. Pre-registration required.

*Please RSVP for all events to [LisaLaw@LisaLawDesignServices.com](mailto:LisaLaw@LisaLawDesignServices.com).*