



*House of Light & Harmony*

## *Timely Tips*

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Just in time for doing garden work and house cleaning, in this *April 2009 Issue* you will find 8 Timely Tips on Clearing Clutter & Space Energization, and Removing Blockages from Home and Garden.

As large parts of nature are globally disappearing around us, we are losing vast tracts of the wilderness inside ourselves as well. Ancestral memories of life in the deep forest are being replaced by images of afternoon traffic and the sounds of drills. Songs of the birds are drowned out by sirens. Something within us is dying as the chasm between humans and the natural world widens. Thus it's so important to create a natural, peaceful sanctuary around you to sustain and vitalize you.

Earth Day is April 25<sup>th</sup>, and the Timely Tips here suggest how you can co-create with nature in an ongoing and revitalizing way for yourself, family, pets, garden and home.

Here's to your increased happiness, health and prosperity!  
Enjoy Spring and the burgeoning energy of nature.

### **TIP #1**

**Be clear that what you are doing is space clearing and not space enhancing. Think seriously and focus your mind on what you are doing. It's time to start fresh for Spring and clean the old winter staleness.**

### **TIP #2**

Undertake all space clearing activities in the morning, after the sun has come up and the energies are fresh. Space clearing is better done on a sunny, not rainy, day when there's strong natural yang energy. It's not good to do this after sunset. Open the doors and windows, turn on the lights, clean out all the dark unused corners of rooms, play invigorating music, and let the natural outdoor Qi move through your home.

#### TIP #3

Changing furniture orientations and directions, and if necessary doors, are necessary to correct bad Feng Shui long term. Physical clutter can also create mental, emotional and spiritual blocks to success and well-being. Simply decluttering is not enough; it's essential to first dissolve the bad Qi using space clearing rituals which are the essence of Feng Shui decluttering.

#### TIP #4

Use space clearing rituals that suit you. Many use incense, music, meditation, prayer, mantra, and positive thinking. Typically Feng Shui uses any of the following -- rice and salt ritual, fan sweeping, air cleansing, circular mirrors, sunshine, sound & music, aromatherapy, lights, and singing bowls.

#### TIP #5

Go Paperless and do a Digital clearing. Recently I went through every paper file and recycled what I no longer needed. I then reorganized every folder and file appropriately from A - Z. Many paper files I scanned onto my computer and then recycled the paper. I felt so good; I went to my computer and did the same with every folder and file there. I was surprised how exhilarated I felt when I finished. Do it and find out for yourself.

#### TIP #6

Most of us have twice as much furniture and household objects, appliances, lawn mowers as we need. Remove excess furniture and stuff by giving it to family, neighbours, charities and hospitals. This year 2009 is about creating a simpler, less materialistic, harmonious life for yourself.

### TIP #7

Too much clutter haphazardly placed, including furniture and objects, can and does create ill-health and a bad or blocked flow of Qi in your home and garden spaces. Arrange all furniture and objects so that you can easily move through the space in a spiral or curved motion.

### TIP #8

Check your drains and your waste extraction like septic tanks and fields regularly to make sure they never get blocked. Otherwise you may get sick as plumbing represents the arteries of the home. Twice a year clear out old newspapers, magazines, unwanted clothes and other objects whose energy have become stale. Research has shown that stale Qi has a significant negative effect on our immune system, as witnessed by the increase in depressed-immune and auto-immune illnesses.

Antidotes for staleness are white paint, brighter & warmer lights, and a good spring cleaning. Cutting down rotten trees and shrubs, and planting colourful perennials and annuals outdoors at this time of year stimulate positive live-giving yang Qi energies.

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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!*