



Are There ‘Monsters’ Under Your Bed?

Feng Shui tips for better sleep and better health

A child who complains that they can’t sleep because “there are monsters under the bed” may be onto something! As adults, we know there are no monsters there... but there may be a pile of candy wrappers, dirty laundry, toys and books.

According to the principles of Feng Shui, wherever there is clutter there is an invisible aura of stagnant, negative energy. So, if you (or your child) are having difficulty getting a restful sleep, perhaps you should “check for monsters!”

Everything in our environment – from inanimate objects like stones and furniture to living beings – has energy. When you make an effort to balance the energy *around you*, the energy *within you* is balanced and that creates better health. Feng Shui alone is not a “cure all” for what ails you, but it can help you get a more restful sleep, and that *will* help you feel better.



photo by Terri Perrin

To ensure that air (and positive energy) can circulate freely around you at night, it is imperative that your bed is raised off the floor a few inches and that you do not store

anything underneath it. If you have ten years worth of tax receipts, 100 pairs of shoes or the wedding dress from your first marriage stuffed under your bed, it is no wonder you can’t sleep!

When practicing Feng Shui, there are two ways to enhance positive energy, eliminate negative energy, and to slow down, speed up or re-direct the flow of energy. We call them *cures* or *enhancements*. Clearing clutter from under your bed is an example of a Feng Shui “cure.”

A *cure* is something used to correct an energy *imbalance*.

An *enhancement* is something used to increase positive energy.

You have been applying Feng Shui cures all of your life... without even knowing it! When you walk into a dark room, for example, you instinctively reach to

turn on the light. When the light comes on, the energy of darkness disappears. With the simple act of flipping a light switch you have applied an instant cure.

You have also been intuitively using Feng Shui enhancements, too! (My! You are clever!) You have



photo by Terri Perrin

a friend who is not feeling well, so you buy her a beautiful bouquet of flowers. When you present her with this gift, her face breaks into a big smile and the energy in the room is lifted.

You have, inadvertently, used colour, fragrance, beauty and intention to energize and enhance her surroundings. The energy from your gift will linger for days after your visit.

Think of your bedroom now with these thoughts in mind. View your sleeping space as a place of sanctuary and rest. Are there dark corners that need cures? Is there something beautiful you can add to enhance the space and create an ambiance of beauty and restfulness?



photo by Terri Perrin

Consider also that the energy of specific colours can significantly affect our moods and overall health. What colour is in your bedroom? How does it make you feel? Our homes often mirror what is happening in our lives *and* our bodies. Considering that we spend a significant amount of time in our bedrooms this is one room that demands Feng Shui attention.

Eager to know more?

Here are more Feng Shui tips for bedrooms to help you rest easy:

- Remove TVs, computers and other electronics. (Eliminates EMFs)
- Remove pictures of family. (Honestly! Do you really want your whole family watching you sleep?)
- Ensure your feet are not pointing out a door or directly into a bathroom. (This is considered the 'undertakers position'.)
- Have a solid head and footboard, ideally made of wood. (Metal has a high-energy frequency and can be disruptive to sleep.)
- Do not position the head of the bed against a wall with plumbing or electric panels. (This is considered to be very negative energy.)
- Don't use an old mattress from a previous relationship. (It holds negative energy.)
- Remove ironing boards and other work-related items. (A bedroom should be a place of rest!)
- Choose colours and themes for walls and bedding that are calming not invigorating. (Really! Could YOU sleep in a racecar bed with a life-size Buzz Light-year poster staring down at you?)

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.

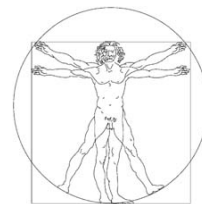
Contact Terri at 250.331.0236 or terriperrin@shaw.ca

Matters of Health

The Monsters in Your Closet

The ones you are hiding and the ones you need to eliminate.

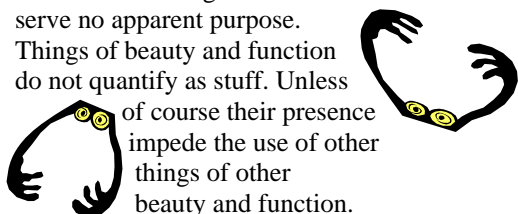
by Sean Devitt and Margo Laing



We like lists of rules. Not that we follow them as a principal. But it is a useful way to formulate your thoughts and priorities. Stuff - what you have, where to put it, and how to get rid of it is a constant struggle in anyone's life.

Defining stuff: things that have outgrown usefulness, or, were bought on a whim or bought out of fear and serve no apparent purpose.

Things of beauty and function do not quantify as stuff. Unless of course their presence impede the use of other things of other beauty and function.

