



# Feng Shui Organization Color & Design

*Nurturing the Soul & Spirit*



**De-Cluttering Strategies,  
Pitfalls, and Successes  
Feng Shui, De-Cluttering  
and Intentional Living  
Discussion Group**

Saturday, July 23rd  
10:30-Noon  
The Nashua Country Club  
Nashua, NH  
Cost: \$15

Have you been getting organized? Are you ready to start but don't know how? Come enjoy an open discussion on decluttering as participants share their current projects. Lisa will give you strategies to work



through your challenges and how to see your spaces through a fresh perspective. You are welcome to bring pictures and to ask questions to help with your environment. Please RSVP to [Lisa](#).

**More on Sacred Geometry with Dr. Mike Yanett**  
**The Happy Space Lunch Bunch**

Friday, July 29th

Noon-1:30 pm

The Nashua Country Club  
Nashua, NH

Enjoy an insightful lunch with one of our favorite guests, Dr. Mike Yanetti. Cost with Lunch is \$25 Please RSVP to [Lisa](#).

**Common Design Dilemmas and Feng Shui Fixes Feng Shui, De-cluttering and Intentional Living Discussion Group**

Saturday, August 13th

10:30-Noon

The Nashua Country Club  
Nashua, NH

Cost is \$15

Do you have spaces that feel uncomfortable? Do you need design advice or new ideas for laying out your furniture? Have you read about Feng Shui and wanted to learn more about how it helps spaces feel better? Then please join our discussion group! You are welcome to bring pictures of your design dilemmas and Lisa will help you with Feng Shui fixes. Please RSVP to [Lisa](#).

**Essential Oils and Destiny Chart Readings with Sandy Snay**  
**The Happy Space Lunch Bunch**

Friday, August 26th

Noon-1:30 pm

# The Energy of a Place

Did you know that places have distinct energies and personalities just like people?

Each country, region, town, and home is unique and shaped by the history and landscape around it.

When you chose your current home, there was likely something about it that spoke to you on a deep emotional level. Perhaps it made you feel safe and protected or inspired you in some way.

You chose it because it was in the city, country or in between and that location resonated with your lifestyle or interests.

We choose vacation spots, too, because we enjoy the energies there. I know I crave time in the mountains to feel restored on the deepest levels. My father loves working in the woods. My husband loves to be around water. My friends have been traveling in the deserts of the Southwest. What do you need right now?

Listen to what you are craving...Perhaps you need a day sitting on the beach, relaxing by a lake, gardening, or driving through the mountains. Soaking in Earth's energies can help to restore you. When you are refreshed and balanced you have much more to give to others.

As adults we forget to play. Our favorite places often encourage us to let go of the demands of everyday life and live in the moment for a while.

If you aren't able to get away this summer, visualize going there through meditation. Incorporating favorite travel photos into your environment can help reinforce the positive effect that energy has on you. If you love

Come enjoy a fun and informative discussion. Sandy Snay will help us create essential cooking oils and discuss destiny charts. Cost with Lunch is \$25. Please RSVP to [Lisa](#).

### Thank You

Thank you to guest **Lois Hermann** for visiting our Happy Space Lunch Bunch and sharing your wisdom and insights with us!

Thank you to the **Toadstool in Peterborough** for hosting a book signing in June and for everyone who attended. It was a pleasure sharing Feng Shui with you!

collecting beach glass or walking through the woods, use those colors around your home. Nature is our best inspiration for design!

Feng Shui changes can be simple and inexpensive, but can help make a huge difference in how you feel. I'd love to show you how!

Wishing you a happy summer in your favorite energy places!

In love and light,  
Lisa

## Positivity Tips

As a follow up to last month's newsletter, I wanted to share how a couple of readers maintain their positive outlook. Marilyn enjoys reading Louise Hay's daily affirmations. Jenny writes three things she's grateful for in a journal each day. If you have other tips to stay positive I'm happy to share them next month!

## Relaxation at Work

Would you or your employees like to de-stress during your work day? I'm available for workplace programs on lowering stress, meditation, seated yoga, and filling your environment with positive energy. I'm now booking fall and winter workshops.

## Decluttering Idea

Fresh of Nashua Boutique on Main Street is collecting gently used handbags for women in need. You can drop them off through close of business this Saturday, July 23rd. You'll receive a gift certificate towards a new handbag, too! For more information on this promotion, please call (603) 821-9888.

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