



House of Light & Harmony

Timely Tips

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**A house is made of walls and beams; a home is built with love
and dreams.**

Home is not where you live; it is where they understand you.

Christian Morganstern

**Home is a place you grow up wanting to leave, and grow old
wanting to get back to.**

John Ed Pearce

**He is the happiest, be he king or peasant, who finds peace in
his home.**

Johann Wolfgang von Goethe

There's nothing half so pleasant as coming home again.

Margaret Elizabeth Sangster

I long, as does every human being, to be at home wherever I
find myself.

Maya Angelou

Evening to Inspire

*is a gala dinner event at the Fairmont Empress Hotel that is
benefiting the BC Children's Hospital Foundation and the
Saanich Legacy Foundation.*

*There will be an amazing four course meal served, as well as a
large silent auction loaded with great items. We have brought
together four amazing people with unique individual experiences
in life that will surely inspire you.*

*Jeffrey Gitomer is our headlining speaker; he is internationally
known for his seminars and books on sales and attitude. It is his
first time in Victoria.*

*There are still seats available. For more information on this event
please go to our website at www.eveningtoinspire.com or get in*

touch with Philip Bisset-Covaneiro directly by phone at 250 882-2200 or email at Philip.Bisset-Covaneiro@eveningtoinspire.com.

House as a Mirror of Self and Soul, Part Two

Carl G. Jung's autobiography, *Memories, Dreams, Reflections*, begins with a personal statement which is then generalized: "My life is a story of the self-realization of the unconscious. Everything in the unconscious seeks outward manifestation, and the personality too desires to evolve out of its unconscious conditions and to experience itself as a whole."

Whenever we create something, we foster and stimulate a sequence of expression-feedback-integration. When we create an environment to suit us, we make ourselves a home to feel at home in. We find ourselves mirrored in it, see what had not been yet visible, and integrate the reflection back into our sense of self. Building or creating a home is a manifestation of the individuation process of self-knowing.

In *The House of Breath*, William Goyen puts it this way:

That people could come into the world in a place they could not at first even name and had never known before; and that out of a nameless and unknown place they could grow and move around in it until its name they knew and called with love, and call it HOME, and put roots there and love others there; so that whenever they left this place they would sing homesick songs about it and write poems of yearning for it ... and forever be returning to it or leaving it again!

The ancient sciences of Feng Shui and Vaastu are the methods and techniques by which thousands of previous generations of people

created harmony, balance, peace, flow and creativity within themselves and their environments.

Imagine the positive changes you might experience when you engage this process within your own home.

TIP #1 FEELING TOTALLY AT HOME

Do you feel totally at home in your neighbourhood? Just for fun, walk or bicycle around other areas of your city that you rarely go to. What do you feel when you are there? What is it you like or don't like about these places? Are there enough trees, gardens, parks, views, good vibes, and friends here or nearby? Do you feel strongly about this place? Enough to move your home here? Find your ideal neighbourhood for this time in your life cycle and consider moving there.

TIP #2 HOME AND SECURITY

Home is a place of security within an insecure world, a place of certainty within doubt, a familiar place in a strange world, a sacred place in a profane world. It is a place of autonomy and power in a world where others increasingly make the rules.

To make your home feel secure, you need to be in the right neighbourhood where those nearby look out for you and respect your privacy and property. Which neighbourhood would suit you best in these regards?

Security is also an inner experience that no amount of locks, deadbolts and alarm systems will change.

TIP #3 BEING AT HOME IN YOUR HOME

Do you feel at home or a visitor in your house? Did you move here because you wanted to, or for another person and a relationship? Will you be able to renovate or change the home to make it more your own? Or will you need to move to another place and house?

TIP #4 HOUSE AS BURDEN

Perhaps you live in a home that feels like a burden. Often this is caused by living in a neighbourhood to keep up image and appearances. If this is the case and you are living beyond your

means, greater stress and anxiety are created by the effort to work harder to make more money to pay the mortgage each month.

Also, the home can feel like a burden with the empty nest experience, where memories of the past with children and family crowd your mind and keep you from living in the now and planning for the future. Put simply, the home is too large and takes too much energy and time to keep organized and clean. Is it time to move?

Living in the city may be the stressful burden and you need to move to a rural property to find sanctuary and peace in nature; and to become self-sustainable with vegetable gardens, orchards and berry patches.

Or vice versa, you may be very lonely in the countryside, and need to move closer to town to be with friends, amenities and cultural events.

TIP #5 THE LOST HOUSE

Those of us fortunate enough to own or rent a home that fits our needs may never realize the depth of its emotional significance until we lose it, through divorce, natural disaster, or old age. If you are in the situation, as many are -- through marital separation, divorce or death - of having to leave the family home, or remain

there alone after the partner leaves, emotional reflection and processing is required for you to be happy there again. Or perhaps you will need to move on and change homes -- only when you're ready.

After the loss of a significant relationship or a physical death in the family, transitioning from this home to a new place where you can happily continue your life requires time, counseling, and a commitment to carry on. We all need support with this and good advice.

TIP #6 SELLING THE FAMILY HOME

As a REALTOR® I come across many families who need to sell the family home. For reasons of greater health care and the need to socialize, elderly parents eventually need to move into a Retirement Home. This requires step-by-step planning and assistance. Seniors need extra special care and counseling in order to work through their feelings about this momentous change.

The grown adult children need to process their own feelings about what it was like growing up in this home and complete the letting go process, in order for the house to sell.

TIP # 7 A PLACE OF YOUR OWN AND A PLACE TO SHARE

Most of us change homes every two to five years. We live transitional lives, always looking for home. Using the home as soul and mirror of your needs, through Feng Shui and Vaastu you can create a place of your own where you are now, if this suits you. Or you may need to change place in order to be free and grow into yourself.

Whether staying put or moving, this includes the need to create spaces in your heart and your home where others can come and feel comfortable, accepted and loved – whether old or new friends and lovers.

This might be the most important change you can make in your life and home spaces. Let go of “stuff” and “possessions” that are your surrogate “family”, and make room for people in your life and home.

TIP #8 BEYOND THE HOUSE AS EGO

We are more than our ego-selves, more than our social selves. Each of us is striving also (though less consciously) to feed our spiritual soul, that indefinable essence or core of our being that lives in our deep sensibilities, our passions, our pain.

The voice of the soul is not necessarily comforting. It offers a challenge; it may demand a change. It is often a part of us we disregard or betray, but it never ceases in its struggle to be recognized and redeemed.

Throughout our lives, we are all in the process of emotional growth. One of the most subtle and profound struggles we are likely to encounter is that between the ego-self demanding recognition of our individual place in the world, and the transpersonal Self or soul, reminding us of our connection with all that is.

The key is to create a home that nurtures your soul, helps you deal with your challenges and pain, and release and celebrate your passions and life-affirming powers -- a home of joy, peace and honest love.

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!