



Feng Shui For Balanced Living

Love in All The Right Spaces



Are you hoping Cupid's arrow finds you this year? Would you like to strengthen an existing relationship? Working in your environment is a great place to start and Feng Shui can help you.

If you are looking for a new relationship, consider whether your spaces are set up for two people or a single lifestyle. What messages do your artwork and

furnishings send about who you are and what you really want? Has your environment evolved as you have?

Small changes can make your home welcoming and comfortable to that new person and help inspire you on your life path.

If you are already in a relationship, Feng Shui can enhance it. My husband Brian and I have been married for 26 years and our relationship is much stronger as a result of practicing Feng Shui.

We have pictures of happy times together and places we love to go throughout our home. We have repurposed spaces to fit our current

needs and have de-cluttered and organized from top to bottom.

As a result, our home functions well and has become our oasis away from the rest of the world. We look forward to coming home every day and spending time together in spaces that support us in everything we do.

If you'd like to learn how to add a little love in all the right spaces, consider one of my upcoming workshops or a private in-home consultation. I'd love to help you!

Wishing you love and happiness this Valentines Day!

In Love & Light. -Lisa

Romance the Year Ahead

Would you like to keep the Valentine's feeling throughout the year with your special someone? I encourage you to:

- *Plan date nights and regular time alone together*
- *Develop common interests*
- *Be a good listener*
- *Let your partner know how much you appreciate him or her*
- *Remember to say "I love you"*



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**Spaces that Nurture
The Soul and Spirit**

Coming Soon!



Join Metaphysical and Spiritual Master Umesh Nandwani of Singapore for his world-renowned "Awaken-The Divine You Program at The Nashua Country Club February 26th-March 6th, 2014. For info please visit TheGoldenSpaceUSA.com.

The Year of the Horse

We are now entering the year of the horse in Chinese astrology.

Karen Abler Carrasco, one of my mentors and teachers at the Western School of Feng Shui says, "This will be a promethean year, the Beginning of all beginnings, arriving around January 31st to February 4th 2014. Full of uplift, optimism, and compelling Inspiration, we will be guided into purposeful action of the most elegantly simple and powerfully fruitful kind." Please visit westernschooloffengshui.com to enjoy Karen's full article.



February Events

Freedom from Clutter

February 12th, 7:00-8:00 pm

Feng Shui believes that clean, harmonious, uncluttered spaces lead to balance and tranquility. Lisa will share with you the deeper meaning of the stuff we hold onto and give you tips and inspiration to get more organized. Held at Lisa Law's Design Studio, 16 Columbia Drive, Amherst, NH. Workshop cost \$25. Advanced registration required.

Lunchtime Meditation

February 11th & 19th, Noon-12:45 pm

Come learn how meditation can help you focus your mind and keep you centered throughout your week. Lisa will teach you basic meditation techniques, ways to improve your intuition and relaxation skills to incorporate into your daily life-style. All meditation levels welcome. Cost \$10 or 4 for \$30. Held at PhyZZically Fit Personal Training Studio, 360 Amherst Street, Nashua. RSVP's appreciated.

Balanced Living Workshop & Open House February 20th, 5-6:30 pm

Come learn how the path to lasting health and happiness starts with balancing all aspects of your life. You'll learn easy life-style tips and get inspired to bring balance to your mind, body, spirit & environment. Led by Marjorie Morse and Lisa Law at PhyZZically Fit Personal Training Studio, 360 Amherst Street, Nashua. RSVP's appreciated.

*"Yesterday is history. Tomorrow is a mystery.
Today is a gift." -Unknown*