



Crystal Clear © *A guide to the care of and use of Feng Shui crystals*

Excerpt from a booklet to be published in January 2010

One of the most frequently recommended – and misunderstood – Feng Shui cures is the multi-faceted leaded crystal sphere. Many people buy them and hang them in their homes (or offices) without having any idea why they are doing so. While the simple act of positioning a crystal in a room is always beneficial, the effect can be improved when it is done properly.

What makes crystals more powerful than other traditional Feng Shui cures is that they emit and absorb energy vibrations. When used as a cure, the crystal's energy can more easily disperse negative energy. When used as an enhancer, they boost positive energy.

What is a Feng Shui crystal?

Although other leaded crystal ornaments may be used as Feng Shui enhancements, the round (spherical), multi-faceted, prismatic, leaded crystal balls are considered to be the most effective and auspicious. Because of their cut and quality, this type of crystal can absorb an abundance of light and energy coming from all directions. The many "faces" of the sphere allow the crystal to refract light and emit rays, contributing to light's expansive nature.



In doing so, they protect you from chaotic and negative energy. A good example of how crystals are used to generate energy is the "chip" used in a quality quartz crystal watches, computers and even surgical lasers.

Before you buy a crystal, you need to think about how and where you intend to use it. This will also help determine what size and colour you select.

How to choose a crystal

Choosing a crystal is very personal. Ask to hold it in your hand and observe how it sparkles and feels. Sometimes, a crystal may look or feel like it has a coating on it. This doesn't mean that it is a "bad" crystal. It just means that it needs to be cleansed and have the residue of other peoples' energy removed from it.

A magnet, for example, will attract and "hold" metal shavings. Leaded crystals can attract and hold energy. And, just as a magnet can shake loose metal shavings, a crystal can be cleansed of negative energy.

Crystal clear or coloured?

The colour of crystal you select should be directly related to what area(s) of your life you wish to change. Choice is determined by the colour associated with specific areas of the bagua.

Clear crystals are considered to be "multi-purpose" and are preferred by many people because they are more inconspicuous and exceptionally pretty.

Are all crystals created equal?

Absolutely NOT! Some spheres that *look* like leaded crystals are made of inexpensive plastic or glass. This type of sphere has no energy curing properties and will not absorb nor refract energy with the same vitality.

Be sure to purchase Feng Shui crystals that are the finest quality leaded crystal. Swarovski 32% leaded crystals are the most commonly used and most highly recommended.

What makes these crystals special?

Crystals add new energy or "vibrations" to a space and redirect negative energy in a more beneficial direction.

Determining size

Most retailers sell Feng Shui crystals in three sizes:

- 20 mm
(about the size of a dime),
- 30 mm
(about the size of a 25-cent coin), and
- 40 mm
(about the size of a golf ball)



Smaller crystals are often used as “personal cures” and can be discreetly tucked away in your handbag or your luggage. They are also often used to hang more inconspicuously above microwaves or computers.

If you want a really powerful cure, you can special order extra large crystals... some are as big as baseballs!

Aside from the potency of cure, choosing the medium or large crystal is really a matter of personal taste and budget.

*As a general rule,
the bigger the crystal, the more powerful the cure.*

What is the difference between “cleaning” and “clearing?”

You “**clean**” a crystal to remove dust and debris that you can see.

You “**cleanse**” (or clear) a crystal to remove the energy debris that you can’t see.

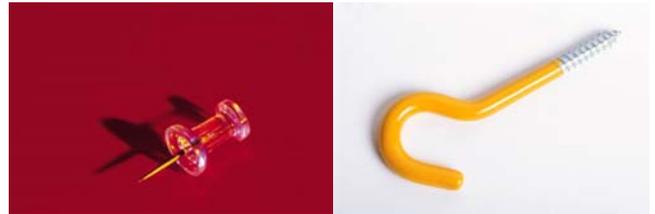
In addition to cleaning and cleansing your crystals every three months, it is a good idea to cleanse your crystals after periods of severe stress, loss or other emotional turmoil. They should also be cleansed if you move to a new home/office or you move them from one location to another.

How to hang crystals



Once you have purchased and cleansed your crystals, you can hang them in places of honour in your home. Before you do *anything*... think safety first! Always use the appropriate size of step stool or ladder to access hard to reach places.

