

The Spiritual Feng Shui newsletter
Issue 40
April 2010

The School of Life

Concentrate, Man!

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for April 2010; the year has been flying by like a freight train! Today we look at how Feng Shui can help prepare your mind for learning new skills – whether in a formal, semi-formal or informal setting. At our wealth corner, we learn the concept of network marketing, through a real life story.

For those that are engaged in formal learning, we look at how to make the most of the study time you have – there is nothing worse than staring blankly at your book for an hour without taking in anything! There is a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you in May!

Are you on facebook? If so, you could add [me](#) as your facebook friend, my link is [here](#).

- 0x Feature Article: The School of Life – Feng Shui Study Tips
- We ALL attend the School of Life – find out how to get an A+ every time!
- 0x Wealth Corner: How Ken Fletcher Became a Millionaire
- The Power of Network Marketing
- 0x Q&A: Feng Shui Focus
- Make your brain like a sponge ... not a rock!
- 0x Feng Shui Tip
- Have You Done Your Homework?
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Enjoy!

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Main article: The School of Life - Feng Shui Study Tips

No matter what your role is, we are all students in the school of life ... from the day we are born until the day we die. Some of us are undoubtedly better students than others, though! To appropriate an old saying, "We don't stop learning because we grow old; we grow old because we stop learning". Many of us assume that once we have finished high school or college, are well-established in our careers, and our children are in school themselves, there is nothing else to learn. This simply isn't true! Gaining new knowledge and acquiring new skills makes us better people all-round; we become more balanced, more compassionate, and less judgmental. If you are, or would like to become, an enrolled student in the school of life, today we are looking at how Feng Shui can support those aims.

Who's enrolled in the School of Life?

To narrow down the field a little from the 6 billion people in the world, this article is specifically for:

- Formal full-time students, either in a compulsory school setting or enrolled in college. If you aren't one of these yourself, there's a good likelihood that one lives in your home!
- Formal part-time students, like people studying a course at night-school or through their workplace
- Parents - learning to best deal with children at different ages requires constantly shifting skills!
- People starting a new career or even a new job within the same industry
- Teenagers and adults going for their driver's license
- Those trying to learn a new musical instrument, or perfect one they already play
- People who are starting to play a new sport or take up a new form of exercise.

This isn't the entire, definitive list of times you may need to learn something new - just a couple of examples! So how can your home actually help make your brain more receptive to learning?

De-cluttering for learning

If you're a regular reader, I'm sorry to lecture you! Those who get this newsletter every month probably have impeccably organized, beautifully maintained homes. For those just starting out with Feng Shui, though, it is difficult to over-emphasize how important it is to de-clutter your home.

Physical clutter is mental clutter, and if you're looking to learn a new skill, it is *so* important that you clear out that physical clutter, to make room for new thoughts and ideas. Make sure you:

- Get rid of anything you haven't used in the past year, and are unlikely to in the next
- Implement a system for organizing your belongings, putting like with like according to what an item is used for
- Find a way to ensure your house stays organized after that initial energy burst!

Please check out our Newsletter Archives for more in-depth discussions about how to get rid of all that old junk, and start freshening up your home and mind!

The Knowledge Gua

The Knowledge Gua is located on the left square of the bottom row. Imagine your house divided into a 3x3 grid, with your front door somewhere along the bottom edge. The room/s taking up the left hand part of your house along the same wall as your formal front entrance will govern your Education and Knowledge Gua. You can enhance this area by:

- *Using colors like yellow, beige, red, orange and pink:* These are the colors of Earth and Fire, the elements that favor this area of your life
- *Burning candles in this area when you can:* But only when it is safe!
- *Try to minimize the amount of wooden and metal objects in the area:* This can be difficult, but will make a big difference to the Chi of the area.
- *Use enhancements that represent the skill or knowledge you're learning:* For example, if you're in formal education, you could create a representation of your diploma. If you are learning about parenting, hang pictures of your children, as well as other ornaments etc that represent happy families.
- *Grab some amethyst:* Amethyst is one of the ideal crystals to enhance the knowledge Gua. There is plenty of beautiful and very affordable amethyst jewelry, or you could buy an ornament or hanging crystal of this beautiful purple stone.

