



# Feng Shui Organization Color & Design

*Nurturing the Soul & Spirit*



**Lunch & Learn -**  
**"Introduction to Sacred**  
**Geometry"**

Friday, January 22nd  
11:45 am-1 pm  
The Nashua Country Club  
Nashua, NH

Join guest Dr. Mike Yannetti as he shares many interesting facts about sacred geometry. He'll talk about famous sacred sites and everyday items that use sacred geometry to enhance



sacred geometry. He will also teach the meaning of numbers 1-4. Cost is \$25 which includes a healthy lunch. Please email [Lisa](#) to register.

### **Book Signing Event**

Saturday, January 23rd  
2 pm  
The Toadstool Bookstore  
Lorden Plaza  
Milford, NH

Lisa will offer a brief Feng Shui talk and will be available to answer Feng Shui questions. Her new book [The Feng Shui Inspiration Cards and Guidebook](#) will be available for purchase and she is happy to sign a copy for you! Hope to see you there!

### **Meditation for the Busy Mind**

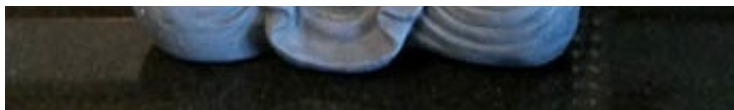
Tuesday, January 26th  
7 pm  
The Nashua Country Club  
Nashua, NH

Have you heard about the benefits of meditation and wanted to try it? Lisa will introduce you to mindfulness and lead you through meditation practices designed for relaxation and stress relief. Cost is \$15. Email [Lisa](#) to pre-register.

### **Get Organized in 2016**

Saturday, January 30th  
(Rescheduled from January 9th)  
10 am-Noon  
The Nashua Country Club  
Nashua, NH

Are you ready to tackle your clutter and get organized this year? Then this workshop is for you! Lisa will show how clean, harmonious spaces help lead to peace and tranquility in all areas of life. She'll share before and after



# The Peaceful Home

As we move forward into 2016, I find more and more people looking for peace and tranquility in their everyday lives. In Feng Shui we believe that your home reflects the inner and outer you. So, a great way to bring about internal calm is to work on your environment.

Take a minute to picture your home on its messiest day...then imagine it again when you were expecting company or just after a big cleaning. You can visualize the difference in the energy in your spaces and perhaps identify where that energy isn't flowing as you'd like.

Perhaps, you walk into your home and are greeted by messes or unfinished projects. Long lists of things to do will definitely make your stress level rise. Clearing out and organizing your entry ways or high traffic areas will let you enter your home more peacefully. Start this process by removing items that are duplicates, are out of season, or no longer get used. If spaces are especially tight, only keep items in your traffic areas and work centers that get used daily. Spending just 5 minutes a day picking up at the end of the day, will help you maintain your revitalized spaces.

In this process of building more tranquility, I also encourage my clients to address any areas of their homes that irritate them on a regular basis. Perhaps, your closets, home office, or storage areas are calling for your attention. Again, remove anything that no longer serves a useful function for you. Local charity thrift stores and consignment shops love to get your stuff and help move things along to someone new

and share before and after photos of clients' homes and give you the information you need to transform your spaces. Cost is \$25. Please email [Lisa](mailto:Lisa) to register.

can and help move things along to someone new.

As you declutter and get organized, think about whether your rooms function well for the needs of you and your family. It's ok for your home to evolve to reflect the interests and hobbies of everyone living there.

Bringing in a few inspirational items that reflect what you are working towards can help support you as you make changes. A new screen saver on your computer or an uplifting quote on your refrigerator may do just the trick!

If you'd like additional help to get organized this year, please consider joining us at my upcoming "Get Organized in 2016" class on January 30th.

In love and light,  
Lisa

## Book Signing

My next book signing is on Saturday, January 23rd at 2 pm at the Toadstool Bookstore in Milford.

Many thanks to these local retailers for carrying [my book](#) and the support they give to the community.

### **Birch: Things for the Home Heart and Soul**

154 Amherst Street  
Nashua, NH

### **Collins Flowers**

9 Main Street  
Nashua, NH

### **Scentsas Fine Jewelry and Home Décor**

169 Main Street  
Nashua, NH

### **Mother & Child Clothing and Gifts**

**Mother & Child Clothing and Gifts**

135 Route 101A  
Amherst, NH

**The Toadstool Bookshop**

Lorden Plaza  
Milford, NH

**Paper & Roses**

16 Depot Square, #20  
Peterborough, NH

**The Dragonfly Shop**

67 Emerald Street  
Keene, NH

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