

Creating Sacred Space With Feng Shui Learn The Art Of Space Clearing And Bring New Energy Into Your Life

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Sustainable Health: Simple Habits to Transform Your Life Susan L. Roberts 2018-12-18 Simple practices—a marriage of science and spirituality—that will help you take charge of your health. Ancient healers understood the universe as an interconnected conscious relationship between natural elements. As Western medicine took hold, we lost our sense of intuitive healing and practices. Here, occupational therapist Susan L. Roberts—who also has a degree from Harvard Divinity School—gives us tools for self-care based on the five-element theory of traditional Chinese medicine. These elements—fire, earth, wood, metal, and water—can also be linked to contemporary science and the elements of energy, matter, time, and space. Through focus on these elements, readers will learn how to impact tangible experiences of living, such as sleeping, eating, working, and understanding one’s own body. Roberts argues that our bodies communicate with the world, and that symptoms we may experience, such as headaches or exhaustion, can be mitigated by tapping into our ability to take care of ourselves—the essence of sustainable health.

The Ultimate Guide to Energy Healing Kat Fowler 2022 The Ultimate Guide to Energy Healing is a beginner’s guide to energy healing styles, practices, and techniques that readers can use immediately for healing and self-care.

Creating Sacred Space with Feng Shui Karen Kingston 1997 Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original.

Creating Luminous Spaces Maureen K. Calamia 2018-05-01 Ancient and global modern design come together in this practical guide to interior design, biophilic design, and feng shui for your home. Part spiritual growth workbook and part treatise on the power of nature, Creating Luminous Spaces is your practical guide to giving your home a refreshing energy boost. In this inventive approach to interior design, Maureen K. Calamia blends modern trends with the five elements of feng shui, an ancient Chinese system that brings the cycles and benefits of nature to your home interior. With inspiring ideas and practical information, Calamia will help you discover which of nature’s elements represents your energy. Should you enhance your home with natural light or a fish bowl? New organizational habits or tall, vertical lines? Featuring practical exercises, meditations, and real stories about clients and students, as you embark on this mind-body-spirit connection with your home, you’ll find out how: Indoor lighting and lighting design can strengthen the fire element Organizational behavior is influenced by the metal element Space planning with plants nourishes the wood element And more!

The Mystic Cookbook Denise Linn 2012-11-26 Provocative and insightful, this eclectic, inspiring, and beautiful book will open your eyes to the remarkable link between nourishment and spiritual awakening. Filled with ancient wisdom, practical advice, intriguing personal anecdotes, vibrant ceremonies, and original dishes lavishly illustrated with color photographs, the Mystic Cookbook brings to life a wealth of recipes and a myriad of experiences from places as far-reaching as Mexico, Italy, Vietnam, France, North Africa, and India as well as from mystical, legendary, and mythic realms. In Denise and Meadow Linn’s extraordinary book, learn little-known secrets about the food we eat and how it can mystically transform your life!

Feng Shui for the Rest of Us Gabrielle Alizay 2011-11-12 Life’s Secret is Flow This book is thick and encyclopedic and has every Intentional Feng Shui cure known to humankind (according to Gabrielle Alizay). It is the scientific, long form version of Feng Shui, inspired by Black Hat Tibetan school of thought and written by Gabrielle in a humorous style—non-judgmental and realistic—because life is hard enough. This book is how to make things easier. In the flow. This Second Edition version, which includes added Mouth of Chi cures, is to be used along with Gabrielle’s latest book, Quantum Feng Shui: 9 Accomplishments to Promote Personal and Planetary Peace whenever you intuitively ‘sense’ that you need more wattage with whatever home and office renewals you have made. Originally published in 2005 by Writers’ Collective, this Feng Shui go-to guide is highly proclaimed as being ‘a book which takes the mystery out of how-to Feng Shui’ and has a detailed, thorough study of Feng Shui Cures, or “Amplifications,” that can be used in tandem with Quantum Feng Shui™ Accomplishments to take in your home and office to inspire major optimistic transformation on every level. In fact, every intentional ritual and action in this book will make your home and office even more of a microcosmic view of peace, health, love, abundance and bliss—and add potency to whatever Quantum Feng Shui™ has already activated exquisitely. This book is for the activist healer who wants more. No need to stand in line. It is all here. — “Feng Shui For The Rest Of Us by Gabrielle Alizay demystifies the art of Feng Shui and makes it a tool we can all use. With a healthy dose of humor and straightforward instructions, she shows readers how to put Feng Shui principles into practice in their homes for a more balanced and peaceful atmosphere.” - Martha Stewart’s Body+Soul magazine, December 2005 issue “Makes Feng Shui principles accessible for the average person!” - Denise Linn, author of Sacred Spaces “A down-to-earth guide to Feng Shui, one of the best to come along in years. If you want to change any aspect of your life, this book is all you need. Terrific!” - Denise Osborne, author of The Feng Shui Mystery Series