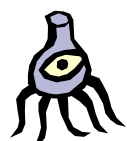


Rule 1: You have too much stuff, recognize it

We live in a society that is so efficient in producing, distributing and moving around *stuff* that we often miss all the *stuff* that just 'shows up' in our homes. Much of it even arrives without our deliberate action or attention. It's really the outcome of *this* system that we should have issues with. Conscientious 'stuff' collecting' has to become the norm. Do you define yourself by what you do or what you have? We hope not. Being conscious of your purchases feels good. It frees up space. Suddenly we have access to an uncluttered view. We 'feel' better. Stuff is a burden. A burden to you being who you are.



Rule 2: Simplicity is hard, clutter is easy

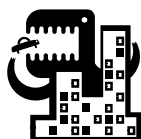


Sean: I go into 'stuff-purging' with the idea of transforming my surroundings into the clean and open equivalent of the Zen-masters room in some mountain-top monastery. Of course this fails as I need more in life than a rice-bowl and mat (more on mats later). OK, I don't need-'need' but the demands of climate, occupation, and hobbies push that envelope to encompass

several combinations of snowshoe/hiking gear, various musical instruments (way too many guitars) and an ungodly number of books. I'm not even talking about everybody else's stuff either. I am reminded that storage bins are not an aesthetic statement. Nobody wants to see them.

Margo: The thought of another storage bin to stuff away the stuff, causes me anxiety. Granted there is a history there and I have spent a great deal of time purging, regurging and letting go. Each time was one more step to wellness and freedom...not to mention a whole lot of money saved on counseling. I love space. I love the view. No more shelves. No more storage bins. I have rhyme and reason and some peace. Clutter steals your energy. Depleted energy leads one to buy more stuff to feel better. What a vicious and addictive cycle. There are various things that are very important to us both. Finding a passion in our simplicity while still maintaining the integrity of our 'important' stuff is the way of the 'stuff slayer'...

Rule 3: Other peoples' stuff is as important as your own



Once of course you decide what to keep, you're only half the way there. You are still part of a partnership.

Sean: Not surprisingly, purging together requires...teamwork. Teamwork requires communication. Good communication is predicated on honesty. So now that you are in the position to tell your partner she drags around way too much stuff, stand and take it when she tells you that you do the same.

Margo: This is especially true when you are in the process of blending. Even though our process, for example, will be another year or more - making room is critical. Why is that bed more important than that one? Why do those chairs work the room better than these ones? For instance, both Sean and I have an impressive collection of vinyl LP's. Some we have doubled up on. Why should one go and the other stay? I have memories and so does he. Recognizing what might seem like 'stuff' to you has loads of history for your partner. Don't voice that out loud. Things like - 'sweetheart, this is a rag. When was the last time you wore that tee shirt' can lead to a whole lot of sorry. Especially when you find out that it was a Queen collector's tee. Find compromises.

Rule 4: No-one wants your stuff when you die

Sean: Sure, looking at the world past your expiration date is a stretch for some, a downer for others. But if a 500 lb rhino dropped on your head tomorrow, what would the people who are stuck with your stuff say? What would they find? Junk? Meaningless collections of free magazines? Sex toys? (We aren't saying you shouldn't own sex toys, but if you do, keep it discreet, tasteful and clean.). It's a useful mental exercise. Treat the world as a backcountry campground - we leave it in better shape than we found it. And that means not leaving a metric crap tonne of stuff.



Margo: My mom died when she was really young. But for someone so young, she had accumulated a lot of stuff. Even after the estate sale, goodwill, family take-a-ways, and

garbage...there was still so much 'stuff'. I realized after going through much of this later, we had a layer cake of family stuff. Each generation has inherited the *set* before...the sense of obligation to keep it all can be overwhelming. My confession? I have four sets of silverware in storage bins in my garage. It falls on ME to break the cycle and not burden my family.

Paying it down the line is your first step. Give it a new life and new purpose. Find those who can use it, and if you can't find out how your stuff can be transmuted into something useful and different, give it away. Restoring is not an option. These are the things that become monsters in your closet or under your bed. Don't just move it into another room. When you croak and move into the 'next room' metaphysically speaking, you can't take it with you.

Rule 5: Recognize your buying neurosis ... and stop it



Sean: The reason to clear out stuff is not to make room for more new stuff. You are no longer a consumer burdened by the expectation to buy things. You are an urban monk of peaceful simplicity. We all have buying neurosis. Mine is blankets. I need lots of blankets to feel secure. I

know that is an obvious metaphor, but it has more to do with keeping my feet warm in the evening and not a deep seated insecurity. Someone I know loves floor mats. She can't come back from a shopping trip without a trio of floor mats for doorways and sink. Once something passes the test of being neither functional nor beautiful, we need to find another place for it. Of course that logic has its own issue, getting rid of that big outdated TV will make a nice room for a new flat screen so you and the crew can tuck into that next season of DVD's with style...

