



The Spiritual Feng Shui™
Improve your life the natural way

The Spiritual Feng Shui™ newsletter

Issue No.5,
April 2007

Happily ever after – is it possible?

Heart space in the home

Also...

Feng Shui Tip
Inspirational Quotes





Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for April 2007; we are glad to have your company once again! January 29th 2007 was my parents' golden wedding anniversary. I went back to China to celebrate with our family, relatives, friends, colleagues, and even neighbors. The picture on the cover was taken in the ceremony - they were feeding each other with the anniversary cake, so as the one at page 3 – that was me and my parents on stage. They have been happily married for 50 years and their relationship is still going strong. How they achieve that? I had a interview with them to find out.

After this we look at the day to day physical things you can change to help your relationship along. We also have inspirational quotes and a Feng Shui tip, as usual. May peace and harmony reign for you in April.

03 Feature article: Happily Ever after – is it possible?

- De-cluttering and beautifying the inner life of your relationship

06 Q&A: Heartspace in the Home

- What physical changes complement the inner ones best?

08 Feng Shui Tip: – Musical Life

09 Inspirational Quotes



Enjoy

Mike Z. Wang

Author of **The Spiritual Feng Shui™**

Thespiritualfengshui.com
1-866-888-0222
1-435-792-7325
Unit 616, 220 Lake Promenade,
Toronto, Ontario,
Canada, m8w1a9



Feature Article:

Happily ever after - is it possible?

Love, which is always so longed for in our lives, can sometimes be either sabotaged or ignored when we do get it. I know – from what I see, hear and experience - that many people just want to throttle their partner, in some cases at least once a day! The secret of great love is knowing that this is normal ... knowing that they feel the same way about you sometimes ... getting your throttling over and done with and then moving on! My parents have built a successful, happy marriage which has lasted 50 years so far, while facing some incredible challenges. I asked them about what makes their relationship work, despite ups and downs, swings and roundabouts, to help you create the same sort of happiness in your lives.

My parents were introduced by one of their mutual friends. My mother was a nurse and my dad worked for the government. They went on several dates arranged by match makers, but none of them really sparked a raging fire. One weekend they met at a dance party, though, and it was all uphill from there!





Mike: “What is a simple thing you and Dad do every day that other couples generally don’t?”

Mom: “It is hard to say. But we grow together, not apart, as time goes by. We were good dancers once upon a time – that is how we met. After we marriage, we continued a metaphorical dance, every day. We always look to each other for cues to our next move. When we move closer, we always leave some space in between, so there is always room for breath. If your Dad breaks his orbit, I change direction to match him, like there is an invisible thread to link us together - even if it’s dark and we can’t see each other. If I’m in a bad mood, he will notice immediately – and he knows to watch out! We don’t always think the same thing, or want to do the same thing, but we have learnt to make our differences beneficial.”

Mike: “What difficulties have you faced in your lives, and how have you overcome them ... How has Feng Shui helped, in these cases?”

Mom: I had an older sister who was a mental patient. She went insane after suffering political persecution in China when she was young. The government put her in a mental hospital, where the staff treated her and the other patients very badly. So I decided to take her home to live with us. She needed constant care, and it was definitely a struggle to keep her, both on our wallets and our own sanity. But your Dad fully understood the affection I had for my sister and was always very patient and considerate to her. My sister passed away 15 years ago, but she had the best life and home possible in the last 10 years of her life.

Feng Shui certainly helped my aunt to heal. When she was in hospital, she was surrounded by bare walls, rude nurses and other patients. At my home, I put her in a beautifully decorated room. We put a large fish tank filled with lovely goldfish on the north side of the room. At the east side of the room, we put plants and flowers for good health. The wind chimes we hung outside of the window also helped her to calm down, and smoothed out her ups and downs.



Mike: “How have you used Feng Shui to help your relationship?”

Mom: We have used it always, but in a subtle and spiritual way. Your dad knows that I love plants and flowers. There was a plot of disused land in front of our old house, filled with construction junk. Your Dad cleaned it out and built a fence around it. In the meanwhile, I sowed rare flower seeds in it and watered them often. We tested and formulated fertilizer using daily food scraps, and spread the food around for the flowers. After a month or so, we had a beautiful garden instead of a heap of rubbish - it was a rare sight in China thirty years ago, when most people were struggling daily for food.

