



**The Spiritual Feng Shui™**  
Improve your life the natural way

# The Spiritual Feng Shui™ newsletter

Issue No.3,  
February 2007

**The Human Side of Feng Shui – Face Reading**

Stretch and Relax in a Clutter-Free Home

Also...

Feng Shui Tip  
Inspirational Quotes





Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for February 2007; we are glad to have your company! In this issue, we'll discuss with you face-reading as a complementary art to Feng Shui – one dealing with people, the other with places. We are also continuing our series helping people who have excuses for not clearing up clutter to find solutions. We also have inspirational quotes and Feng Shui tip, as usual. May peace and harmony reign for you in February.

**Announcement:** To improve the quality of our site, products and services we sincerely ask your opinions. Please feel free to let us know what better can be done by posting your valuable comments at <http://www.thespiritualfengshui.com/how-serve-you-better.php>. To show our appreciation, we'd like to give away prizes to people who provide most valuable opinions, once per month and no string attached. It is free to participate and only take you a few minutes.

[So click here to grab the wonderful chance of winning our monthly prize now!](#)

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Enjoy

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**Feature Article:**

## **Facing Facts**

Feng Shui is the art of arranging your living space to have a happy and harmonious life. However the people in your life are just as important to your happiness. Many of us are not even sure that we want to be able to read people's minds! Unfortunately, it takes a lot of time and effort to get to know someone's personality, and the effect they will have on your Chi, unless you are an experienced face-reader. While it isn't exactly like reading minds, face-reading does give you an instant understanding of the inner world of a person. It is sort of a quick glimpse into their mind! So, just as we know and can observe what effect an object placed in our home will have on our

Chi flow, so can we see what a person will bring to our lives, if we are skilled at face reading.

Have you ever tried to track how much of your conversational time with your lover, your colleagues, or your child is spent in clarifying what someone actually meant? There are a million different things to say in a situation and twenty different ways to interpret each one. Imagine if you just understood somebody! You could choose the best people to surround yourself with when you have a choice, and enhance your understanding of the ones that are with you for life, better or worse. Face reading can enhance your intuition and give you insight into people's natures, just as Feng Shui gives you an insight into the hidden energy world of your surroundings. These are really two sides of the same coin.

We would like to skim over some of the basics of face-reading techniques you can use when you are looking for a romantic partner. At work, you may be looked at a bit strangely if you stare lovingly into your boss's face! But over dinner, with a potential or current partner, there is every opportunity to practice your new skills. Also, there is no better way to avoid heartache and loss than knowing a person better before making yourself vulnerable. We should reassure you that face-reading is not cheating, at all! You should never use your face reading findings to judge somebody, only to know them better. Like skipping ahead in time a bit! You should feel as comfortable having your own face read as you would read another person's. With time you will know that we are all interconnected, with our individual strengths and foibles, and you will come to love your own individuality as much as everyone else's.

When you're reading our tips below, remember that the characteristics we are describing only represent trends and tendencies, not destiny. Your life is not trapped by your face! Take your new knowledge into consideration, and try to get to know people anyway.





Your lover's eyes are the gateways to their soul, as Herman Melville knew. One characteristic you would hope to know about your mate is how vulnerable they are, emotionally. Look at the curvature of their lower eyelids – if they are quite curved, it indicates emotional dependence and vulnerability; straighter lower lids indicate more detachment and logic than emotion. Look at your own eyelids, and consider your own personality. Would this person's attitude complement your own, even if it isn't exactly the same as yours? Be honest!

The set of your eyes also tells you more about someone's personality than whether they can see people sneaking up on them! People with close-set eyes are usually focused types, who pay attention to details. If their eyes are wider apart, they are more abstract-thinking and see the forest better than the trees. If you have an average set of eyes, it is difficult to draw personality traits from this feature. Start

studying their freckles, speckles and spots instead!

