



# Feng Shui Organization Color & Design

## *Nurturing the Soul & Spirit*



### **Earth Day Labyrinth Walk**

April 22nd, 5:30 pm

Rotary Common  
Main Street (Across from  
Shaw's)  
Nashua, NH

Come meet Lisa and friends  
at 5:30 pm. We'll walk  
Nashua's Labyrinth in  
appreciation of Earth and all  
of her gifts. All are welcome.  
No fee.

### **Goal Setting with Vision**

#### **Boards**

April 23rd, 7-9 pm  
The Nashua Country Club



## Spring's Return

Here in New England, the snow has finally melted and the days have turned warm and comfortable. Daffodils

Nashua, NH

Learn how to attract what you want in the coming year. Through meditation and class activities, Lisa will help you to gain clarity on your goals and teach you how to set intentions with your vision boards, which you will create in the workshop. Open to all ages. Workshop cost \$15. All materials included. Please email [Lisa](mailto:Lisa) to pre-register.

**Wine, Women and Song**

May 27th, 6 pm

Paper & Roses  
16-20 Depot Square  
Peterborough, NH

You are invited to a comfortable evening of positive thinking and de-cluttering. Lisa will lead a fun, easy and fascinating discussion on Feng Shui. A light supper will be served. Evening Cost: \$25. Hosted by Betsy Gilcreast. Please RSVP to Betsy at (603) 924-1333 or [paperandroses@gmail.com](mailto:paperandroses@gmail.com).

**Healing Your Environment**

May 28th, 6:30-8 pm  
YCD Holistic Healing  
1 Prospect Street  
Nashua, NH

Your environment can be used to support and nurture healing. Lisa will share how the thoughtful use of artwork, furnishings, colors, natural elements and Feng Shui can enhance wellness and promote healing. She will share simple, inexpensive ideas that you can incorporate in your home and treatment spaces. Focus will be given to both nurturing your own personal health as well as the people you work with. Lisa will tailor

are blooming and leaves are budding on our trees. This weekend we noticed a robin building a nest on the corner of our house. We can watch her progress from our kitchen. Noticing the activity of spring brings me a sense of peace and wonder. In spring all things seem possible. Nature's rhythms bring hope and renewal.

In our busy life-styles, we often get caught up in lists of activities we feel we should be doing. I find when I go-go-go too much and don't reset, I feel irritable or anxious. Simply being outside and communing with nature, helps me to restore myself. I reconnect with my own internal rhythm.

Activities like yoga, meditation, gardening, hiking, walking on a beach, or watching a sunset are all simple things to do to reconnect us with nature and with our inner resources and feeling of balance.

As a Feng Shui practitioner, I encourage you to bring nature and the gentle rhythms of the Earth into your environment. Decorating with nature scenes, plants, Earthy colors, and natural materials can remind you of your relationship with Earth and your desire to live in harmony with her. Spaces that promote relaxation and nurture your own peaceful rhythms can help promote a feeling of vitality and well-being.

Spring is a great time to plan outdoor areas. Placing chairs and planters in your yard facing a favorite view, will encourage you to slow down and simply enjoy. When outside resting, consider leaving your cell phones or gadgets inside. Instead focus on the smell of the grass, the gentle caress of the air and the clouds passing peacefully overhead.

If you would like to give thanks for all of nature's gifts, please join me today for a short Earth Day labyrinth walk. We'll meet at 5:30 at the Rotary Common on Main Street in Nashua and walk together to honor

the class to the interests of the participants and will provide fixes for your individual spaces. Cost \$40. Pre-Registration required at [YCDHolisticHealing.com](http://YCDHolisticHealing.com).

**Your Home, Your Oasis**

June 4th, 7- 9 pm

Divine Healing  
Nashua, NH

Your home is your sacred space. Feng Shui has been used for centuries to improve the flow of energy in the environment and the individual. Lisa will share how practicing Feng Shui can improve all areas of life in simple, easy to implement ways. Participants will practice using Feng Shui concepts and Lisa will help identify and solve your design dilemmas. Cost \$45. Please email [Lisa](mailto:Lisa) to pre-register.

**Spiritual Lunch**

June 5th, 11:45 am-1 pm

The Nashua Country Club  
Nashua, NH

Are you looking for a fun, positive group to connect with? Join Lisa and the Happy Space Lunch Bunch at the Nashua Country Club. Lisa will introduce you to programs and topics designed to inspire and empower you and support your spiritual journey. June's topic is simplifying your life. A healthy lunch is included. Cost \$25. Please email [Lisa](mailto:Lisa) to preregister. You are welcome to bring business cards for sharing and networking.

Earth.

Wishing you a happy spring!

In love and light,

Lisa

# The Sharing Room Debuts

Over the last couple of years I've traveled all over the world seeking spiritual knowledge and visiting sacred sites. My travels have given me an even greater appreciation of where I live and all of the wonderful people in our area. I wanted to share what I've learned with the community and introduce people and organizations that inspire others.

So, last month, in cooperation with Nashua Community Access TV, I developed a new half hour talk-show, "The Sharing Room." I invite people and organizations that promote a positive outlook for conversations in my home. Spiritual and Metaphysical Master Umesh Nandwani of Singapore was my first guest during his recent visit to Nashua. Master Umesh and I discuss spirituality, being positive and his "Awaken-The Divine You" Program. I hope you enjoy the program! [View Show](#).

## Speaker Needed?

Do you enjoy the topics in this newsletter? I'm available for workshops and programs on Feng Shui, de-cluttering, relaxation, being positive, meditation and many other topics. I'd love to meet with your group or workplace to share more.