



## Feng Shui Organization Color & Design

*Nurturing the Soul & Spirit*

### Upcoming Classes

#### Master Umesh Nandwani Returns!



Spiritual and Metaphysical Master Umesh Nandwani of Singapore returns 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. All classes held at the Nashua Country Club. Preregistration



## Silver Linings

What a couple of months! We've seen more than 6 feet of snow since the beginning of the year in Nashua. Many of the storms have dumped a foot at a time in back to back storms. We've only had one day

Class: Pre-registration requested.

Visit

[TheGoldenSpaceUSA.com](http://TheGoldenSpaceUSA.com)  
for more info or email [Lisa](mailto:Lisa).

Sessions:

- Journey Toward Self-Realization & Success in Life Workshop and Meditation - March 5th, 7-9pm
- Chakra Clearing and Alignment Meditation - March 6th, 7-9 pm
- Meditation and Beyond - March 7th, 10 am-6 pm
- Awaken-The Divine You Program - March 9th-14th, 10 am-6 pm

## **Empower Your Home, Empower Your Life** **March 16th, 6:30-8 pm**



Come learn how arranging your environment with Feng Shui can empower all aspects of your life! Lisa will share simple, inexpensive ideas that will have a large impact in how your home feels and functions. Cost \$40. Pre-registration required. Held at YCD Holistic Healing, Nashua.

[Register](#)

time in back to back storms. We've only had one day in February above freezing.

For those not living in New England picture snow banks well above most cars. When I walked through my husband's office yesterday, the windows on the first floor were covered half way with snow. One more storm and all they'll see is white!

Our days are spent shoveling and breaking ice dams off our roofs. When we can get out to work, school and appointments, the roads are slippery and visibility is poor.

I'm searching for the silver lining. As I sat resting after shoveling, I tried to come up with as many positive thoughts as possible about the storms.

Here's my list so far:

- The snow is spectacularly beautiful. Everything is coated in white. The sun makes the crystals sparkle like diamonds.
- Everywhere you go and everyone you meet shares stories about the snow. This common experience builds camaraderie and community.
- Snow sports enthusiasts love it!
- The snow forces us to slow down and prioritize. We've decluttered our schedules.
- We are spending more time with family.
- Jeans and hiking boots are accepted attire at all functions right now.
- The cold weather requires more cuddling.
- TV watching is pretty good right now. It's a great year of American Idol and Downton Abbey. How did our forefather's manage without electricity, running water or Facebook?
- Snow removal burns a lot of calories.
- Our home is peaceful and tranquil inside. We especially love our fireplace!

**Spiritual Lunch  
Series Starting  
Friday, April 3rd  
11:45 am-1pm  
At the Nashua  
Country Club**



Nashua native and author Dave Mackey will share stories from his experiences with spirit. Come enjoy a light hearted talk, lunch and spiritual connection. RSVP to [Lisa](#) to reserve your spot.

**How We Heal: A  
Holistic Approach  
to Health and  
Wellness**

**April 9<sup>th</sup>, 7:15 am-  
6:30 pm**

**At the Nashua  
Country Club**

Organized by YCD Holistic Healing. Learn how 5 leading health care experts are driving patient satisfaction. 7 professional contact hours offered. For more information and to register visit [How We Heal](#).

In stressful situations, thinking positive thoughts relaxes me. When I'm calmer, I'm more creative and able to solve problems effectively. I'm also able to see the bigger picture. The snowiest months are behind us. Spring is only a month away and this winter will soon be a memory!

If you're feeling cooped up, please join me at an upcoming program.

Wishing you peace, tranquility and a break from shoveling.

In love and light,  
Lisa

# Happy Chinese New Year!

This week we transitioned from the fast paced Year of the Horse to the peaceful pastures of the Year of the Sheep. Learn more about this year's energy from my Feng Shui instructor, Karen Abler-Carrasco's beautiful [article](#).





# Spiritual Lunch Series Starting Friday, April 3rd 11:45-1pm Nashua Country Club

Are you looking for a fun way to spend the first Friday of each month? Join me and area authors and speakers for thought provoking talks and an open forum to nurture and support your spiritual journey.

On April 3rd, meet Nashua native and author Dave Mackey. Dave will share stories from his book *Spirit Test: A Breadcrumb Path for the Spiritually Challenged*. He'll ask: Can an ordinary guy connect with spirit? Dave will make you laugh and ponder!

RSVP to email [Lisa](mailto:lisa@nashuacountryclub.com) to reserve your spot. Cost \$25. Cost includes healthy lunch. Please bring business cards and event flyers for sharing. Hope to see you there!





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