



## Holiday Clutter & Feng Shui

*A Feng Shui Holiday is one that is calm and happy; a Holiday time that is not overwhelming or stressful. A Feng Shui Holiday is one in which the clutter in our homes and in our lives is under control. Holiday clutter comes in so many forms and although physical clutter is a big problem for most of us, and clutter is added to our homes when we add holiday decorations, I would like to address a different kind of clutter – mental clutter.*

### Obligations

The first mental clutter problem comes with all the events we feel obliged to attend during the Holidays. We find ourselves spending time with people with whom we wouldn't normally choose to spend time, when we are obliged to attend family get-togethers and office social events.

#### ***Declutter Strategy Number 1 – start with your calendar.***

It is not necessary to attend absolutely every event to which you are invited. Clear your calendar of clutter. Only attend those that you LOVE to be at or absolutely NEED to attend. If going to a family or office event adds lots of stress, but you feel that you have to attend, then prepare yourself mentally. Visualize a great outcome, use positive affirmations, and arrive in a calm frame of mind. Rely on the great quote by Buddha “What you think, you become”. Think yourself into being calm and relaxed.

### Guests

The second mental clutter problem comes with the guests who have to be accommodated during the Holidays. Even if we are really looking forward to their arrival, the impact of extra guests on the family is not always positive.

#### ***Declutter Strategy Number 2 – get organized.***

Plan meals and get help with them from the family and the guests. You are not expected to become ‘superwoman or superman’ and your guests will appreciate being useful and not being a burden to you as they watch you unravel in front of them. Don't be afraid to take a time-out from your company – a trip to the Spa, dinner with a good friend.

Remember that when you open your home to friends and family that they are bringing energy with them and they will leave energy behind. Most of the time that energy is positive and wonderful, but some of the time it will be negative and detrimental. To balance the energy of your home, use the energy of sea salt or rock salt to absorb the negative energy vibrations. Simply place a bowl of salt in each room of your home and remove it 24 hours later.

### Travel

The third mental clutter problem is caused by holiday travel. Traveling is tiring and can be dangerous on the roads and in the air, and sometimes we're not even aware of the tension and stress that it causes in our bodies.

#### ***Declutter Strategy Number 3 – prepare yourself mentally and physically.***

Bring along a positive attitude and you'll make the journey safer and more enjoyable. When interacting with the staff at the gas stations or airports – why not consider how you can make their day better? Why not make sure that others will feel better about themselves after they have met you than they did before? When packing, keep things simple. Don't take your clutter with you. Clutter has a negative energy vibration of its own and will negatively impact you and your travel plans. Place a small Feng Shui crystal in your luggage and take good, clear energy with you everywhere you go.

### Post Holiday

The fourth mental clutter problem is worrying about what is going to happen after the Holidays. Two huge post-season stresses are: firstly having to lose the unnecessary weight gained by overeating – overindulging with food and drink is just another form of clutter; and secondly having to pay off credit card bills – we feel pressure to spend more money than we would like to.

#### ***Declutter Strategy Number 4 – honour your body and mind with healthy and wise choices.***

Take charge of your time and keep up with your exercise routine – don't let the season rob you of feeling good about yourself physically. Take control of your Holiday spending. Decide on a budget, discuss it with those involved and consider other alternatives to the clutter of unwanted gifts this year, such as volunteering together, or giving the ‘best’ gifts – those that don't cost any money.

### Personal Nurturing

***Lastly, make time to nourish yourself mentally and spiritually – make time to meditate, pray and visualize.*** Getting control of this mental clutter will transform your Holiday season into one that is calm, relaxed and happy.

## You Asked About It ...

*Q. All the corners in our home are rounded, so there are no sharp corners to "cut" the energy. Do round corners compensate for adjustments that would otherwise have to be done?*

*A. Rounded corners do reduce the poison arrow energy, but it does still exist. You'll know if you need to add any adjustments based on how you feel when in line with the corner energy.*

## Christmas 2005 Product Specials

Our Christmas gift to you – all crystals will be packaged in a lovely red gift pouch with drawstring, at no extra cost. This offer is available until December 31<sup>st</sup>, 2005.



