

The Spiritual Feng Shui newsletter
Issue 37
January 2010

Mind Games

Feng Shui for the Desperate

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for January 2010; we are glad to be with you for yet another year! To kick off the New Year, we are taking a new view of Feng Shui - we're looking in depth at why the spiritual and psychological elements are just as important as the physical, and how you can prepare your mind to get the best result from your practice.

This month marks the beginning of a new segment in our newsletters, "Feng Shui Your Body". We'll talk about applying the principles that we freely talk about in your home, to their parallels within your body.

In the Q&A, we look at what to do if you've come to Feng Shui as a last-minute cure, prompted by a difficult life situation . There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you for all of 2010!

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- Feng Shui's not all red pillows and goldfish
- 0x Feng Shui Your Body:
- Why [Limu Plus](#)
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- What to do if you just don't have that initial peace of mind
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Enjoy!

Mike Z. Wang
Author of *The Spiritual Feng Shui*

Thespiritualfengshui.com
Unit 616, 220 Lake Promenade,
Toronto, Ontario,
Canada, m8w1a9

Main article: Mind Games - How to Prepare Your Mind for Best Success with Feng Shui

Usually around New Year's time, we do an article about how to finally keep your resolutions this year, and why you should use the New Year as a catalyst to finally get your Feng Shui practice going. We figure you know enough about that already! This year we're taking a slightly different angle - we want to take a completely different view of Feng Shui than most do, and help you actually get real value out of your practice because of it. This article requires no physical changes and no money ... it's all up there. In your head, that is!

To open, I'd like to quote from our ebook (a great way to get an overarching view of Feng Shui, the spiritual way). This is one of the very first paragraphs in the book: *It is important to recognize from the start that Feng Shui as a practice doesn't own use anything. Merely bringing a red pillow into the bedroom, for example, won't magically improve our romantic relationships. Rather, bringing that pillow and that color into a place that symbolized intimacy is a way to signal to ourselves that we desire greater passion in our lives.*

This is the basic principle behind all Feng Shui practices. The reason that we always ask you to personalize your enhancements according to your own preferences is that elements and colors will symbolize something slightly different to each person; to get the desired effect you must use something that is meaningful to *you*.

Mentally preparing for Feng Shui

Did you know that it isn't only the objects in the household that affect its Chi? There is something even more important.

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YOU!

You are the greatest source of dynamic, living energy in your home at any one time ... apart from the other people that live with you, of course. How you feel about your life will have the greatest impact on what happens in your life. If you are fearful, nervous, depressed and doubting, then the atmosphere of your home is too, no matter how calmly neutral and relaxing your space is.

The circle of energies

Of course, this does not mean that Feng Shui is pointless, and all you need to do is change your mental state. As the quote at the start said ... the whole point of changing your home is to *help* change your attitude! So if you've been making enhancements for a while, but aren't seeing any improvements, what can you do?

Be honest about clutter

This would have to be the single biggest factor affecting most homes and psyches around the nation. You need to:

- Set two designated times for cleaning up per day
- Make sure you get rid of toxic clutter - things from the past that hold negative associations
- Stop letting things accumulate!

Most of us have good intentions about clutter for a while, and then slip back into old habits. Try some of the following to make a lasting change to the cluttered state of your home:

- Make sure you get out of the house regularly. If you aren't there, you can't create mess! This goes for those with young children too.
- Institute a filing system at home
- Get into the habit of cleaning as you go
- Ensure you have enough out-of-the-way storage space to get all your bits and pieces out of sight.

Exercise

There are a hundred trillion reasons for exercising ... most of them between your ears! Exercise improves your brain health, heart health and lung health, improves the way your body excretes waste and toxins, and pumps real Chi into every corner of your body. You can do a Feng Shui double-hit by getting out of the house, to go for some exercise.

Turn off the television

After clutter, one of the things that will destroy your mental focus on your intentions quickest is constantly having the television on. How can you be expected to be thinking about your life (or create focused intentions and plans) with a stranger jabbering in your ear for five hours a day? The Chi from the programs, as well as the electromagnetic energy from the set itself, is disturbing. Even if you aren't watching it, constant television still has a toxic affect on your focus and therefore your Feng Shui goals.

Do something new

Is there a class you've wanted to take for ages? A person you keep meaning to reach out to, but never seem to get the chance? A hobby you mean to take up? A pet that you've always wanted? A book you've meant to read?

Odds are that there are plenty of these things that you want to do. Pick one of them, and do it? If there is a practical obstacle in your way, view it as a challenge - not a project ender.

These are some of the top ways that you can stop just shifting around and re-decorating your home, and start getting real results out of Feng Shui.

Feng Shui Your Body with...[Limu Plus](#)!

You may have noticed that The Spiritual Feng Shui is a little different than many other Feng Shui recommendations. We try to leave behind superstition and keep the practices that are good, common sense and proven to work for everybody. We are also very adamant that Feng Shui needs to be integrated into all areas of your life in order for it to achieve results. While we have talked a little about how to 'Feng Shui your brain' (so to speak!), we have spoken only in teasing tidbits about how to 'Feng Shui Your Body'! This month marks the beginning of a new segment in our newsletters, "Feng Shui Your Body". We'll talk about applying the principles that we freely talk about in your home, to their parallels within your body. This month we're looking specifically at a health drink called [Limu Plus](#), and how it can help the flow of energy through your body.