After that, we came up with a new plan: to build a big fish tank with little or no money. Most people wouldn’t consider trying, but we knew we could do it. We started from scratch, collecting materials from construction site and flea market, including glass and metals.



Then we taught ourselves how to weld metal frames together, how to seal glass, and how to build a pump to aerate the tank. Once the tank was ready, we traded some flower seeds collected from the garden for gold fishes. We decided to put fish tank on the north side of the room where my aunt lived. This helps her to calm down, and bring in living energy.

By working together and enjoying life together, we build a strong relationship using underlying Feng Shui principles.

Knowing how to love doesn't come naturally to all of us – which is quite alright. Go on, get out your encyclopedias, look it up ... under 'L'! We want to help you on your journey in love, helping you and your partner stay like two vines growing out of the ground towards the sky together. You are inextricably linked, and supporting each other from the ground level up to your limits. That is why we are telling you the story of my parents – which is continued in the next edition.





Q&A: What about making this work with things in the real world?

You've told me about the spiritual part of the Feng Shui for my love life – what are the physical changes I can make at home to help our relationship work

Enhance the bedroom, kitchen and communal areas

The bedroom is the most crucial part of the house to have good energy flow in to help your relationship – but if you'd really like to focus on it, other areas of the house which are connected to your inner soft spots are your loveseats, bed and linens. Also the communal areas, like the kitchen and living room – the way to a person's heart is through their stomach in more ways than one!



Red and pink color schemes

Whatever actual objects you decorate these areas with; create some dominant color schemes of red and pink. With this, you'll be both revving up the passion meter in your love life, and creating a warm, fuzzy and friendly environment for your relationship to thrive in. Try adding red pillowcases or throws to the bed or loveseat, or bringing in fresh red or pink flowers every few days. Use red foods in your cooking – the kitchen is one of the areas most affecting your relationships, remember!

Add pleasant sounds

Having pleasant sounds and scents in your home is important to how you feel about life in general – and if you are feeling a bit pessimistic, and just a bit disgusted with it all, every time your partner burps, or scratches, talks too much or doesn't talk enough ... you are liable to flip your lid! To combat this, hang wind chimes in all of the above rooms, or wherever you spend the most time in the house. If you have a lot of traffic sounds, or people-in-general sound in your home, these will be great for you. For an added boost to your relationship chi, put the wind chimes in the top right corner of each room (where the wall closest to your front door is the 'bottom' wall).

Add aromatic air

The same principle applies to the smells in your home. When you get out of the shower and wrinkle your nose immediately about the smell of car exhausts, or garbage – the feeling of wanting to retch is quite likely to distract you from what's important in your life! A good essential oil formula to enhance the energy in your love and relationships sector is 1 drop of rose oil to 2 drops of frankincense and 2 drops of bergamot. For a general, 'itching to jump out of bed' in the morning happiness formula, try 3 drops of bergamot, 1 drop of ylang ylang and 1 drop of grapefruit.



The Spiritual Feng Shui™
Improve your life the natural way

These cures are intertwined with the advice of an inner nature in the newsletter – like a vine that's grown too big over your wire fence ... they are impossible to separate! Enjoy your partner and your life – you deserve it!



Feng Shui Tip:

Musical Air

Wind chimes are one of Feng Shui's most simple, most personal and decorative solutions for making you feel better about living in your own home. Sounds can be so intrusive ... it is easy to shut your eyes to mess no the ground, or just look another way. It is a bit harder to constantly block your ears to repetitive or annoying sounds! Wind chimes create a gorgeous sound which is in tune with nature – they chime only when the wind is blowing. Science tells us that sound travels in waves – and the soothing sounds of wind chimes can wash over and relax you like waves at the beach. You just don't get the same effect from having the TV on 24/7!





Inspirational Quotes:

"Giving up doesn't always mean you are weak; sometimes it means that you are strong enough to let go."

~ **Author Unknown**

"Don't be fooled by the calendar. There are only as many days in the year as you make use of"

~ **Charles Richard**

"I was seldom able to see an opportunity until it had ceased to be one."

~ **Mark Twain**