Every eye is unique, and every eye is unique! Seriously, every aspect of a person's eyes can tell you a little bit about their character. A person with thick eyelids will usually enjoy intimate relations, and be quite open and honest. A person with thinner eyelids is the opposite, a little more reserved and private. Look also at how deeply a person's eyes are set into their head; people with deep-set eyes get quite involved in conversations, and can be possessive and intensive. Interestingly, though, these traits don't come out until your prime – around 35 years old. A person, who looks more like Elmo from Sesame Street, with bulging eyes, uses body language to convey what they don't say as well as words to make themselves understood. Again, study yourself first, and consider how you would relate to different types of people. The most important relationship tool that face-reading may give you is really an understanding of yourself.

Every characteristic of a person's eyes that we have discussed intertwines like ivy to create their uniqueness. Every other feature on their face can be analysed in this way too, all giving you a valuable understanding of other people. Make sure you download our free e-Book, 'Face Reading: More Than Taking Life at Face Value' at <http://www.thespiritualfengshui.com/freebooks/downloadfacereading.php>, for the full story, and to complete your training!



### **Q&A: Even Fewer Clutter But's!**

**Whenever I turn around, there seems to be more mess where I just cleaned up. How am I supposed to keep my home clutter-free with life working against me?**

One of the most basic practices in Feng Shui is getting rid of unnecessary clutter in your home. And honestly, you don't need a maid or housekeeper to maintain your home in a clutter-free state! In the last issue, we looked at one of the reasons people avoid removing clutter from their homes; because every object holds a memory for them. We are now going to look at another common clutter excuse; that you don't have the time to keep a clean house. We know that clutter in your home blocks the free flow of your Chi, creating a swirling quagmire of energy going in every which way! One of the problems many people have with clutter is that it is an ongoing problem. If you feel that you have no time to clear up the clutter in your home, or to stop it from accumulating, we'd love to help you on your way to a serene, productive, balanced existence!



The most important point to make here is that leaving clutter where it is takes up time. When your home is messy and disorganized, Chi catches on the clutter. If there is quite a lot of it, your Chi will be either sluggish or immobilized. You know the feeling on a Monday of just not wanting to get out of bed? That's the sort of feeling that your whole house has when it is messy. And you know how you hit the snooze button again, and again, and then just lie there for 3 more minutes, then 1 more minute... Clutter creates this feeling for you all the time! As we explain in the Feng Shui e-Book, Chi is the floor on which you lay every piece of furniture, and the ocean that gives life to the Earth. If your Chi is not moving well, your life will not be well. This should actually be reassuring for those of you who feel you have no time to clear up! Clearing up clutter actually creates time for you – every minute you have is spent more productively and with a clearer, more positive mindset than you had when you were surrounded by mess.

In a cluttered, disorganized house you get slow or stagnant Chi, which can be depressing. How much time do you have when you are feeling depressed? You feel you have all the time in the world, and no energy to do anything with it! It can feel stifling, like a humid day, when you feel that every breath is suffocating you a little. This makes sense, too, as we usually think of Chi as breath, and aim for it to be deep, even and regular.

Have we convinced you now?! Yes, it will take time to clear the clutter out of your house. But the time it takes you will be returned a hundred-fold, in the productive time that you gain from your feelings of invigoration and energy. Be positive! Be unstoppable! Be free!



**Feng Shui Tip:**

**Inner Color**

Do you suffer from the 4 o'clock munchies at work, as many of us do? We usually reach for a biscuit with our tea or a salty snack to keep us going until it is time to leave. Not only are these sort of snacks not great for our waistlines, there are much more positive things to eat in terms of your Chi. We all recognize how important color is to our mood, and how certain colors make us feel certain ways. Did you know that eating colorful foods can bring the same sense of energy to your body that your mind gets from seeing bright colors? Not only this, the most brightly colored fruits and vegetables are the ones with the highest quantities of vitamins and minerals. Give your soul and your cells a lift with a kiwi fruit, an apple or some blueberries!





## Inspirational Quotes:

“Never look down on anybody unless you are helping him up”,  
**Jesse Jackson**

“Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die.”

**Dwight D. Eisenhower**

“Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity.”

**Voltaire**