



Feng Shui Organization Color & Design

Nurturing the Soul & Spirit



Free Feng Shui Talk & Book Signing

Saturday, June 18th, 11 am
The Toadstool Bookshop
12 Depot Square
Peterborough, NH

Are you looking for a fun activity this weekend? Join me for a fun and inspiration discussion about how to incorporate Feng Shui in your home and life-style. I'll



Positive Thoughts

"Your thoughts become your beliefs. Your beliefs become your attitudes. Your attitudes

be available afterwards to sign copies of my “Feng Shui Inspiration Cards and Guidebook: Create Positive Energy in Your Home and Life-Style. I’d love to see you there! For more information click [here](#).

Happy Space Lunch & Learn Group

Friday, June 24th, Noon
The Nashua Country Club
Nashua, NH

Author Lois Hermann joins us for an informative discussion of her book, “The Spirits of the Amoskeag: The Wounded Heroes of the Manchester Mills.” (See inset for more information). Cost of program which includes a healthy lunch is \$25. Please email [Lisa](#) to RSVP.

Feng Shui, De-Cluttering, and Living Intentionally Discussion Group

10:30am-Noon
The Nashua Country Club
Nashua, NH

June’s topic is: “De-cluttering and the Energy of the Stuff We Hold onto”. Are you ready to fill your home, office and life-style with positive energy? Do you have lots of clutter and feel overwhelmed? Then, this program is for you! You’ll get lots of tips and inspiration to let go and get more organized. Cost of program is \$15. Please email [Lisa](#) to RSVP.

Now on Meet Up!

Join the Feng Shui and Intentional Living Meet Up to hear the latest of [Lisa’s Feng Shui happenings](#).

become your life-style”-Unknown

We’ve all heard about the importance of changing our thoughts, if we really want to bring about lasting changes in our lives. Making our thoughts more positive sounds simple, but it takes practice.

We often get stuck in our stories. We replay our hurts, disappointments, mistakes, let-downs, or worries. Every day, whether consciously or not, we make decisions on what parts of our lives we think about and talk about to others. This is really normal.

Abraham Hicks said in a workshop last year in Boston, “You have 17 seconds to change your thoughts. After that an obsession builds momentum.” Hmm. Interesting.

So, how do we switch our thoughts onto a more positive track? Here are some tips I’ve found to be helpful for both myself and my clients:

1. Spend time with positive people. Seek out individuals who make you laugh and energize you.
2. Be aware of the energy around you and what you are allowing into your environment. Simple changes like watching more positive shows on TV or what you look at on social media can help you be more up-beat.
3. De-Clutter. If you have items in your environment that remind you of upsetting times, letting things go may help you release the emotions related to those items.
4. Connect with nature. Watching the clouds, listening to birds sing, or taking a drive along the ocean may help reset and restore you.
5. Set positive intentions before you go to sleep or first thing in the morning. Favorite quotes in your bedroom or other prominent places can help reinforce what you are working towards.

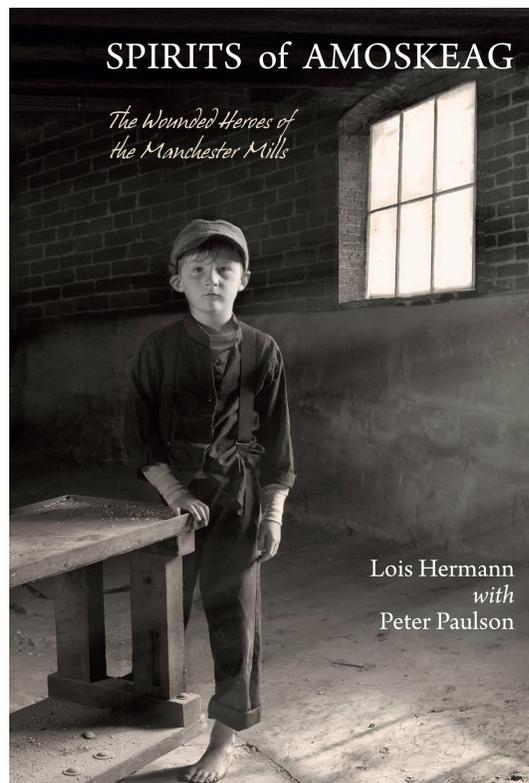
6. Take care of yourself. It's easier to be positive when you've had a good night's sleep, you are eating well, and caring for your body.
7. Meditate. Creating mental space can help you gain new perspectives.
8. See challenges as opportunities to grow. Each experience has important information to help us or others in the future. When we are able to embrace the lesson, it's easier to let go and move forward.
9. Be patient and kind to yourself. We all get stuck from time to time. Sometimes it helps to find a professional person to help you process your feelings and get a fresh perspective.
10. Practice Feng Shui. Imagine coming home every day to a home filled with positive energy and supporting everything you do. Your home can become your personal oasis.

I'd love to hear how you stay positive. If you'd like to send me your tips or stories, I can share them in an upcoming newsletter.

If you are searching for a group to support your positive efforts, please consider joining us at an upcoming workshop or lunch and learn program.

Wishing you a wonder-filled summer!

In love and light,
Lisa



The Spirits of Amoskeag: The Wounded Heroes of the Manchester Mills

Please join us for this month's lunch and learn with author, Lois Hermann, Friday, June 24th at Noon at the Nashua Country Club.

Lois says she wrote this enthralling book as a promise made many years ago to a group of spirits who caused accidents to get attention. They agreed to stop their activity and go into the light if they would publish their story. **This spiritual mystery shares their heart-wrenching stories woven through the journey of the book itself.** This is the fascinating story communicated by the Spirits of Amoskeag - The

Wounded Heroes of the Manchester Mills.

“In the mid-1800s Manchester, New Hampshire, boasted the longest continuous mill yard in the world, producing incredible amounts of cloth daily. The information revealed in this book is part of the fabric that makes up local history. Many people suffered greatly in the name of big business. This intense story was guided by Guardian Spirits, told by the spirits of the children and others from the time of the great Amoskeag mills, and includes the story of those placed on our path to create this book. Having been safely guided into the light, many spirits have returned to express deep gratitude for our assistance. **They want to be remembered for the hard working, dedicated young people they were.**” -Lois Hermann

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