Clear Your Clutter with Feng Shui (Revised and Updated) Karen Kingston 2016-01-05 In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You’ll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

Feng Shui and Health Nancy SantoPietro 2010-06-02 A groundbreaking paperback original offers advice, charts, and checklists for fostering wellness through home furnishing placement and design.

Spiritual Gardening Peg Streep 2003 Explores the creation of a garden sanctuary with practical advice on plant selection, color, creating pathways and gates, and sharing the space with wildlife.

101 Ways to Meet Your Angels Karen Paolino 2011-10-15 Angels are everywhere—watching over us and even guiding us without our knowledge. In this inspiring and reassuring guide, readers will learn to communicate with these heavenly messengers, and call upon them for counsel and consideration. Clairvoyant spiritual counselor Karen Paolino, trained by world-famous angel expert Doreen Virtue, teaches readers how to connect with their team of guardians by: Developing their divine intuition Discovering the power of prayer to invoke angel miracles Using angel-specific meditations and affirmations Performing Angel Card readings Featuring special sections on the history and hierarchy of angels, their individual roles as messengers and protectors, and real-life examples of angel miracles, 101 Ways to Meet Your Angels is all readers need to meet the angels that offer love, support, and guidance—each and every day!

FENG SHUI for Mommies Mommies Line 2008-10-08 "FENG SHUI for Mommies" helps women to prosper using the beneficial science of Feng Shui. In the first chapter, "Feng Shui Essentials," the basics of Chi Flow, Yin-Yang, and the Five Elements are explained and applied to the home, the work, and the outside environment. In the second chapter, "Feng Shui Directions," the eight basic directions, inside directions, and outside directions are demonstrated by using the compass, a guide in working with an existing floor plan. Outside directions include the yard, the community, and the distinction of the eight basic house types. In the third chapter, "Feng Shui Benefits" personal use of Feng Shui is applied. Enjoying harmonious relationships and gaining prosperity are among the beneficial applications of Feng Shui. Benefits include improved sleep, a more productive work life, and better enjoying recreational activities. Prosperity can be found in the home, at work, and in the spiritual context.

Weg met de warboel Karen Kingston 2010-11-12 Overal in onze omgeving verzamelen we rotzooi: in huis, op de werkplek, in de auto en zelfs in ons lichaam. Karen Kingston legt uit dat de warboel om ons heen van grote invloed is op hoe we ons fysiek, mentaal, emotioneel en spiritueel voelen. Haar ideeën zijn gebaseerd op eeuwenoude tradities en nieuwe inzichten. Zij geeft praktische tips en heldere uitleg om je leefomgeving

te verbeteren en leert je een nieuwe aanpak: je leven opruimen door je rommel op te ruimen, wat resulteert in een enorme vernieuwing van je levenskracht. Dit boek zet je aan om je leven radicaal om te gooien en alle warboel voorgoed overboord te gooien. Karen Kingston is wereldwijd bekend om haar kennis en kunde op het gebied van Space Clearing het energetisch reinigen van ruimtes op basis van feng shui. Zij geeft workshops en seminars over de hele wereld. Weg met de warboel is in meerdere landen vertaald en is een internationale bestseller.

Coach Yourself to Success Talane Miedaner 2000 Focusing on positive energy, a life coach shares 101 tips on how to achieve success and fulfillment in all areas of personal life and career

Wicca and Witchcraft Denise Zimmermann 2019-06-11 Awaken your life with the God and Goddess and discover the magick of the Wiccan way Get ready to take a journey to a mystical place where anything can happen—an adventure into the realm of witchcraft, magick, and empowerment. This is a place where the wonderment and purity of childhood meet with the spiritual growth and wisdom of the adult world. Wicca and Witchcraft teaches you how to look inside yourself and let the God and Goddess empower you with spirituality, knowledge, and self-esteem, and help you appreciate the profound beauty of living in tune with nature. Along your path, you’ll learn about the many types of witches, traditions, and dieties of the Craft. You’ll learn about the magical tools and objects and how to use them. And you’ll learn how to cast spells with notions, potions, powders and more... So hop on your broom, hold on tight, and prepare to fly!

