



Feng Shui For Balanced Living

The Power of Words



I've seen how the words we use and the messages in our environment shape how we feel and how we respond to the world around us.

Many years ago, before my Feng Shui training, we had a sign at our back door that said, *"Housework done properly will kill you."* I have to say, whenever we cleaned, we acted like it! When we removed the

sign, we developed a much more positive attitude about housework. Today, it feels good to keep our home clean and organized.

We now have signs that say, *"Imagine," "Dream,"* and *"Shoot for the moon. Even if you miss, you'll land among the stars."* Seeing those words, makes us feel good and inspires us to be more positive.

As I've become more aware of my environment, I've become more aware of the words I use and what I choose to think.

I've discovered that worrying about the future or

reliving the past, reduces my positive energy and keeps me from enjoying the present moment.

By changing my focus and setting up my environment to support positive changes, it's much easier to live in the now. I can see each moment, each person and each situation as a precious gift. I'm also able to stay more balanced and enjoy inner peace.

So, if you'd like to be more positive, consider the words you choose and the messages all around you. Small changes can make a huge difference in how you feel. *-Lisa*

Special Events

Empower Your Home, Empower Yourself!

May 23rd from 1-4 pm, YCD Holistic Healing, 1 Prospect Street, Nashua

Your career, finances, health, relationships, creativity and overall sense of tranquility can be improved by enhancing the flow of positive energy in your home or office. In this hands on workshop, you'll learn how to identify and fix trouble spots, learn de-cluttering skills, and learn how Feng Shui can enhance all areas of you life. Cost \$50. Please register at www.YCDHolisticHealing.com.

Feng Shui, De-cluttering, and Balanced Living Discussion Group

June 1st, 6:30-8:30 pm, YCD Holistic Healing, 1 Prospect Street, Nashua

Have you worked with Feng Shui, started de-cluttering or tried to make positive life-style changes? Come share your goals, successes and challenges, ask questions and feel the encouragement and support of Lisa and this special monthly group! Cost \$25 per class. Visit www.YCDHolisticHealing.com to register.

Creating Sacred Spaces for Men

June 28th, 10 am-3pm, YCD Holistic Healing, 1 Prospect Street, Nashua

Here's a great Father's Day gift idea-A celebration of men's spaces! Men and women unwind differently. Men need spaces to restore their energy and support their goals and aspirations. Get the tools and inspiration to rethink existing spaces and learn the fundamentals of Feng Shui. Healthy lunch & snacks included. Cost \$125. Visit www.YCDHolisticHealing.com to register.



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**Nurturing the Soul & Spirit
Feng Shui, Design, Color &
Organization**

The Five Senses & Home Staging

Do you want your home to feel it's best to guests or potential buyers? Consider appealing to the five senses.

Keeping your home clean and clutter free appeals to the sense of sight. Cleaning and organizing your home can also help you, your guests and buyers relax on a deeper level.

Soft pleasant odors appeal to the sense of smell. Fresh flowers are welcoming and vanilla and cinnamon are comforting. Citrus scents make bathrooms and kitchens feel fresh and clean.

Soft carpeting and a few luxury items will appeal to the sense of touch.



Freshly baked cookies and a pitcher of lemonade will delight the sense of taste.

Soft music or a fountain by the front door will appeal to the sense of hearing.

Decorating for the five senses can help you and your visitors relax on a deeper level and make people want to linger in your home. Have fun and enjoy delighting your senses!

I am pleased to announce the Grand Opening of Yvonne Dunetz's holistic healing, education, and retreat center located in downtown Nashua.



I've joined her team of Instructors and will be offering exciting new Feng Shui, de-cluttering, and balanced living courses, as well as a monthly Feng Shui Discussion Group.

Yvonne and her wellness partners are offering a wide variety of high quality holistic programs to nurture the mind body and spirit. I hope to see you at an upcoming course! To learn more and sign up for newsletters and events, please visit www.YCDHolisticHealing.com.

Thank you to the Nashua Senior Activities Center, The Friends of the Wellesley College Botanic Gardens and Yoga Caps' Yoga for Peace for hosting Feng Shui and de-cluttering workshops recently. I really enjoyed sharing with you!



Nashua's Labyrinth and Reflection Garden

Nashua's Reflection Garden and Labyrinth is a wonderful place for quiet contemplation and connecting with a sense of peace and tranquility. Visit the labyrinth in the Rotary Common, Main Street, Nashua.

Would you like get more helpful hints and hear about fun events? Please sign up for my newsletter at www.LisaLawDesignServices.com.

For more tips, follow my blog at LisaLawFengShui.wordpress.com

Go Green Challenge



In America we are blessed with excellent water. When I was in Nepal, I was surprised that people

have to filter their water and boil it before using. How lucky we are here!

Even though we have clean tap water, each American uses nearly 200 plastic water bottles a year. Not even a quarter of them get recycled. Where do all those bottles go and for how long?

We can help Earth by changing our bottled water drinking habit. Consider joining me by bringing reusable water bottles wherever you go and drinking wonderful water straight from the tap.

If you do buy bottled water, please recycle.