



House of Light & Harmony

Timely Tips

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You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind.

Dale Carnegie

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Worry never robs tomorrow of its sorrow, it only saps today of its joy.

Leo Buscaglia

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**You will never do anything in this world without
courage. It is the greatest quality of the mind next to
honour.**

James Allen

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**Do not fear mistakes- there are none.
Miles Davis**

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**I don't know what your destiny will be, but one thing I
do know: the only ones among you who will be really
happy are those who have sought and found how to
serve.**

Albert Schweitzer

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**Great minds have purposes, little minds have wishes.
Washington Irving**

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**"I have done my best." That is about all the
philosophy of living one needs.
Lin Yutang**

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**How far that little candle throws his beams! So shines
a good deed in a weary world.
William Shakespeare**

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**Everyone can be great, because everyone can serve.
Martin Luther King, Jr**

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Fall has definitely arrived with the damper, cooler drenchings of rain. It's also the time when many if not most of us get colds or a virus. Even so, likely we're all feeling low energy and run down. At this time of year, there are always more meetings and get-togethers than at other times of the year.

Know how to protect your health and your energy levels on a basic level, and then be sure to apply basic Feng Shui to considerably enhance the energies in your home, office and car.

Feng Shui is all about energy, and light is the strongest manifestation of energy, whether from the Sun or electrical. Learn how to use the light energy for good Feng Shui in all spaces where you live and work. In fact, the light in your home - both natural and artificial lighting - greatly influences the quality of your home energy and its Feng Shui. Smart lighting and good quality air are the very basics of good Feng Shui, and should always be on top of your Feng Shui priorities for your home and business.

Your body reacts to everything around you, and you either get nourished or drained by the energy that surrounds you. I strongly encourage you to become aware of the quality of light in your home or office and its influence on your health and well-being.

Light is our #1 nutrient and has been called the medicine of the future. You know how important it is if you suffer from S.A.D. with the diminishment of natural outdoor light during fall and winter. Make a habit of paying attention to how much good quality

light you actually enjoy throughout the day, as well as the quality and number of the indoor light sources in your home and office.

Malillumination is the term coined by Dr. John Ott, a pioneer light researcher. He used this term to describe the sunlight deficiency and the harmful effects of fluorescent lighting on human's behaviour, learning abilities and overall health.

It is interesting to note that the use of cool white fluorescent lights has been legally banned in Germany at a Federal level. There are numerous studies on the negative effects of fluorescent lighting, as well as the benefits of full-spectrum lighting; all you have to do is devote some time to exploring this topic. Then bring some full-spectrum lighting into your home and office. You will find that your fall and winter time will be far more energized, positive, happy and creative.

Knowing that colour is light, how many colours are you actually enjoying in your home and office? The truth is that many homes are starving for beautiful, pure colours, starving for more light energy to feed your mind, emotions and physical body.

Think of the happiest humans out there, the little kids; their energy is constantly nourished by an abundance of colours! Most young children are vibrant, creative, happy because they allow themselves to absorb different frequencies of light. Can you imagine a little child clinging to a beige décor scheme? It just can't happen, as children are intuitively drawn to good energy.

Allow yourself to tap into a source of better energy, bring beauty into your home, bring more colour, have good lighting. Educate yourself on how to light a home.

Open up the windows and let the sunlight in. Welcome beauty and good energy, it is all around you, you just have to be receptive to it. Bring in paintings, prints, rugs, furniture and throws with bright colours that suit your personality and the season. For a discussion

on which colours would suit, call your professional Feng Shui expert.

There is a powerful energy and health connection between three Feng Shui areas in your home that are related to your well-being: your bedroom, your bathroom/s and your kitchen. This Feng Shui trinity needs to be treated right, because your health is connected to it on a very deep level.

Think about how you start and how you end your day, and how many times you walk this pathway: wake up in the bedroom , off to the bathroom, breakfast in the kitchen, then leave home. Having a good Feng Shui energy flow in the kitchen is like having a strong support system in all your health-related initiatives; definitely worth going for!

The same pathway, although in a different order, happens at the end of the day. In a subtle and powerful Feng Shui way, the first things you see and experience as you wake up set the energy of the day for you.

It is important to treat yourself well and take care of all the little Feng Shui details to make sure you encounter the most supportive and positive energies throughout your day.

TIP #1 BATHROOM LIGHT

Install a dimmer switch in your bathroom in order to control the levels of light.

TIP #2 A CLEAN KITCHEN

Always keep your kitchen clean and bright in order to healing energy to your body. Let go of any unhealthy foods; clean your cupboards and refrigerator.

TIP #3 CLEARING CLUTTER

Take everything lying on the floor, tables, counters, furniture and organize and store it, or recycle and give or throw it away. This will immediately give you more energy.

TIP #4 FURNITURE REARRANGING

Every change of season, it is useful to move furniture to more cosy nooks, near fireplaces, near windows to garner more natural light, and in spaces where people can congregate for the holiday season.

TIP #5 DETOX AND CLEANSING PROGRAM

This is an optimal time to get your body fresh and vibrant again by using the Five Elements Theory, doing a detox and cleansing program, and doing your exercise regime twice a week.

TIP #6 FRESH HERBS

Bring fresh herbs like basil, rosemary or mint (Wood Feng Shui element), ideally in clay pots (Earth Feng Shui element) and find a good place for them in your kitchen.

TIP #7 FRESH WATER

Always have fresh water in site. A good idea is to place a row of glasses (Water Feng Shui element) in the window sill on the north side.

TIP #8 NINE ORANGES

Have 9 oranges (Fire Feng Shui element) in a round metal bowl (Metal Feng Shui element). Replenish them as needed.

TIP #9 AERATE THE KITCHEN OFTEN

Be sure to open windows and doors in your kitchen at least once a day. Let the natural light in.

Here's a testimonial from a home I Feng Shui'd this week:

As I was waking yesterday morning, before my eyes were open or consciously listening to my thoughts, I felt great. As I became aware, I thought, I have not woken feeling unencumbered in a very long time – I felt so light! After awhile I realized, hmmm...this has got to be the Feng Shui changes made the day before – it's the only explanation.

I followed through with a few small changes suggested at my residence. I am so enJOYing my home as I move from room to room throughout the day. Two friends have visited so far and commented on how nice my place feels!

Thank you Joseph, for sharing your Gift!

Tina

For a Feng Shui consultation for harmony, balance, energy revitalization and peace for home and/or office,
or for Prepping™ (Advanced Staging) a house for an easy, quick sale, please contact Joseph at

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Welcome to your increased energy, prosperity, health and happiness!