



## Feng Shui and Back to School

*It's almost time for "Back to School" and it most certainly is time for preparing your child or teenager for a successful transition from the lazy fun days of summer to the productive busy days at the beginning of the school year. There are some easy Feng Shui energy strategies that can be implemented to make this a very successful time for the whole family. Put your attention on balancing mental, physical and spiritual energy for your child to give them the best start to the new school year.*

Let's start with your child's bedroom. I have given many Feng Shui tips in the [Back to School 2005](#) and the [Family 2006](#) newsletters and hope that you have made these energy changes to your child's space. Your child's bedroom is their 'home' – the space that nourishes them and provides them with a safe haven from the world.

Getting ready for school should be an exciting time and must be started with the gift of a clutter free space. About a week before school starts, plan with your child to de-clutter and thoroughly clean their bedroom. Remove all the negative energy caused by things that they don't "love or need"; and remove the dirt and dust too. De-cluttering is the biggest step that you can take to balancing physical energy in your child's space.

Start by clearing out the age inappropriate things and remove last year's projects to make space for new achievements. These old things keep them focused on the past and on who they used to be, not on the future and who they can become. Make sure your child understands that if their space is filled with unnecessary 'things' that there is no room for the good new things to come into their life. If it is age inappropriate toys that you are clearing out – let your child be a part of choosing to whom they should be given. Let them participate in the joy of giving.

To encourage a good restful night's sleep, remember to cover the TV, computer and mirrors at bedtime to reduce the yang energy. Sleep is fundamental to good health and their ability to concentrate during the school day.

For homework, provide your child with an uncluttered and organized desk space. This should preferably be outside of the bedroom. A cluttered desk creates busy negative energy in the bedroom that does not promote great sleep and also adds stress from all the schoolwork lying around.

Pay attention to your child's attitude about going back to school. Help them focus their mental energy on the success they would like to achieve. Write goals with your child for the upcoming school year – get them to think about what they would like to achieve in the classroom, with extra mural activities, with their friends.

Perform a space clearing in your child's bedroom – to clear the old energy and add positive energy. Place three handfuls of salt in bowls in the corners of the bedroom and one under the bed, allow the salt to absorb the negative energy for three days, and then remove it from the space. Add positive spiritual energy with your favourite prayer or the Feng Shui Three Secrets Reinforcement (refer to "*In the Feng Shui Zone*").

For their time away from home, let them take good energy with them everywhere they go by placing a 20mm Feng Shui crystal in their backpack. Remember to designate a space in your home for their packs, shoes and coats when they get home. Don't allow this to become a clutter problem or a cause of dissention in the family. If they know where to put their things when they come home there can be no misunderstandings and conflict.

The colour vibration of the clothes that your child wears to school will affect their personal energy vibration during the day. Help them choose the best colour to wear:

- Blue - knowledge and ability
- Green – growth and moving forward
- Pink – relationships and attraction
- Yellow – balance and health
- Red – power and strength
- White – creativity and communication
- Purple – nobility and richness

And lastly, with a little bit of planning you can send your child off to school in the morning in a calm and relaxed state, knowing that they are well loved and protected by your prayers and mantras.

## You Asked About It ...

**Q.** *We have just moved into a new home and I don't sleep very well here. I've been told that, according to Feng Shui, the beam in our bedroom ceiling is likely a contributing factor to my sleeplessness. Is this possible?*

**A.** Beams can suppress energy, in turn creating a negative effect and a suffocating feeling. In the bedroom the beam can have the effect of pushing unwanted pressure downwards - onto you. There are several ways to correct this. I have found that Feng Shui flutes are the best cure - hang two bamboo Feng Shui flutes on the beam, one at each end, at 45 degree angles. If that isn't possible, hang two 30mm Feng Shui crystals in front of the beam, one at each end; or hide the beam with fabric or a false ceiling; or paint it the same colour as the ceiling.

## Product Special



This lovely Incense Gift Pack includes a 5" wooden ash catcher, and 10 sticks each of Sandalwood and Frankincense incense. During your weekly home cleaning, make it a regular part of your routine to cleanse the energy as well. These small 'one room' incense sticks are perfect for just this occasion.