A small pushpin or tack is usually sufficient to secure the string to the ceiling without causing significant damage. You can also use a cup or plant hook, but be aware that this will leave a hole in your ceiling when it is removed. (A consideration if you are renting.)



Crystals can be hung from the ceiling, inside a window frame or out of sight, in a cupboard.

As you hang the crystal:

- Visualize expansiveness, brightness and protection being added to your space.
- Set your intention to facilitate change.
- Verbalize your intention, repeating it nine times, or any multiple of nine times.
- Give thanks for the gifts that you already have in your life and open your hands and heart to receive more of what you want.

Note: In addition to the information above, the 12-page Crystal Clear booklet provides valuable information on where to hang crystals, the importance of red strings, the magic of the number nine, a step-by-step guide to various methods of cleaning and clearing crystals, as well as methods of visualization, the Three Secrets Reinforcement and more.

The booklet is designed to be an educational resource for practitioners to sell to their clients, along with their crystals. Everything you ever wanted to know about crystals... in a handy little book!

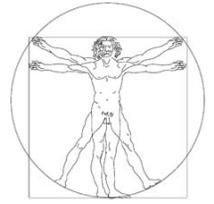
More information on this product will be available in January 2010 at www.fengshuikits.ca.

Terri Perrin is certified as a Feng Shui Practitioner through Mount Royal College, in Calgary, Alberta. Committed to continual learning and expanding her knowledge of Feng Shui, Terri is a member of the International Feng Shui Guild and Feng Shui Connections Canada. She is also proud to be a student and disciple of Grandmaster Thomas Lin Yun.

Terri now lives in Courtenay, B.C., and is available for home, garden and business consultations. She also presents a variety of Feng Shui workshops.

Contact Terri at 250.331.0236 or terriperrin@shaw.ca

Matters of Health



An Introduction to the Rest of your Life ... a fine balancing act

Women's health, breast cancer, bio-identical hormone replacement therapy (natural HRT), menopause and synthetic HRT, are all hot topics right now. An upcoming lecture given by professionals in these fields, including Feng Shui Markets own Margo Laing of Matters of Health, will provide straight forward answers to clear up some of the confusion.

If you have been diagnosed with an illness such as breast cancer or hyperplasia or if you have all been tossed into the menopause arena due to life circumstances or through a natural life stage – then you understand the confusion, the loss of control, even the fear of dying.

Women are being bombarded with too much information which then gets overwhelming and frustrating – right at a time it is critical to stay calm. Even if you are perfectly healthy, it is hard to find the answers to stay that way. Women are falling down underneath this huge information overload. Our job is to present focused, clear and accessible information on these topics. So when presented with certain therapies to help them heal, women can make educated choices. Clear cut answers are out there. If you find your health compromised by whatever reason, you will come away from this lecture series informed.

Whether it is synthetic hormone replacement or chemotherapy, we are seeing very poor results from 'standard' options. Women owe it to themselves to be aware that other safe and effective protocols do exist. Bio-identical HRT works and it has been in use in Europe for over fifty years. There it is the first line of defense. Here a woman will rarely be told about the sound and safer logic of combining 'standard therapies' with alternative HRT or cancer protocols, so that not only do they become 'complimentary' therapies, they become life saving ones. And often, if you do suggest to your doctor that you have heard of alternatives to chemo or HRT, you are brushed aside as foolish and unrealistic. Standard HRT can lead to cancer. We know that now. If you are then diagnosed with estrogen derived cancers, and again make the assertion that you would like to combine natural protocols with traditional – you are pretty much on your own. You know there is a better way...but where is the map?

Women need to know there are natural health practitioners approaching HRT, women's overall health, cancer, and body image differently. Fully trained. Fully educated. Experts that can work systemically and by individual body type to correct imbalances to help eradicate illness. Our goal is to teach women how to live their lives healthy, and build back up that which was knocked out by misconceptions and confusing information. We want to pass on information to help women replace what is missing; whether it is natural hormones for peri-menopause, supplements and lifestyle suggestions for breast health or a skewed body image...

What do Bioidentical hormones have to do with cancer? Just about everything. What about body image? Often, because of the debilitating results from standard cancer therapies, or even

the menopause stage, our bodies are altered and we need strategies to love our bodies again. All these things are covered in the lecture. Along with sound advice we will talk about affective natural therapies, integrated protocols - CAM (Complimentary Alternative Medicine), and methods for managing illness. We will talk about stress and hormonal decline as precursors to being ill.

