



*Feng Shui Me Baby!*

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## EVERYTHING In Your Environment Affects What Happens To You

Imagine being in a classroom. Picture the teacher going up to the chalkboard, raking her fingernails across it. Does this make you cringe? No one likes the sound of fingernails scratching a chalkboard. Oddly enough, you are not in a classroom and no one has made that terrible sound. If, however, you really let your mind get involved emotionally with that picture, just the imagination of the sound can have the same affect.

**Or how about this?** Think about your favorite home cooked meal or dessert. Do your senses come alive and visual images start to appear? How does it make you feel? The wafting scents of a home cooked meal long ago can actually affect you physically.

**One more example:** Researchers have shown that listening to classical music improves your intelligence quotient (I.Q.) and lowers stress levels.

I think you could easily come up with your own examples of how your environment helps to create your reality. Good or bad.

**There is an explanation.** The ancient Chinese discovered and Western science has confirmed that the arrangement of your physical surroundings affect you. They either **ENCOURAGE** balance and positive energy flow, which attracts good things into your life. **Or...** they can discourage balance, inhibit positive energy flow and prevent the things you want from coming to you.

**THIS is a matter of scientific fact... so it bears repeating.** Scientific evidence reveals that the various aspects of our environment affect us all physiologically and psychologically. Design, colors, materials, scents, furniture arrangement, and landscape - all play a part in our success or lack of it.

Let me expand on the most important tip that I could ever give you that will change your **WHOLE VIEW** on life and what it has to offer.

**Ready to take the leap of faith and let go? >>>**

# Tip 1

## How to Feng Shui What's in Your Way

Feng Shui principle is about keeping the "chi" moving and flowing around you and your life effortlessly. "Chi" is the energy that comes into your home and sticks around to have some fun OR goes flying out the backdoor at the speed of light. Poof! Gone!

So what's in your way, you ask?  
It's called

**CLUTTER**

and it's NOT about being messy...

**Clutter is about keeping things in your life that you no longer need.**

Do you know what clutter really means? It means: "STUCK ENERGY"! Yes, stuck passion, stuck motivation, stuck in life, big time! Clutter can manifest as a feeling of something bringing you down but you just can't figure out what it is. Don't you think it's time to turn up the heat again and just go for it?

**Think about this...**

Have you ever wanted to go to the store but it takes you an hour to leave because you can't find the receipt you "set aside"? More importantly, did it affect your mood? Or have you gone into the guest bedroom and turned right around because you couldn't fit through the door due to all the storage boxes? Worse yet, did THIS put a sad face on you?

Did you know that clutter not only is stuck energy in your home but also can give you frown lines, grumpy attitudes, sleepy eyes? It can stomp the passion right out of your life and it affects your face too... OH NO!

**Try this:** Set aside 15 minutes during your best time of the day to remove Clutter. What matters is that you don't try to do this when you are stressed or grumpy. You must be consistent. 15 minutes a day at the same time every day. Bear with me... we're trying to form a habit here.

Use your egg timer. Set it to go off in 15 minutes.

Before you begin to de-clutter ask yourself. Does this item bring me happy thoughts? OR, is it bumming me out? Your answers will tell you if you should keep it.

**Create 3 piles:** One for keeping, one for tossing out, and one for giving away. Yep, how long do you need to keep all of those books in the shelf that you will never read again? Wouldn't it feel great to donate them to a library or school? Now THAT'S a great feeling!

**Remember, when the timer goes off, STOP!** Give thanks to yourself for a job well done! Give thanks to the universe for helping you release items you no longer need...

continued >>>

## Next...

Take the “toss pile” and immediately throw the items in the trash. Wear a blindfold if you must or sing the bye, bye clutter song but just get rid of it! Take the “giving away pile” and put in the car and do... guess what? **GIVE IT AWAY!** Donate or drop it off to your loved one but let it be gone too! Take the “keep pile” and display those items where you can always see them. Precious items to you, yes? So why would you put them back in a box? Put them up before your eyes as soon as you can stop kissing them!

**Last step, enjoy!** Those things that were once in your way are GONE now! Bye, bye clutter, hello passion. You be the judge and try one small shelf or box. Write to me at [terri@fengshui5.com](mailto:terri@fengshui5.com) and let me how it makes you feel.