Bringing the outdoors in

Our brains were originally designed for outdoor life - in the course of human history, living and working completely inside is a very new thing. Both Feng Shui and neuroscience tell us that you'll learn better if you can get a little sunshine, have some green plants or fresh flowers around you, and breath some fresh air! So open those curtains and windows, turn on the fan gently for some air flow, and buy yourself a bunch of flowers. You deserve it :-).

Energy balance

Energy is a double-edged sword ... too little and you'll have to motivation to read, go to your practice sessions, study groups or classes. Too much, and you'll probably find it difficult to concentrate on what you are doing - your mind will race around like a chicken with its head cut off! If you find you have either problem, check out the balance of Yin and Yang energy in your home.

Too much yin energy will make you feel lethargic and perhaps sleepy. You might lack motivation and find yourself daydreaming.

Introduce some bright colors and bright lights, as well as vertical patterning. Make sure your study area is warm enough, and try to do your learning in the daytime.

Too much yang energy will make you feel overwhelmed and anxious. It's just as difficult to focus - but the reason is usually that you feel you have 'too much else on your plate'.

If too much yang energy is frazzling you, tone down the coloring of your study area and try to do your learning at night time. Make sure you hang a couple of pieces of artwork in your study area; or if your study is portable, carry around some wallet

sized pictures with you. A water feature is a great enhancement for areas that have too much yang energy, too.

Learning is one of the only activities we constantly do throughout our lives. It helps keep us healthy and make us better people ... and following these Feng Shui guidelines can help you be the teacher's pet, in the School of Life!

Wealth Corner: How Ken Fletcher Became a Millionaire or The Power of Network Marketing by Hal Potter

Let me tell you a true story. A year or so ago, Bobbie and I were living in Richardson Texas. I was sharing an office with Ken Fletcher and Jim Emanson. One morning Ken came in and said, "Hey, you gotta go see Forrest Gump." I said, "I would, but I don't know him. Who is Forrest Gump?"

"No, no, dummy, Forrest Gump is a movie. There's something in it for everyone. You gotta go see it." Ken said, a bit aggravated at my lack of interest in movies. The last good movie I had seen was High Noon. I am not crazy about movies. But, because Ken recommended it, Bobbie and I went to see Forrest.

Ken was right. There was something in it for everyone. For me it was seeing someone with a real handicap rise above it on his own merit. No help from the government. But, like Ken said, there's something in it for everyone.

I was so excited that I called my son, Clay, in Arizona. I said, "Best darn movie I have ever seen. You gotta go see it!" Clay said, "Dad, I'm coming to Texas tomorrow anyway. If it's so good you can go with me."

First movie in my life I have ever seen twice. It was so good, I wrote an article about it and sent it to my family and friends around the country, and to England, and the Philippines (I am a published columnist you know. Or maybe you don't I was a regular contributor to the Arizona Sentinel until I was retired. You can ask Tony Saladino.)

Anyway, I was so excited that I sent e-mail around the world about the movie. I posted messages on the Internet about it. I sent e-mail to Rush Limbaugh! I asked Rush to explain the significance of the feather. Rush talked about it on the radio. Said he received so much email about the movie, he was going to go see it.

Rush went to the movie. The next day he discussed it for half an hour on the air, the feather, everything. Twenty million Americans listened. They all took their families to see Forrest Gump.

Eight million Americans went to see Forrest Gump because Ken Fletcher told Hal Porter, "Good movie, something for everyone you gotta see it". MGM made a profit of over \$200 millions.

To show their appreciation, MGM sent Ken Fletcher a word-of-mouth advertising check for \$2 million. That's how Ken Fletcher got rich.

Now, all of that is true except one part. Can anyone guess which part?

That's right, Ken was doing network marketing for MGM. He just didn't get paid for it, though, is the power of network marketing.

Most people do network marketing every day, but they just don't get paid for it.

You see, network marketing is nothing more than **recommending** and **promoting** what you like. If you're like most people, you recommend and promote:

- Sports teams
- Babysitters
- Brands of beer
- Paediatricians
- Places to shop for clothes
- Someone who mows your lawn
- Movies
- Restaurants
- Places to go on vacation
- Funny jokes you've heard
- Car mechanics, etc.

Since you recommend and promote daily, would you like to get paid for it, or would you like to continue doing it for free?

If you'd like to have better understanding about the concept of network marketing, please read page 48 to 54 of the eBook: [How to Get Rich without Winning the Lottery](#) by click [here](#).