This classic 5" wooden incense ash catcher is the perfect accessory for these small incense sticks. It's simple design blends with any decor.

Sandalwood has been used for thousands of years by many cultures to cleanse energy. Once you have finished cleaning a room (using only non-toxic products), light this small 4" Sandalwood incense stick and allow it to completely burn out (about 15 minutes). Bless the room with the sacred Three Secrets Reinforcement (see *In the Feng Shui Zone*, Step 9 for full instructions). Repeat this as you move from room to room and you will not only have a clean house, but also a home in which the energy is flowing exactly as you need it to.



Frankincense incense is especially helpful for soothing nerves. If you are feeling stressed, make some time to meditate or use the excellent *Feng Shui Zone Guided Meditations* CD visualizations, and burn a small 4" stick of Frankincense incense in the room. It will burn for about 15 minutes, just about the right amount of time to start the de-stressing process. These small incense sticks are also perfect for burning while you're taking a Relaxing Bath (see *In the Feng Shui Zone* techniques and recipes) as an extra aid to relaxing and calming your energy down.

**Order your Incense Gift Pack today**

**Introductory Price for Incense Gift Pack \$6.95 ea**

## Upcoming Feng Shui Classes

Balancing Energy with Feng Shui	September 13, 20, 27, October 4
Feng Shui for the Garden	September 30
Clearing Clutter with Feng Shui	October 11, 18, 25, November 1
Residential Decorating with Feng Shui	October 14
Feng Shui for Retailers	October 15
Feng Shui for the Workplace	November 8, 15
Residential Decorating with Feng Shui	November 18
Feng Shui & Spirituality	November 19
Practical Feng Shui Consulting	November 22, 29

[Click here to view more information about Feng Shui classes](#)

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



**Bluebeard's Tower  
ST. MAARTEN, NS**

## Join Debra on our exclusive Feng Shui Cruise January 7 - 14, 2007

*This will be an inspiring week at sea and I hope that you can join us.*

*Guest speakers have been invited and I look forward to spending time with you.*

Our cruise is getting booked up - to reserve your spot email Brenda at Bonavista Travel [brenda@bonavistatravel.com](mailto:brenda@bonavistatravel.com)

Visit [www.fengshuicruise.ca](http://www.fengshuicruise.ca) for details on the destinations, dates and prices.  
(Don't forget that Bonavista Travel have offered to set up an easy payment plan if that is what you require.)

# What's New?

## *Feng Shui Market offers hands-on training sessions.*

These workshops are exclusively offered to those of you participating in the Feng Shui Practitioners Certificate Program.  
*Our aim is to provide you with the tools to become the most professional Feng Shui Practitioners in North America.*

Train the Trainer, presented by Maureen Johnson & Debra Ford	August 12
Train the Trainer, presented by Maureen Johnson & Debra Ford	September 16
Drawing Floor Plans for Feng Shui, presented by Ashley Doull	October 21
Bagua Map Layouts for Feng Shui, presented by Debra Ford	October 28

*Register early, as space is limited – call 295-7336.*

## *2<sup>nd</sup> Annual Feng Shui Christmas Party*



Our Annual Christmas Party year will be held on Wednesday, December 6<sup>th</sup> 2006 at the Elbow River Casino. Tickets will be \$35 per person and will include a sumptuous buffet dinner, entertainment, prizes, guest speaker and most importantly recognition of our 2006 Feng Shui Graduates.

We are very excited that Alvin Law is going to be our guest speaker this year. [www.alvinlaw.com](http://www.alvinlaw.com)

Please [click here](#) to book your tickets.

## *'Call for Writers'*



Feng Shui Market and Publishing invites you to share your expertise with our newsletter readers and viewers. This is your opportunity to submit mental, physical and spiritual energy content that promotes the growth of personal energy. Submissions will be published both within the newsletter and on the Feng Shui Market and Feng Shui Zone websites.

[Contact us](#) by email to submit your topic and a brief outline of content (100 words).

### **Submission requirements:**

Final articles should be 650 - 750 words in length; if you have used any reference material it is vital to include proper credits; end the article with a 30 word bio, including your name, Company, email, website. Deadlines will be provided.

## Feng Shui Market & Publishing

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