**Again, clutter is the most important  
life changing tip I could ever give you.**

**Still not convinced?**

Check out this little video from  
ME TO YOU:

*“Curing Flung Shui”*

After De-Cluttering your home... follow this next symbolic Tip >>>

## Tip 2

### “CHI’ THAT STICKS AROUND”

Many of us think of home and one of two things happen. Either we associate this word with a place of comfort where we’re free to be ourselves **OR** we think of home as the place where that horrible screeching noise is our children or that car that needs to be repaired pulling into the driveway. We can often think of home and want to head in the other direction. The following tip will make you “get back to where you belong, Jo Jo” It’s always a good time to quote the beetles, but I digress...

**It’s time to buy a wind chime!** Here’s what it will do for you. The chime will greet you and your guests each and every time you walk through the door. It perks up the Chi’ energy coming into your home. You may not think this is important but it could very well be the lack of a good flow of Chi’ in your home that makes you NOT WANT TO BE THERE. So, this is one step towards inviting the Chi’ in while increasing your curb appeal.

**Add a metal wind chime** with 5-7 rods for good luck and hang it at the main entrance to your home. Make sure that the chime sounds great to you. Check out this web site where you can listen to the chime right online! [www.windchimes.com](http://www.windchimes.com)

**A wind chime is one symbolic step towards getting that Chi’ to stick around and ignite your life!**

## Tip 3

### “CHI’ THAT STICKS AROUND & JUMPS FOR JOY !”

Let’s walk to your main entrance to your home. This is where the Chi’ energy enters and decides if it feels good and wants to stick around and **guess what...**

This is also exactly where your career area sits ... right at your main entrance! Yep, every time you walk through your door you bring with you the energy of your career. It can feel like a little warm breeze gently flowing around OR it could feel like a hurricane passing through. No matter what you feel that day... it’s going to come home with you. Getting concerned?

Let’s begin >>>

## As you stand outside and look towards your main entrance, what do you see and feel?

If you see something that makes you smile or you get all those cuddly good feelings inside of you, then you already have a great start to enhancing your career. If it makes you feel like coming inside, better yet! If on the other hand, you want to recoil and head to the neighbors...

**It's Chi' Jumping Time! ...**

**Water is used to stimulate and create wealth and prosperity.** Think about the nature of water. It's always moving and changing. It moves with the flow of the land and nourishes the earth. Feng Shui literally means Wind Water - both elements are what we need to survive.

The Chinese believe that adding in water to your home will help improve your career and wealth. **Why so?** Simply put, your career has the potential to flow and move like a river that NEVER EVER becomes stagnant. **Here's what you can do to prevent that...**

**Add in a water fountain** outside or inside doesn't matter, just make sure it's near the main entrance to your home. Position the fountain like a river that wraps it's arms around your home. **DO NOT** place the flow of water directly at the door OR completely away from your door. You want it to feel like a river flowing in front of your door that gathers and nurtures your career and life so it's moving and growing and never ever becomes stagnant.

Remember, each step you take, confirms to the universe your intention. This symbolic gesture not only pays homage to your career but also to your life and the energy it takes on every day.

**It reaffirms again that you are paying attention and that...**

 **EVERYTHING In Your Environment Affects  
What Happens To You**

**Chi' that Nourishes You >>>**

# Tip 4

## “CHI’ THAT NURTURES YOU”

Your environment in your bedroom plays a huge part in your health. A good night sleep is vital and it determines how well you function in your day. There may be various reasons for ill health which may come from your bedroom. Let’s check around to see what works best in your bedroom for great health.

**First, is your bed placed in the power position?** What I mean is... your bed should be placed so you can easily see your door to your room when lying down. If you need to strain your neck to see the door, you are not in the power position. Plus, your bed should be placed against a strong supporting wall for a more restful, secure sleep. These two things alone can improve your comfort level for sleeping, which in turn, helps your health and well being overall.

**Next... and this is a big one...** Do you have clutter under your bed? We all know what clutter is, right? If you think about it and what it signifies through your whole home, guess what it does under your bed...