Your Body, Your Home

Your body is remarkably similar to your house - even if they aren't quite the same size! We talk about the flow of Chi through your home; your body needs a free flow of Chi (in the form of nutrients, blood, oxygen, etc) to function optimally. In fact, it needs this flow to function at all. One telling contribution from the scientific community is the analysis that revealed that most mammals have a lifespan roughly equal to 6 times their growth period. This should put most of us around age 120 when we die ... unfortunately living to this age is extremely rare! Environmental pollution, poor diet, lack of exercise and exposure to stress all take decades off your life. When you successfully 'Feng Shui Your Body', you can stack those years back on.

Of course, there are quite a few things you need to be doing in terms of diet, exercise, play and stress-relief in order to keep your body working the way you want it to. This week we're focusing on one of the little helping hands you can find! So, how does Limu Plus help with your health?

[Limu Plus](#) - Chi Correction for the Body

[Limu Plus](#) includes a range of ingredients that help stabilize energy flow within your body, and stop chi-damaging diseases taking hold. You can look forward to inner Feng Shui benefits like the following from combining a healthy diet, plenty of exercise, stress reduction techniques and avoiding toxins in the environment.

- *Better focus*: You know that feeling of easy concentration and single-minded purpose you get from de-cluttering your home? That's what we mean by better focus.
- *Mental energy*: It is like stimulating the yang energy in your home. Feng Shui for your body aims to help you become mentally more alert
- *Enhanced sleep*: We have stressed the importance of good sleep so many times over the course of our Feng Shui newsletters! Nutritional support for better sleep is another piece of that energy puzzle, along with your sleeping environment.
- *Less toxicity*: Again – you clear out the clutter of your body, only on a cellular level, rather than in your home!

- *Mood improvement:* When you're happy in your body, just as when you're happy in your home, great things start to happen for you :-)
- *Improvement in the aging process:* Just like a well cared-for home will last for many decades, when you care for your body well, it will age more gracefully. You can expect to feel more vital as you age.
- *Antioxidant capability:* Free radicals are unstable elements and molecules that cause DNA damage and leave you vulnerable to disease and aging; antioxidants counter them. Think of that fresh feeling of removing toxic clutter from your home (mementoes from old relationships, etc). That is the feeling of antioxidants working!

Click [here](#) for a full ingredient list for [Limu Plus](#), and to check out some stories from people it has helped.

[Limu Plus](#) comes in drink form, and is delicious. Use it as an excuse to kick that bad coffee habit in the mornings ... you don't get the energy crash that inevitably follows a *grande latte*. We'll be exploring products that help Feng Shui your body, maintaining strong and balanced internal Chi flow every month from now on ... we look forward to your company again next time!

Q&A: But I want changes now! My love life/money situation/family situation/career problems are desperate

Given what we just talked about in the main article, it is unfortunate that so many people come to Feng Shui feeling that it is a last resort. Bad things are happening in their lives, and they are convinced the lack of a fishbowl in their living room or the presence of a mirror in their kitchen is the cause ... they feel there is a magical 'key' to changing their luck.

There is a magical key, but not the sort most people expect! The bad news is that it isn't instant, doesn't involve a single item, and won't remain in the door if you don't consciously keep it there. You can start changing now, but if you are feeling desperate about your career, finances, health, family life or love life that desperation will taint your practice. I recommend that you:

Clear your mind

Meditation is one of the best ways to gain perspective and clarity on your life. If you feel that your neurotransmitters are betraying you (that you can't control your thoughts and emotions no matter how hard you try), meditation can help. There is a free mini-ebook that comes with our main ebook, and is a great beginners resource. There are also plenty of other information and guidance sources online, and there are usually classes to be found in major cities.

Start slowly

Focus on one enhancement in your home at a time, and appreciate the look of it daily. Remember why you put it there. Allow it to fully seep into your consciousness. Instead of making a huge raft of changes at once, slow them down to get better effects.

Follow the advice in the main article!

There are a few main keys to making sure that your changes take effect, and that improvement *start* happening now. Nothing in life changes immediately, but if you:

- Get real about your clutter situation and make sure it changes
- Do some exercise
- Turn off the television (or even the radio)
- Find something new to do

You will have a real, physical instigator of change in your home, your mind and your life.

Feng Shui tip: Whose map should I read?

One of the first dilemmas that many Feng Shui practices run up against is a mismatch between the Gua that a room falls in, and its main purpose. For example, while the bedroom is strongly linked to your romantic life and the kitchen to your health, these rooms might fall into the Knowledge and Children and Creativity Guas respectively. If you are in doubt, we recommend you go by the room's main purpose. This will be better personalized to your own situation, and more strongly linked to that Gua's effects in your life. Read your OWN map first, and someone else's second!

Inspirational quotes:

For last year's words belong to last year's language
And next year's words await another voice.
And to make an end is to make a beginning.
~T.S. Eliot, "Little Gidding"

It is exercise alone that supports the spirits, and keeps the mind in vigor. ~Marcus Tullius Cicero

When we are no longer able to change a situation, we are challenged to change ourselves. ~Victor Frankl