



# Feng Shui Organization Color & Design

*Nurturing the Soul & Spirit*



## Upcoming Classes

**Office Spaces that  
Really Work!  
January 22nd, 7-9  
pm**

Come learn how to set  
your home or business  
office up for maximum  
efficiency and  
success [Register](#)

**Freedom from**



**Clutter**  
**February 12th,**  
**6:30-8 pm**

Learn the skills to get organized and de-clutter once and for all. [Register](#)

**Attracting**  
**Abundance with**  
**Feng Shui**  
**March 9th, 6:30-**  
**8pm**

Come learn an overview of Feng Shui philosophy and how to create a feeling of abundance in all aspects of life. [Register](#)

**How We Heal-A**  
**Holistic Approach**  
**to Health and**  
**Wellness**  
**April 9th, 8:30am-**  
**5pm**

Enjoy a day of wellness and a variety of holistic speakers. Continuing Education credits will be offered for professional development. [Register](#)

Advanced registration required at [YCDHolisticHealing.com](http://YCDHolisticHealing.com) or by contacting Lisa at (603) 566-6109.

Visit [YCDHolisticHealing.com](http://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



Happy 2015! I hope you have had a wonderful holiday season and that your new year is off to a great start!

If you're like me and many people, you've spent time recently reviewing the events of the last year. You may be thinking about how to use the energy of the New Year to set and empower your goals. Below are some tips I've found to be helpful.

First, break large tasks into smaller more manageable pieces. It's not likely that you'll lose 20 pounds or declutter your entire home this week. But each day you can make small healthier choices and this weekend you can clean out one section of your basement. If you do one thing each day, imagine all you can do in the next 365 days!

Talking about your goals with supportive family members and friends or joining groups with similar interests will help keep you on track. People working toward the same goals can share their knowledge and wisdom, too.

Recognize that moving forward seldom follows a straight path. Setbacks are normal. My father is a retired drug and alcohol abuse counselor. He used to tell his clients, "Building sobriety is like building a brick wall in your back yard. If you relapse, you don't have to start again with the first brick. You've built a lot of skills and wisdom since then. Instead pick up the next brick and trowel and start where you left off."

What you see on a daily basis can influence what you do. Your environment has a huge impact on how you feel as well. Now is a great time to remove anything that undermines your success or self-esteem. Making space for what's most important will make it much

cross management to  
Feng Shui!

## Master Umesh Nandwani Returns!



**Spiritual and Meta-Physical Master Umesh Nandwani will be returning to New Hampshire March 5<sup>th</sup> -14<sup>th</sup> to offer his world-renowned “Awaken-The Divine You” program. Don’t miss this opportunity to awaken to your true potential through his workshops. Special discounts are being offered now through January 31<sup>st</sup>. Come to an Open House with Awaken students, Thursday, January 15<sup>th</sup> from 7-9 pm at The Nashua Country Club to learn more. Visit [TheGoldenSpaceUSA.com](http://TheGoldenSpaceUSA.com) for more info or email [Lisa](mailto:Lisa).**

easier to do what brings you joy and for you to fulfill your goals.

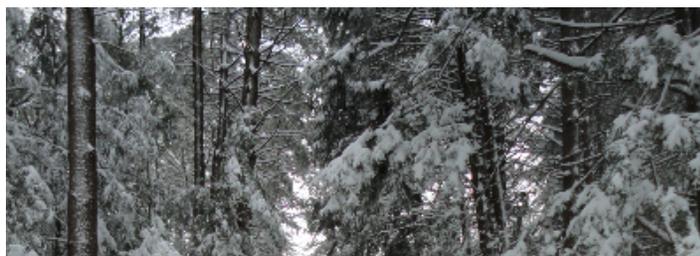
Meditation is a great way to clear the chatter in your mind and see your goals more clearly. Visualizing yourself achieving your objectives as if they are already happening can be incredibly powerful and give you needed insight. Finally, be kind to yourself. Change is a process. Recognize your progress and don’t give up. You can do it! 2015 is your year to shine!

If you’d like some more help and support, I’d love to see you at an upcoming class or consider scheduling a one on one consultation.

In love and light,  
Lisa

## Snowshoeing in Nashua

The Nashua Parks & Recreation Department is organizing weekly snowshoeing on Wednesdays and Fridays at 10 am through February when snow allows. They meet at the Whipple Street entrance to Mine Falls on Wednesdays and at the Lincoln Park Entrance to Mine Falls on Fridays Bring your own snowshoes and dress in layers. For more information visit the [City of Nashua](http://City of Nashua) or contact Tom Dwane at the Recreation Dept. at 589-3370.





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