



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Meditation for the Busy Mind

Tuesday, March 8th & 22nd
7 pm
The Nashua Country Club
Nashua, NH

Have you heard about the benefits of meditation and are ready to try it? Join Lisa for guided mindfulness meditations designed for peace and relaxation. She'll help you develop simple practices to help quiet your busy mind. Cost is \$15. Please email Lisa to register.



A Bit of Sunshine

Last week was New Hampshire's school vacation week. One of my favorite parts of social media is seeing everyone's travels. This year a large number of my friends took their families to beaches. As I sat in

Vision Boarding Workshop

March 13th

1-4 pm

Law Logistics

27 Airport Rd

Nashua, NH

Would you like support and inspiration in creating more focus for 2016? Come to a fun and informative workshop and create a special vision board. Cost \$15. Price for this workshop includes materials, snack and inspiration. Please email [Lisa](#) to register.

Lunch & Learn

Friday, March 25th

11:45 am-1 pm

The Nashua Country Club

Nashua, NH

Back by popular demand... Dr. Mike Yannetti will share more about Sacred Geometry and how to recognize its influences in our everyday lives. Cost is \$25 which includes a healthy lunch. Please email [Lisa](#) to pre-register.

Spiritual Awakening Programs with Master Umesh Nandwani of Singapore



Spiritual and Meta-Physical Master Umesh Nandwani of Singapore will be returning soon to New England to offer his internationally renowned "Awaken~The Divine You" Program at the Steven's Estate in North Andover, MA. He will present a series of inspirational workshops and meditations designed to help

my office watching the snow melt and viewing travel pictures filled with sun, surf, sand and smiles it got me thinking...

Here in the northeast, from late fall to early spring our environment goes dormant. Daylight hours are short. Many bodies of water freeze. Trees and animals reserve their energy by hibernating. Many of us humans slow down and stay inside during the winter. So how might we activate our energy and offset the winter doldrums besides jumping on an airplane?

You can make some simple changes to your environment. Brighter lighting and touches of louder vibrant colors-like red can help compensate for diminished sunshine during the winter months. If you wear dark colors every day consider whether some bright cheerful accessories or happier colors will help lift your mood.

If you miss being outside amongst your flowers or enjoying your lawn and trees, house plants, an indoor herb garden, or flowering bulbs may be just the thing.

Pictures of favorite oceans, lakes, or streams can help you connect with water's natural flow. There are also cd's of oceans and other watery sounds available for your listening pleasure. Many people enjoy indoor fountains.

Decorating with nature scenes or items you have collected from your favorite vacation spots may also be meaningful. Seeing special items every day connects you with the peace and tranquility of your vacation places. Perhaps you'd enjoy your favorite nature scenes as your screen saver on your phone or computer?

Remember, too, that nature helps us to connect with own natural rhythms. Rest and quiet are important times in the cycle of life. Haven't you found that some of your best ideas and greatest growth spring forth after a bit of stillness?

you move forward on your life's path.

Soul Connection Meditation,
March 31st, From 7-9 pm

Meditation & Beyond
Workshop, April 1st, From
10 am–6 pm

[“Awaken-The Divine You”
Program](#), April 2nd – 7th,
From 10 am-6 pm

For more information, please visit thegoldenspaceusa.com. Send your contact information to ATDYUSA@gmail.com to be entered for a chance to win a free Soul Connection Meditation or Meditation and Beyond Workshop.

Happy March and almost spring! Let the sunshine in!

In love and light,
Lisa

De-Cluttering Suggestion

One of the best times to evaluate your spaces is after a vacation. I really enjoy living with less on vacation and that has inspired me to scale down at home.

About 5 years ago, we went top to bottom through our home whittling down our belongings. I've been itching to let even more go. So, while my friends were soaking up the sun, every day for the last two weeks I've set aside 10 things every day to give away, donate, or sell. I have to say, that my spaces feel really good and what I have kept seems more special.

Are you ready for a big spring cleaning? I'd love to help you. I can help you set priorities, rethink your spaces, or help you with your de-cluttering process. I also offer workshops and can speak to your friends or workplace.

Clutter Concierge

Are you ready for a spring clearing but don't have time to bring things to local charity stores, consider calling the [The Clutter Concierge](#) for a pickup. He'd be happy to help you remove your items and you can feel good about helping a disabled adult work in the community.

The Sharing Room

Spiritual and Meta-Physical Master Umesh Nandwani of Singapore will be returning in March. He was a guest on my TV Show “The Sharing Room” last spring. I have had the opportunity to travel with his program all over the world and the “Awaken~The Divine You” workshops have been a huge part of my spiritual journey. I hope you enjoy [the show](#). If you’d like to attend his program, please visit thegoldenspaceusa.com for details.

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