



Feng Shui For Balanced Living

Spring Cleaning and Space Clearing



After a long and snowy winter, the Northeast is ready for spring! The sun is higher in the sky, the snow is melting and there's a sense of hope in the air.

Just as the flowers and wildlife have been dormant through the winter, you may feel as though your energy has been hibernating, too.

A thorough spring cleaning and space clearing helps free up energy and refocus priorities.

Shifting furniture, washing curtains,

windows and baseboards, and rearranging shelves and bookcases goes a long way toward loosening stagnant energy.

Moving furniture, painting and repurposing spaces works energetically as well.

Setting up your home to reflect current interests and activities will help maintain positive energy in the seasons ahead.

Spring is also a great time to evaluate your clutter and the stuff that has accumulated around you.

Once you put away necessary winter items, you can reevaluate what you need and want going forward into summer.

If you have anything that is unused or unwanted in your home, now's a great time to let it go.

As you free up space around you, you may find a corresponding letting go of thoughts and emotions that no longer serve you.

If you've been through a transition, move, or sickness, a deeper space clearing might be needed. Sage sticks, sea salt and singing bowls all work to help clear spaces on a deeper level.

As you're working in your home and clearing out old energy allow new ideas and insights to come to you.

When you create space in your environment, you may notice new opportunities and synchronicities presented to you. Allow them to spring up along with the daffodils. Enjoy!

In love and light, Lisa

Trash to Treasure?

Local charities love to recycle your stuff! The Nashua Humane Society's annual yard sale is April 12th & 13th. The Salvation Army, Goodwill, and Habitat for Humanity's Restore accept donations year-round. Remember to get a donation receipt for your taxes.



**LISA LAW DESIGN SERVICES
FENG SHUI, DESIGN, COLOR
AND ORGANIZATION**

27 Airport Road
Nashua, NH 03063

603 566-6109

LisaLaw@LisaLawDesignServices.com

Web: www.LisaLawDesignServices.com

Blog: LisaLawFengShui.wordpress.com

**Spaces that Nurture
The Soul and Spirit**



*“Knowing others
is wisdom.
Knowing yourself
is Enlightenment.”
-Lao Tzu*

Upcoming Events

Spring Cleaning and De-Cluttering

April 1st, 12:30-1:30 pm

The Village Bean, Windham, NH

Come by for spring cleaning, space clearing and de-cluttering tips to improve the energy in your spaces this spring! No cost.

Goal Setting with Vision Boards

April 5th, 1-2:30 pm

Lisa Law's Design Studio, 16 Columbia Drive, Amherst, NH

Learn how to attract what you want in the coming year! Lisa will help you gain clarity on what's most important in your life right now and teach you how to set intentions through vision boards. Open to all ages. Workshop cost \$15. All materials included. Advanced registration required.

Monday Meditation

Mondays, April 7, 14, & 21, 6:30-8 pm

Lisa Law's Design Studio, 16 Columbia Drive, Amherst, NH

Start your week in a peaceful state of mind! Come learn how meditation can help you focus and keep you centered throughout your week. Lisa will teach you basic meditation techniques, skills to connect with your intuition and relaxation tips to incorporate into your daily routine. All levels welcome. Cost \$10 each or 3 for \$25. Advanced registration required.

Freedom from Clutter

April 8th, 1-2 pm

Senior Activities Center, Nashua

Feng Shui believes that clean, harmonious, uncluttered spaces lead to peace and tranquility. Learn the deeper meaning of the stuff we hold onto and gain tools and inspiration to get more organized. Registration due by April 1st. Call Cathy Barrett, Activities Director at (603) 816-2647.

Feng Shu Fundamentals

April 19th, 1-2 pm

Lisa Law's Design Studio, 16 Columbia Drive, Amherst, NH

Practicing Feng Shui can improve health, finances, relationships and lead to an overall sense of well-being. Enjoy an overview of Feng Shui philosophy and get at least 10 ideas that you can implement immediately in your spaces. Cost \$25. Preregistration required. Call Lisa at (603) 566-6109