**It becomes “STUCK ENERGY”  
and BLOCKS the  
movement of Chi’ that surrounds and  
rejuvenates you through the night.**

Are you storing things under there? Are dust bunnies hanging out and making a picnic? If so, clear those items out right now! For this is the very space that Chi’ needs to circulate around you when you sleep. You sleep to rejuvenate and recover during the night so you can wake up all refreshed. If you have things blocking the Chi’s circulation... this can also block the Chi’s energy to help you recover. **DE-CLUTTER NOW!**

Other things to consider for the bedroom are electronic items. The television is something that produces too much energy and can disturb your sleep. The TV should be removed from your bedroom or at the very least covered up at night. Other items like computers or stereos also can disturb your sleep. If they must be there an armoire is a great solution to covering those things up and assuring good rest.

What color is your bedroom painted? If you have bright vibrant color on your walls, this could keep you from getting a good nights sleep. When choosing colors, use soft shades that are relaxing to you.

**DO NOT** add plants to your bedroom for they have too much YANG aggressive energy. Do however, add plants to the east part of your home to enhance your health. **This is another symbolic gesture that signifies your determination to take care of your own health.** Healthy soft plants with round leaves are ideal in your home... All represent good health for you and your family.

**One More Important Tip >>>**

# Tip 5

## “USE IT OR LOSE IT”

Now you might feel we’ve already covered this topic but now I’m talking about areas of your home. The philosophy of Feng Shui says that if you have an area in your home that you don’t use at all, you are putting a halt to the flow of chi. We already know how bad that is for your health and well being so think of these things:

### **Kitchen:**

We tend to be creatures of habit even down to the use of the stove. Many of us use the same one or two burners every time we cook. Try this, rotate the use of all burners. Feng Shui equates using ALL of your burners to having multiple sources of income! Yep, do this and enjoy the benefits.

### **Family room:**

There’s that one chair that you always throw your books on but you don’t really sit in, maybe it’s not comfortable. Of course we’d all like to throw away the pieces of furniture that don’t make our hearts sing but that can get costly so instead, **try this:** take the load of ironing or the dusty books off that chair and naturally, put them away! Instead, lay a nice, comfortable throw over it to make it more inviting. You can also change the position of the chair to make it more relaxing for you.

### **Bathroom:**

Do you have 2 and a half baths but only use 1 and a half? Maybe that other one has a broken faucet or the toilet leaks. These things are broken items that will actually cause the chi to escape from your home not to mention they cause you to completely avoid this bathroom altogether.

The Feng Shui rule of thumb is, things like a leaky faucet, a hole in the wall, or a poorly sealed toilet does two things, it’s allows the chi to escape from your home **AND can actually be the equivalent to flushing your money down the toilet!** Now we all know our financial situations can cause stress and stress is bad for the body so while I could go on forever about improving your finances we’ll tackle that issue another time.

For now, make the investment in your emotional well being and health and fix those items so you can once again enjoy all of your bathrooms.

**Bottom line,** when you learn to “use” these things and places in your home, you can “lose” that yucky feeling of stuck energy and stress.



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**It is an honor to Feng Shui Your Home.  
Feng Shui Me Baby!**

**Here is what you will receive from me:**

*~ Personalized Feng Shui Report & Comprehensive Diagram*

Feng Shui Me Baby Questionnaire. This is the best way for me to introduce you to Feng Shui. We'll focus on the one goal you most desire. With that in mind, once you choose the goal... I'll show you exactly where to focus your attention in your home that affects the manifestation of that goal the most.

Once I receive all your information, in 7-10 days, I will send you a report and diagram that will include specific recommendations and a visual example of how you should place furniture and objects to attract your goal. Just follow them and make a few simple... but life altering... modifications.

## *My Gifts to You*

*~ Free Follow-Up For One Month*

Email me with any questions or concerns. I will stick with you for one full month to make sure you are totally satisfied. My intention is to do all I can to make you happy.

*~ Feng Shui Me Baby Newsletter*

I will email you once a month my Feng Shui Me Baby Newsletter. It is filled with insight on how to improve your life thru Feng Shui. You can even send me a question via my newsletter.