Margo: I would encourage anyone who buys a lot of blankets for security, to look carefully at the root of the purchase. Warm feet or not. But I have also recently examined my need for 'mats that match'. The interesting thing is, once I am done with them, I can't seem to part with them because they are so recent, so - they are relegated to the basement. After many months there - they are relegated to the garage. OK - I admit it. I get bored. As much as I love my hardwood, it is a blank canvass. But ever conscientious - I reuse, recycle, or rejuvenate - mats. This is a grand example of beauty and function being replaced by other things of beauty and function.

So, in this house, having eliminated the monsters under our beds, we are

busy purging, gurgling, and merging, old stuff ... and even splurging on new stuff. We always ask how can we ethically and sustainably dispose of, reuse, or recycle the old. If we are buying, we ask where was it made? Who was involved and is it sustainable? We encourage you to view a great family video at www.storyofstuff.com.

If you have a partner with a warm blanket neurosis and cold feet, or a partner with a beautiful hardwood floor, ask, is this OK with you? If everything else is ethically, environmentally and sustainably appropriate ...and you love the idea of you and your partner clearing away the stuff and tossing a warm blanket on top of that hardwood floor - well, we shouldn't have to say anything more.

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

2010 - The Year of the Tiger

According to the Chinese Zodiac, the Year of 2010 is the Year of the Tiger, which commences on February 14, 2010 and ends on February 2, 2011. The Tiger is the third sign in the Chinese Zodiac cycle, and it is a sign of bravery. This courageous and fiery fighter is admired by the ancient Chinese as the sign that keeps away the three main tragedies of a household. These are fire, thieves and ghosts.

Tigers are physically powerful, gracious, independent and brave, they are extremely bold animals. They are friendly and loving but can also be selfish and short tempered. Tigers seek attention and power; frequently they are envious in a relation. Tigers live dangerously which often leads to trouble. They are intolerant, take risks and are always searching for excitement. Tigers are also instilled with a good dose of courage.

The Tiger has an overpowering attraction and is very kind and always takes on the character as protector. The Tiger flourishes by power and attention and takes advantage of all circumstances it gets itself into. The Tiger is a natural leader and loves to be the centre of attention.

As a rebel it goes up against authority and speaks out about wrongs in society, and willingly puts up objections. Even if you don't agree with the beliefs of the tiger you admire his way to protest.

Just as how their counterparts in the jungle are impulsive, so too are individuals born in the Chinese Year of the Tiger. When people think of tigers, it is their vigor and power that comes to mind first. But it has also been noted that tigers are known to share and are unselfish animals. The reason people admire the tiger is due to the fact that they are ferocious and domineering on the outside, but they are just as noble and distinguished on the inside. These are the same personality attributes that persons will have who are born in the Year of the Tiger.

Were you born during a Year of the Tiger?

You were if you were born in one of these years:

1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, and 1998

www.yearofthetiger.net



Online Product Specials

*"The greatest thing you'll ever learn
is to love and be loved in return."*

Quote From "Unforgettable with Love" by Natalie Cole

February – the month of Love & Relationships – Limited Free Special Offer

Receive a **free** beautiful Pink 20mm Personal Crystal on all orders over \$150.



Red 30mm Feng Shui Crystal – Regular \$29.95 **Now only \$24.95**



The powerful red Swarovski 30mm crystal is a wonderful energy booster. Hang it in the middle of the master bedroom to stimulate the energy of love and passion; hang it in the Fame Gua as a 'red' cure; hang it in the Prosperity or Love and Relationship Guas as a (secondary) colour cure. This is an excellent crystal to move throughout your space - to hang it in any gua that needs a kick start. Is one of your goals to get your career moving? Hang this powerful crystal in the Career and Life Path Gua. Are you trying to pull your family together? Hang a red crystal in the Family Gua to really get things moving. A Feng Shui crystal balances energy and a red Feng Shui crystal adds the energy of power and strength - the vibration of the colour red.

Order Today!

Pink 30mm Feng Shui Crystal – Regular \$29.95 **Now only \$24.95**



The pink Swarovski 30mm crystal has a beautiful soft, delicate pink colour. This crystal will enhance the energy of love and romance - hang it in the middle of the master bedroom or in the Love and Relationship Gua. A Feng Shui crystal balances the energy in a space and a pink Feng Shui crystal vibrates with the energy of love. The colour pink connects to self-love ... and unconditional **love of self** is the foundation to overflowing with the energy vibration of love. Inner strength and self-acceptance promotes well-being and self-understanding.

Order Today!

Feng Shui Market & Publishing

Mailing Address 195, 612 – 500 Country Hills Blvd. N.E., Calgary, Alberta Canada T3K 5K3
www.fengshuimarket.ca

Phone 403.295.7336
email: info@fengshuimarket.ca