Being informed is power. Power is in your hands. You do not have to be a statistic from 'standard of care.' We want women to know that menopause symptoms can be managed beautifully, that cancer is mostly preventable, and that with the right tools, women can love their bodies again.

Margo is a Registered Orthomolecular Health Practitioner. She designs programs and procedures to restore balance systemically – not just in bits and pieces. We are all complex and 'standardization' is not an option. In the case of pathology, natural and western medicine can both be utilized complementing the strengths available within each discipline, while ensuring the individual's health, safety and well-being. Focusing on orthomolecular strategies, Margo's approach is holistic, with the emphasis on prevention, restoration, and the harmony of body, mind and spirit.

Margo Laing, RHN, NCP, OHP
Certified Orthomolecular Health Practitioner, Certified Holistic Breast Health Consultant, Certified Cancer Coach, Registered Holistic Nutritionist
Email: itsonlynatural@shaw.ca

A Lecture for Women: An introduction to a healthy life, preventing illness, balancing our hormones, rebuilding our lives

Learn about hormone balancing, hormone testing, and bio-identical hormone replacement - what it is and why the controversy and how it is critical to cancer prevention; learn about alternative preventions and protocols for onset or reoccurring breast cancer; explore body image and the sacred feminine. Frank discussions on why women become ill, why they stay that way and how to seek natural options.

"The body will always strive for wellness. You have inside you what you need for balance to achieve a powerful and perfected life. In the strength of intention, love for self, love for others... be aware of something more when you draw each breath."

~Margo~

Please join us on either:

**Saturday November 21st, 2009, 9:00 to 3:30;
OR Friday November 27th, 2009 9:00 to 3:30**

**Pathway Holistic Health and Wellness Centre
1405 – 15 Street SW, Calgary**

Cost \$180.00 which includes a wonderful organic vegetarian lunch, refreshments, gift bags, lecture resources and materials and a personal journal. To ensure an intimate personal experience we are limiting the size of the sessions.

To register or for more info:

Sacred Feminine Photography
info@sacredfemininephoto.com 403-998-3208

or Margo Laing at itsonlynatural@shaw.ca

A weekend to remember . . .

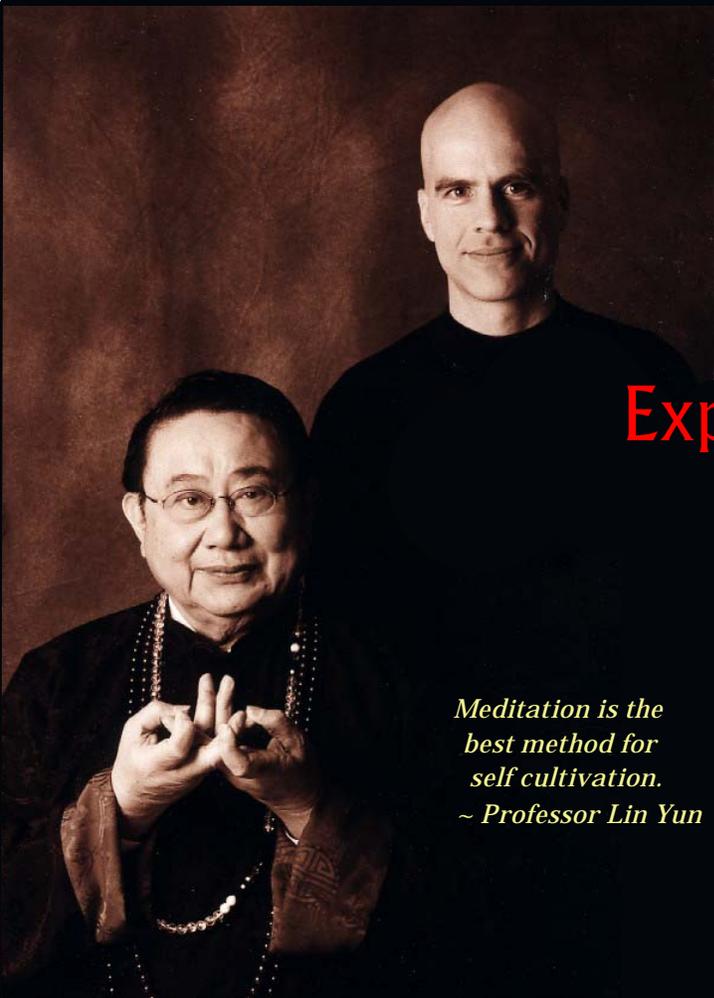
November 28 & 29, 2009

8:00 am to 5:00 pm

Glendale Meadows Community Centre
25 Avenue & Glenmount Drive SW, Calgary, AB

Experiential Feng Shui I Secrets of Chi Cultivation

presented by **David Daniel Kennedy**
bestselling author, "Feng Shui for Dummies"