Would you like to learn how to build a successful part-time business based on this simple concept? This business will bring in substantial income to your household, but won't interfere with your regular job. What \$1,000 per month extra income can do to your home, your life and your family? How about \$5,000 extra per month or even more?

To apply your free wealth building consultation, simply send me an email to success@thespiritualfengshui.com, with **your phone number including country and area code, your name and the best time to call.**

Alternatively, if you live in US or Canada, you could call me at 416 948-3572 every day after 11 am Eastern Time – I usually get up late. :P

Note:

- This free consultation is only available for residents of USA, Canada, UK, Australia, Austria, Belgium, Bulgaria, Czech Republic, Denmark, Estonia, Finland, France, German, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Netherland, New Zealand, Norway, Portugal, Puerto Rico, Romania, Slovakia, Slovenia, Spain, Sweden, and Switzerland.
- You must speak English.
- Please let me know your country and time zone.

Q&A: I'm trying to study for a college degree, but am having real trouble focusing on the reading and assessment tasks. How would I rectify this with Feng Shui?

Concentration and focus is especially important if you're actually *going* to school - the formal students. We all know what it's like to allocate study time, and then spend the whole time staring blankly at a page while we worry about something else that's going on in our lives. Use Feng Shui to help you concentrate, and support it with meditative practices.

Here's how to set up your study area to help you concentrate and focus:

- Make sure that you pick a quiet area of the house, or a quiet area at school. If you really can't cut out all external noises, try to pick a spot where the noise is constant and unobtrusive. A 110 decibel construction site is not ideal - but the murmur of a distant television or quiet conversations in a library is workable.
- If your outside environment is fairly quiet, open your window for light and air!
- Bring some green plants into your study area, or buy fresh flowers regularly
- Pay attention to the yin/yang balance of your study area, as well as your own internal yin/yang balance. All of us tend towards either the relaxed, soft and creative yin side, or the energetic, logical and direct yang side. Check out the main article - compensate for your natural tendency when deciding on a study area.
- Candles are a great enhancement for any study area. They can't be your only light source - but that flickering is a great source of both calmness and focus at the same time.
- Use enhancements like prayer beads and little altars, or pictures of clam, isolated and meditative places in this area.

Make sure you de-clutter your study area before every study session, as well. Only have the books and papers that you need in sight, even if you have two or more subjects to study for. Get rid of anything else that doesn't need to be there ... even if you just shove it into a drawer for now!

Meditation for study:

You can also use meditation to help get your brain into the study groove. This is especially helpful if you find you're a 'yang person', who has too many things to think about and not enough brain space to do it in!

Meditation takes practice, but the basic strategy is to:

- Find a quiet place to sit comfortably, but with an erect back
- Close your eyes and begin to focus on your breathing, counting 1 when you breathe in, 2 when you breathe out. Keep going until 10, when you would start again from 1
- Although you'll notice thoughts arising, try not to follow them ... just be aware, and let go
- Do this until you find yourself successfully focusing only on your breathing
- Know that whatever worries you have will still be there when you finish studying. However, there is a time for everything - right now is for breathing.

After that, it will be study time. Everything else can wait.

Even the most difficult subjects can't beat you if you can successfully focus on studying. And we know you CAN successfully focus on studying!

Feng Shui Tip: "Have you done your homework?"

Kids often need to study too - but we don't all have the space at home to create an area for each child. Here are some non-standard ideas that might help!

- Do you have an outdoor area that could comfortably be set up for them to study in?
- Could you set up their homework area in your own bedroom?
- Can they study at the local library?
- If noise is a problem at home, would a pair of noise-cancelling headphones with quiet instrumental music help?
- Can you curtain off an area of a public space in your home for them?

Homework habits in school will have effects throughout the rest of their lives ... think outside the box to give them a good start!

Inspirational quotes:

To always be intending to live a new life, but never find time to set about it - this is as if a man should put off eating and drinking from one day to another till he be starved and destroyed. ~Walter Scott

I find television to be very educating. Every time somebody turns on the set, I go in the other room and read a book. ~Groucho Marx

A wonderful quote to remember while meditating:
Inhale, and God approaches you. Hold the inhalation, and God remains with you.
Exhale, and you approach God. Hold the exhalation, and surrender to God.
~Krishnamacharya