When we decorate our homes for Christmas, we usually add too much 'fire' energy (by introducing so much red and burgundy) and this causes a hot, explosive energy imbalance. Hang these beautiful 20mm Feng Shui Crystals (strung on clear string) on your Christmas tree this year to add 'water' energy to your home and to calm the energy of the home down.

[Order](#) your Christmas Feng Shui Crystals today – quantities are limited

## Christmas Gift Packages

### Feng Shui Gift Pack 1:

*This deluxe kit includes everything you need to transition into the Feng Shui Zone*

In the Feng Shui Zone, 2 <sup>nd</sup> edition	24.95
Feng Shui Zone Guided Meditation CD	24.95
2 Bagua Mirrors (\$9.95 ea)	19.90
2 Laminated Personal Bagua Maps (\$4.95 ea)	9.90
1 20mm Personal Crystal	11.95
1 30mm Crystal	21.95
1 40mm Crystal	<u>34.95</u>
	\$148.55

[Order](#) at this Special Price – \$132.95

### Feng Shui Gift Pack 2:

*This kit will get you started as you transition into the Feng Shui Zone*

In the Feng Shui Zone, 2 <sup>nd</sup> edition	24.95
Feng Shui Zone Guided Meditation CD	24.95
2 Bagua Mirrors (\$9.95 ea)	19.90
2 Laminated Personal Bagua Maps (\$4.95 ea)	<u>9.90</u>
	\$79.70

[Order](#) at this Special Price – \$71.95

*We also offer [gift-wrapping services](#) for the holiday season, so you can have your Christmas gift shipped directly to your friends & family.*

### Feng Shui Gift Pack 3:

*Debra Ford will guide your transition into the Feng Shui Zone*

In the Feng Shui Zone, 2 <sup>nd</sup> edition	24.95
Feng Shui Zone Guided Meditation CD	<u>24.95</u>
	\$49.90

[Order](#) at this Special Price – \$46.95

### Feng Shui Gift Pack 4:

*Balance and redirect the energy in your home*

1 20mm Personal Crystal	11.95
1 30mm Crystal	21.95
1 40mm Crystal	<u>34.95</u>
	\$68.85

[Order](#) at this Special Price – \$61.95

## Upcoming Feng Shui Workshops

Feng Shui for Interior Decorators	November 19
Feng Shui for Interior Decorators	November 26
Balancing Energy with Feng Shui (Basic Feng Shui)	January 18, 25, February 1, 8

[Click here to view more information about the workshops](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at [mtroyal.ca](http://mtroyal.ca) Click on MyMRC

**Join us for a  
Very Special Feng Shui Christmas Celebration**

**Wednesday, December 7<sup>th</sup>, 2005**

6.00 pm – 9.00 pm

**Prairie Ink Restaurant**  
at McNally Robinson Booksellers  
120 - 8<sup>th</sup> Avenue SW, Calgary

**Program**

**Congratulations**  
to the first 'ever' graduating class of  
**Certified Feng Shui Practitioners**

**Feng Shui Market & Publishing**  
is launching the new  
**Feng Shui Zone Guided Meditation CD**  
and the updated second edition of Calgary's Best Seller  
**In the Feng Shui Zone**

**Jessica Erlendson**  
composer and performer of the music featured on the CD  
will present original music entertainment

**Debra Ford**  
author of "In the Feng Shui Zone"  
and writer/narrator of "Feng Shui Zone Guided Meditation CD"  
will be available for book signings

Space is limited, so be sure to reserve your seats early  
to celebrate the Christmas season with your Feng Shui friends and family.  
Prairie Ink Restaurant serves scrumptious light meals and excellent wines for your dining pleasure.

 Feng Shui Market  
& Publishing

*Please RSVP your attendance  
by December 5<sup>th</sup> at 538.1798*

  
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