



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Upcoming Classes

**Enjoy a Day of Feng
Shui November
22nd!**

Sign up for both classes for
just \$75.

**Introduction to Feng
Shui
November 22nd
10:30 am-Noon**

Come learn an overview of
Feng Shui philosophy and

how simple inexpensive changes can help improve the flow of energy of your home or office. Cost \$40. [Register](#)

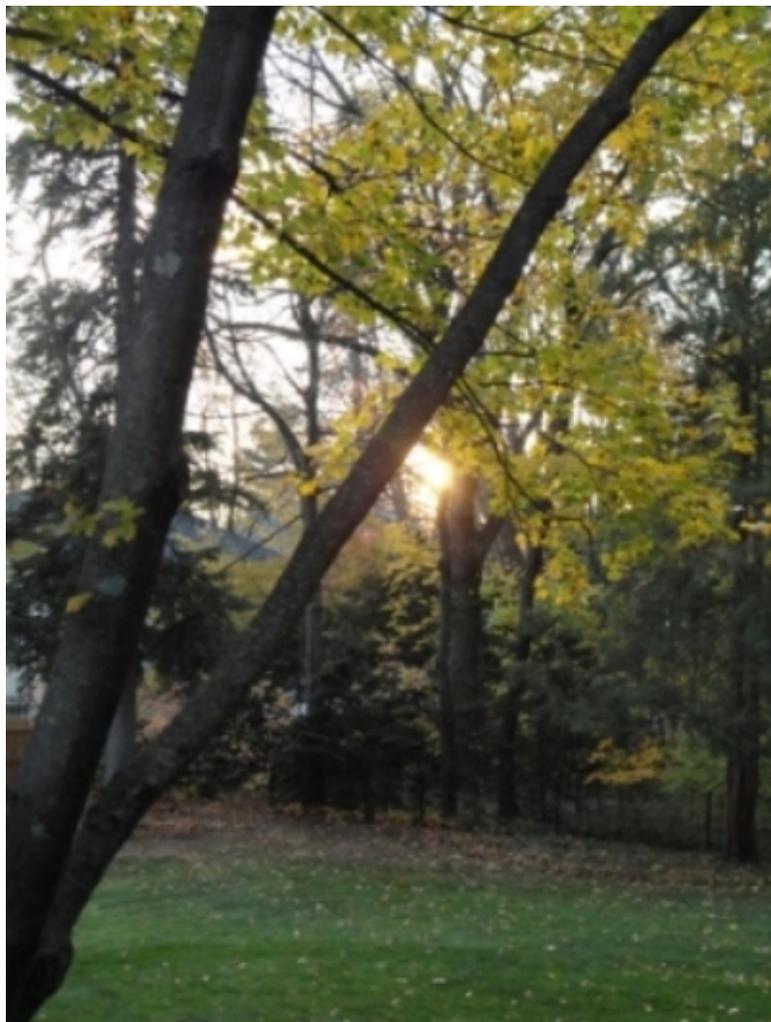
Advanced Feng Shui Topics November 22nd 1-2:30 pm

Bring your floor plans and pictures of your design dilemmas. In this hands-on workshop, you'll practice using Feng Shui tools and build on the knowledge gained in the Intro class. Cost \$40. [Register](#)

Advanced registration required at YCDHolisticHealing.com or by contacting Lisa at (603) 566-6109.

Visit YCDHolisticHealing.com to see a wide variety of healthy life-style classes. Enjoy everything this month from cooking classes, to beginner exercise programs, to stress management to Feng Shui!

Give the lasting gift of a peaceful, tranquil home this holiday season! Lisa Law Design Gift Certificates are now available. Lisa can help with Feng Shui, De-cluttering, Home Staging and General Design Advice for you or your special someone. Email [Lisa](#) more information.



Stillness

I love fall in New England and our leaf season. This year has been especially beautiful. As I look outside our home right now, our trees are filled with spectacular shades of yellow. While driving I notice, each bend in the road is like a shifting kaleidoscope of color. The rich yellows, oranges, and reds fill me with a feeling of abundance.

As the days become cooler and the daylight is shorter, I'm reminded of the importance of stillness. Soon New England will be covered with a thick blanket of snow. The tree's acorns and seeds pushed deep into the ground. Sleeping and storing the energy needed in the spring to push through the Earth and grow into beautiful trees themselves.

Just as nature needs quiet times, we too need silence for our imagination to germinate. By resting we store the energy to grow when the time is right.

Sitting by a fireplace, meditating and spending time alone can help foster creativity and restore you on a deep level. Setting up spaces in your home for contemplation, will make this time a larger priority. No time you're thinking? Perhaps it's time to evaluate all of your commitments and get back to what's most important— You! Remember you can't be there for anyone else until you are there fully for yourself.

Feng Shui shows how all aspects of your life can be mapped onto your environment. There are spaces for creativity, knowledge and self-cultivation, career, finances, relationships, health and spirituality. When the energy is flowing in positive ways through your environment, what you are working toward is enhanced as well.

Setting up your home to support you in the winter months, will help you enjoy the stillness of the season and give you needed inspiration.

If you'd like to learn more, please join me for the Introduction to Feng Shui or Advanced Feng Shui Topics workshops on November 22nd. I hope to see you there!

In love and light,
Lisa

Feng Shui Improvements

Thank you to my readers who shared their Feng Shui successes!

A reader from Phoenix shares that: *“I have studied Feng Shui on and off for the past 15 years. For the past several years, I have had trouble sleeping and my insomnia seemed to be progressively getting worse. I would typically have no problem falling asleep, but would always wake up in the middle of the night with my head “spinning” and usually could not get back to sleep for several hours (if at all). It was really starting to take its toll Feng Shui gave me a solution! I have a wall in my bedroom that has four sliding closet door mirrors, including two that reflect my bed. Mirrors are powerful generally, but in the bedroom, they can be very disruptive. I covered my bedroom mirrors with fabric. It took a couple of weeks to finally decide on a plan that fit with my home décor, but ultimately, I added a metal curtain rod that extended across the entire wall and added a few curtain panels. At night, I cover my mirrors, which puts them to bed too. Ever since I made this relatively minor adjustment, I have been sleeping soundly through the night, and the wall curtains look great as well!”*

A recent workshop attendee from Nashua says, *“After attending Lisa’s workshop, I now understand how to declutter my kitchen. Thank you!”*