*Meditation is the
best method for
self cultivation.
~ Professor Lin Yun*

You will learn:

- Easy & Effective Chi Kung Methods
- What Chi Cultivation is
& the Connection to Feng Shui
- The Keys to Power - Specific Principles
- Natural Energy Progression
from Nothingness to Yin/Yang
- Secrets of Knowing the Trigrams
- The Three Baguas & How they Differ
- Human Chi Flow & Body Points
- Meditation to Enhance your Chi
- How BTB Five Element Teachings Compare
to the Traditional & How to Use Them
- To Double the Effectiveness of your Cures
- To Increase your Intuition & Insight
- Secret Cures

This is Feng Shui in action

In this amazing, one-of-a-kind, interactive workshop, you will learn how & why Feng Shui is so much more powerful than you have ever imagined. This is an unprecedented opportunity to learn some of the most potent teachings of BTB Feng Shui that David Kennedy has learned from Grandmaster Professor Lin Yun and other teachers.

In the first of this series, you will have a living experience of Feng Shui (Experiential Feng Shui), increase your knowledge of Feng Shui & learn how to cultivate your own Chi.

"If you have the good fortune to cross paths with David Daniel Kennedy in your life time, don't pass up the opportunity to study with him. He is a rare & precious gem - teacher, coach, spiritual guide, mentor & friend. David, for who you are & all you do, Thank You!"
~ Joanne Lefferts, Mill Valley, CA

Register Today at www.fengshuimarket.ca

Visit Workshops/Seminars under Products & Workshops

or call **403.295.7336**

\$395 plus 9 Red Envelopes

Registration fee includes breakfast, lunch & all handouts

Online Christmas Product Specials



Crystal Heaven

Holiday Savings Price \$240.00 Save \$29.55

We have a wonderful Christmas present for you. Receive all 9 colour crystals for this amazing price. Red, Pink, Green, Antique Green, Purple, Amethyst, Yellow, Sapphire Blue, Emerald Green. Each crystal is packaged in a beautiful organza bag.

[Order all 9 Swarovski 30mm Colour Crystals](#)



Feng Shui Holiday Decoration

Holiday Savings Price \$12.95 Save \$2.00

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.

[Order Now for the Holiday Season!](#)



20mm Personal Crystal

Holiday Savings Price \$12.95 Save \$2.00

Take good energy everywhere you go with a Clear 20mm Personal Crystal! Send good energy with your children while they are away from home. Also referred to as a 'Gratitude Crystal', children love to have one to remind them to be grateful and thankful of the positive things that they have in their life. This Swarovski Feng Shui Crystal will add positive, protective energy and redirect negative energy as you go about your day. Packaged in a red gift pouch, it is convenient and easy to tuck this lovely 20mm Feng Shui Crystal into a backpack, purse, or briefcase. Excellent for redirecting negative energy when traveling.

[Order this Perfect Stocking Stuffer Now!](#)

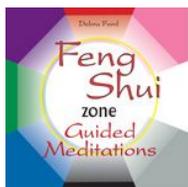


Meditation Zen Garden

Holiday Savings Price \$21.95 Save \$3.00

Light the natural candles in this lovely meditation Zen garden to help the stress levels slip away – promoting better health and well being. Our Zen garden is quality wood crafted with a beautiful black finish, measuring 18.5" x 5" x 1", includes 8 tea lights, natural stone rock.

[Order Today!](#)



Feng Shui Zone Guided Meditations – only 21.95 Save \$3.00

Feng Shui Zone Guided Meditations CD will help you harness the mental and spiritual energy needed to boost your personal energy to the next level. Move beyond negative thoughts and declutter your mind – use your imagination to create visions of success. Our minds create our thoughts and beliefs and the key to abundant living is belief.

[Order Now and Create your Visions of Success!](#)

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