



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Natural Living Expo

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

Save the date for New England's largest holistic health event. Come enjoy over 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!



Pausing

In New England we love to talk about the weather...
This autumn in New Hampshire has been especially

Meditation for the Busy Mind

Tuesday, November 17th
Tuesday, December 1st
7pm
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. Please email [Lisa](#) to preregister.

Spiritual Lunch: Can Cosmology be both Scientific and Spiritual

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

Join us for a very special presentation by Cosmologist Nancy Cronin. Through a multimedia presentation, Nancy will share the origin of Earth, our Milky Way Galaxy, and all the billions of galaxies that populate the known universe. Together we'll ponder Carl Jung's words: *"Are we related to something infinite or not? That is the telling question of our lives."*

By learning the science of the cosmos we can find "connection" and meaning for our daily lives. Our world-views can broaden to incorporate a new understanding of how we belong in this ever-expanding, yet profoundly intimate Universe... how we are one-with the Immense Love in which "we live and move and have our being." **(Acts 17:28)** Truly, the

beautiful. Our landscape was painted with crystal blue skies and vibrant leaves in yellows, reds and oranges. It's been unseasonably warm and truly a joy to be outside.

As I've gushed about the beauty of this fall, I've been met with long stories about last winter and fears for this one. Yes. Last year was snowy and cold. And yes. We did have to shovel a lot. I'm not sure this winter will be tough, too, though.

All of these conversations got me thinking about how often we get distracted from the beauty of the present moment. Our minds are full. The hamster running on the wheel in our brain keeps us focused on difficulties from the past or worrying about challenge we might face ahead.

In his book, "The Secret of Letting Go," Guy Finley talks about how we create preconceived ideas of what should happen and what our life should look like. When events don't fit into our framework of shoulds, we feel stressed, anxious, angry or disappointed. However, if we can let go of these pictures or expectations and learn to appreciate what is, we can feel happier and more content.

For those worrying about winter consider this... Winter has its own beauty. There is a special peacefulness and quiet that accompanies a new snowfall. When the sun hits the snow just right, it looks like tiny diamonds sparkling in the sun. Winter represents nature's pause and a needed rest before the regeneration of spring.

We all need a time out from time to time. Have you noticed that some of your most creative ideas came to you after a vacation or relaxing day? So, enjoy the quiet of your snow days. Perhaps you'll be inspired as you stay home and lounge in your pajamas.

Sending you love and light,

science of Cosmology can impact our soul-journey, can bring us to a deep, spiritual awakening!

Cost is \$25, which includes a healthy lunch. Please reserve your spot by emailing [Lisa](#).

Feng Shui and the Positive Home Discussion Group

Forming now. Please contact [Lisa](#) if you are interested. Dates and times will be determined by the needs of the group. Cost \$10.

Lisa

Feng Shui Tip

November is the perfect time to work on your home nest. Decluttering your high traffic zones and gathering spaces will make space for people to visit and help you to relax over the holidays.

Stocking up on comfortable throws and some books you'd enjoy reading will help pass the time when it's cold and wintery outside.

Healthy house plants and crystals improve your home's air quality and bring life to your spaces.