



House of Light & Harmony

Timely Tips

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by Joseph Barry Martin, Ph.D.

Cell: 250 - 361 - 8167

Office: 250 - 474 - 4176

josephmartin@shaw.ca

A person who never made a mistake never tried anything new.

Albert Einstein

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Ambition is like love, impatient both of delays and rivals.

Buddha

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An idea that is developed and put into action is more important than an idea that exists only as an idea.

Buddha

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We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.

Buddha

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We must cherish our inheritance. We must preserve our nationality for the youth of our future. The story should be written down to pass on.

Louis Riel, birthday today October 23

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I challenge you to make your life a masterpiece. I challenge you to join the ranks of those people who live what they teach, who walk their talk.

Tony Robbins

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I've come to believe that all my past failures and frustrations were actually laying the foundation for the understandings that have created the new level of living I now enjoy.

Tony Robbins

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Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.

Wayne Dyer

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Fall has arrived in the northern hemisphere. It is a time of year when we start to slow down and prepare for the long winter. The harvests are in and food is stored away for use until the next growing season. We also start to store up our energy. As we move towards the end of the year and the time of rest, think what you can do to prepare.

This fall Feng Shui primer will help you nurture yourself and bring more prosperity into your life while you get back to work or school. The organizing guidance is rooted in honouring the seasonal changes, clearing out the old and bringing in the new, and as such connects you more deeply to yourself and the natural world around you. Welcome in the new season and get organized, too, with these fall Feng Shui tips.

As the days get darker as we move away from the Fall Equinox, an underlying Feng Shui theme for the fall is to organize in ways that will help you be warm and cozy.

I have often talked of keeping your house in order and in good repair. In the summer we spend a lot of time outdoors. The

windows and doors are open and fresh air streams into your house. During fall and winter we close up our houses to protect them from the outside elements. Summer activities may have filled up our house with sports equipment, vacation finds and the detritus of a busy life. This means indoor pollution can become a problem. We often do spring cleaning but fall cleaning is also necessary. Open your windows once in a while during the fall and winter. Let that fresh Qi into your house.

When you are changing out your summer for your fall wardrobe take care that everything has been properly cleaned. This will help to prevent deterioration of fabrics and discourage moths from attacking your clothes. Do not store your out of season clothes or anything else for that matter under your bed. Feng Shui says to keep the area under your bed clear so that energy can flow around you on all sides. This is a good time to sort through your closet. Separate clothes into several piles. Keep, give away or discard, and repair. If you haven't worn something in a year you are probably not going to wear it again. Feng Shui believes when your closets, drawers and basement are crowded with unused goods you have no room to accept anything new into your life.

Check around your house for anything that needs to be repaired. Screen doors get heavy use during the summer. Is there a hole in yours? Do you have any cracked panes of glass from an errant baseball? Do windows and doors need adjusting? Make any repairs now before it gets too cold. And remember to wash all your windows, inside and out, so you can see out all winter.

**TIP #1 START NURTURING YOURSELF MORE - CLEAR
THE KITCHEN**

- Clear the clutter from the counters.
- Separate condiments from nutritional supplements.
- Organize your grains to reduce grain moths.
- Make sure you have one nice spot to feed yourself, one nice place to nourish yourself and those in your family.
- Bring into your kitchen the last of the local produce and ingredients for healthy soups.

TIP #2 WARM UP YOUR ENVIRONMENT

- Bring some warm tones into the house by switching some throw pillows or throws; this will make the home feel cozier.
- Pay special attention to bringing some warm colors into your bathroom so it doesn't feel cold in the winter (if the colors are cooler to begin with, such as blues).
- Get your heating system checked; clean the chimneys and fireplace; maintain your hearth.
- Stock up on yellow and orange vegetables for autumn food.

TIP #3 MAKE SEASONAL CHANGES AT THE MAIN ENTRANCE, INSIDE AND OUT

- Make sure the front door entrance is clear. This is important at times of seasonal change since we tend to keep things there that we don't need for the coming season.

TIP #4 GET READY FOR MORE TIME INDOORS

- Organize the area around your desk, since you will be spending more time indoors. Also, declutter the area on and around your bedside table, as you will be reading and napping more there.
- If you don't know where to put your piles, put them in baskets.
- Put your favorite books in a nice basket with a cozy throw and establish a reading nook.

TIP #5 MOVE OUT THE OLD TO WELCOME THE NEW

- Go through the medicine cabinet and throw out all the medicines that have expired.
- Donate finished summer reading to the library or hospital.
- Recycle all your old newspapers and all other recycling. (It is hard to haul a lot in the winter.)
- Go through your closets as you are switching your clothes and take the time to put clothing aside that you are no longer going to wear and give it away. Except for formal clothes, if you haven't worn it in two years let it move out of our life.

TIP #6 ESTABLISH SOME SEASONAL FALL HABITS

- Flip your mattress to eliminate a groove from sleeping in the same spot; this is better for your spine.
- Replace your emergency water supply.
- Check your pantry for emergency food supplies (and make sure you have a non-electric can opener).
- Clean out and check your car, including tire pressure (which changes at different temperatures.)

- Check your light bulbs and replace with energy efficient light bulbs so you have enough light for the winter.

TIP # 7 FLOWER POWER

Nothing says autumn like the burnished colors of chrysanthemums, marigolds and nasturtiums. Display pots of these flowers wherever you tend to feel stressed or overburdened. Glimpsing their russet, gold and orange hues will be like rubbing soothing salve over sunburned skin.

TIP #8 BRIGHT AND DIM LIGHTING

Change bright light bulbs for ones with lower wattage. It is easier to be active in summer because there is increased sunlight. Now that autumn is here, you need to bring things down a notch. Soft lighting will help you slow down and enjoy simpler pleasures, like a solitary cup of tea in the morning or soothing music in the evening. The only place to increase the wattage is in your study or home office.

TIP #9 GO WITH THE FLOW

Adding a fountain to your favorite room in the house will help you make an easy transition from work to home. The sound of flowing water can quiet nagging doubts and fears that plague you during working hours.

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

josephmartin@shaw.ca

O: 250-474-4176 • C: 250-361-8167

www.HouseOfLightHarmony.com • www.JosephBarryMartin.com



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