



Feng Shui Organization Color & Design

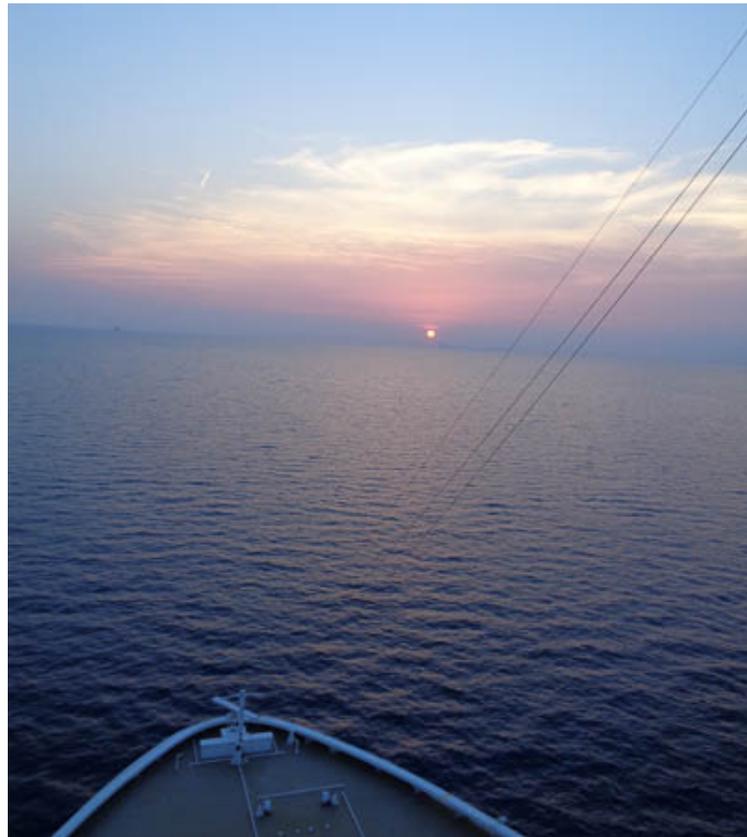
Nurturing the Soul & Spirit



Be Positive Lunches

Friday, September 25th
Friday, October 30th
Friday, November 20th
11:45 am-1 pm
The Nashua Country Club
Nashua, NH

Are you looking for an upbeat way to spend lunch? Come enjoy a light hearted talk, a healthy lunch and connection with a fun group. September's topic is letting go and embracing the present moment. RSVP to [Lisa](#) to reserve your spot. Cost \$25 which includes the



meal. Please bring business cards for sharing and networking.

Meditation for the Busy Mind

September 17th & 24th

October 1st & 8th

6:30-8 pm

The Nashua Country Club
Nashua, NH

Are you interested in learning deep relaxation skills? Have you heard about mindfulness but wondered what it is? Come for guided meditations and learn routines to help calm your busy mind. Cost is \$15 for each class or 4 for \$50. Please email to Lisa to preregister.

“Awaken-The Divine You”

October 29th-November 5th

The Nashua Country Club
Nashua, NH

Meet Spiritual and Meta-Physical Master Umesh Nandwani of Singapore and experience his world-renowned “Awaken~The Divine You” program in Nashua this fall. Master Umesh is an international motivational trainer, metaphysical practitioner, stress management consultant and life coach. He will be offering mini-workshops as well as his popular six day program of personal transformation. For more information and to RSVP, please email Fatima at mfd88@live.com or visit The Golden Space USA on Meet Up.

Creating Positive Energy in Your Home

November 1st, 1-4 pm

Divine Healing
Nashua, NH

Connecting with Spirit

Well known author and speaker Dr. Wayne Dyer passed away recently. My husband Brian and I had the opportunity to meet him in 2012 on a Mediterranean cruise. I attended a series of lectures by Dr. Dyer and I wanted to share a newsletter that I wrote shortly after the cruise.

My husband and I just returned from celebrating our anniversary on a Mediterranean Cruise. We visited Turkey, Greece and Italy and had a wonderful time exploring sacred sites and learning about historic civilizations. During the cruise, I attended a series of lectures by Dr. Wayne Dyer, called “In the Wake of Our Spiritual Ancestors.”

Over the course of two weeks, Dr. Dyer emphasized the importance of connecting with our inner spirit. Spirit he described as the part of our selves that never changes. He said that when we follow our passions and feel enthusiastic we are most connected to our spirit. Yet, our egos get caught up in doing and accumulating things outside of our true selves. When we can put our ego aside, we are able to connect with spirit.

Early on in the week, Dr. Dyer encouraged us to stand at the back of the cruise ship and contemplate the wake and what it means. He asked us to think about what powers and directs the ship. He said that the wake represents our past and is just the result of moving through the water. The wake and our past have no bearing on where we are going. Our thoughts and beliefs are what help us navigate and determine where we are headed.

I did stand at the back of the ship and look at the

Come learn how to bring more positive energy into your home with Feng Shui. Lisa will discuss common energy blockages, help fix design dilemmas and show how all aspects of your life can be mapped onto your environment. Each person will learn how to use Feng Shui's Bagua map on their own home and receive at least 10 ideas to implement immediately to improve their spaces. Cost is \$35. Please email to [Lisa](#) to preregister.

Natural Living Expo

November 14th & 15th
9 am-5 pm
Royal Plaza Trade Center
Marlborough, MA

Save the date for New England's largest holistic health event! With over 8,000 attendees, 225 exhibits and 90 workshops, it's a can't miss, once-a-year weekend event! Lisa will be presenting "Clear Your Clutter" with Feng Shui on Sunday, November 15th at 11:30 am. Come by her booth #25 for Feng Shui demonstrations and get a copy of her new book!

wake. I visualized leaving my past in the trail of water and felt a sense of freedom open up inside me.

In his lectures, he also encouraged us to visualize new possibilities for ourselves. He pointed out that we spend one third of our lives sleeping. Our subconscious works while we sleep. So, Dr. Dyer recommended spending 5 minutes every night before bed thinking positive thoughts and setting positive intentions.

Over the last 3 years, I've incorporated many of Dr. Dyer's lessons into my daily life. Going on that cruise set my life on a new spiritual course and I am deeply thankful for what I learned.

If you haven't read any of Dr. Dyer's books or heard his lectures, please do so. They could open up a world of opportunities and growth in you, too.

In love and light,
Lisa

A Feng Shui Tip

September is a great time to start nesting for the coming winter months. Removing unused items will help spaces feel larger and allow energy to circulate more fully around your spaces. A deep cleaning from top to bottom will help freshen your home and give you the opportunity to evaluate how well your spaces are functioning. Streamlining work spaces like kitchens will make food preparation easier and more enjoyable.

If your kids are now back at school, consider creating a dedicated homework center. A comfortable chair, an open work area, ample office supplies and sufficient lighting will help support their school efforts this year.

Repurposing underutilized areas of your home to reflect new hobbies or interests, will make you look forward to those upcoming snow days and staying home more.

Wags to Whiskers Festival

Are you looking for a fun day out with your pet and a great way to support the Humane Society of Greater Nashua? The Wags to Whiskers Festival is the place to be on Saturday, October 3rd from 11 am-3 pm at Anheuser-Bush in Merrimack. They have a day full of fun events and special treats. Come visit me in the doggy spa tent--I'll be offering Reiki. All proceeds help to support the pets in the Humane Society's care. Click [here](#) for more info.

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