Learning to Be You, It's an Inside Job Brenda Ehrler 2000 This inspirational book was written to assist the loved ones of the substance-addicted find inner healing through awareness, self-love, changed perception and non-judgement. But anyone experiencing external pain and adversity will benefit from the author's inspiring journey. Brenda shares her personal experience of living with a drug addict/alcoholic for nine years and the following nine years of clean and sober life. She takes her readers back in time to the life-changing event, which started her husband on his successful recovery. When she did not experience the expected inner peace following her husband's sobriety, she began her own journey to find inner healing and recovery.

Get Smart! About Modern Stress Management Michelle L. Casto 2004-02 If you think being stressed out is "just the way it is these days, " then you need to Get Smart! This interactive book is packed with inspirational quotes, journaling assignments, and exercises designed to raise your self awareness. Topics include: modern day stressors, defining what stress is, a spiritual approach to dealing with stress, whole life wellness, au natural stress relievers, 141 ways to alleviate stress, 7 stages to balancing your life and much more. The only stress management book you will ever need!

Simple Loving Janet Luhrs 2000 Presents ways to create intimacy and joy in relationships through loving self and others, reducing stress, and finding ways to keep romance alive.

Craft Gabriela Herstik 2018-03-15 Infuse a drop of magick into your everyday life. Writer, fashion alchemist and modern witch, Gabriela Herstik, unlocks the ancient art of witchcraft so that you can find a brand of magick that works for you. From working with crystals, tarot and astrology, to understanding sex magick, solstices and full moons; learn how to harness energy, unleash your inner psychic and connect with the natural world. Full of spells and rituals for self-care, new opportunities and keeping away toxic energy, Craft is the essential lifestyle guide for the modern woman who wants to take control and reconnect with herself. After all, empowered women run the world (and they’re probably witches).

The Feng Shui of Abundance Suzan Hilton 2002-05-14 Money is more than a bank balance; it’s a reflection of the overall abundance in your life. Now, a CPA and feng shui practitioner presents an unusual and valuable application of the ancient Eastern tradition of feng shui. Delving into all of the life forces that affect financial health, The Feng Shui of Abundance is not just a monetary makeover; it is a whole-being program whose benefits include: • Locating the wealth area of your office or home • Dislodging clogged energy in your career • Drawing on the five currents of the “River of Gold” to address debt, personal spending, and your own potential for abundance • Creating a financial plan that speaks to your dreams and desires A liberating book for those who feel financially “trapped,” and for anyone who wants to achieve his or her potential, The Feng Shui of Abundance incorporates all three feng shui aspects—wind, water, and energy—unleashing the forces that control true wealth, creating clearer harmony between your money, goals, and dreams. This is the perfect handbook for anyone seeking genuine peace of mind as well as financial prosperity.

The Everything Feng Shui Book Katina Z Jones 2011-12-15 Whether you’re looking to reorganize your home or office, The Everything Feng Shui Book can help you create a room filled with tranquility with little effort or expense. Based on the ancient Chinese concept of harmony and balance, feng shui is said to have the ability to improve many areas of life, including happiness, wealth, and inner peace. The Everything Feng Shui Book is a complete, room-by-room guide to the Chinese design technique that has become immensely popular among those trying to simplify their lives. With easy-to-follow steps and instructional diagrams, this book shows you practical ways to incorporate the principles into your own home. You’ll learn how to make the most of your home’s positive energy by simply rearranging your furniture, adding a plant or two, and eliminating useless clutter.

Creating Enlightened Organizations J. Neal 2013-12-05 There is a growing movement to incorporate faith and spirituality in the workplace, to do things better, to utilize all the human capabilities of employees, and to truly revolutionize the role of business in the world. Creating Enlightened Organizations is the first book to provide a truly comprehensive approach to creating an organization designed to unleash full human potential in the workplace. Businesses have learned how to involve employees in problem solving, improve the emotional intelligence of their leaders, reengineer the business processes and create customer delight, but they have left out one essential ingredient that makes all the difference - the human spirit. There is a hunger for meaning and purpose in our workplaces and in our institutions. This book simplifies and organizes the best of what is going on in organizations at the individual, team and systems levels and provides guidance for putting it to practical use. It also offers a radically new view of the purpose of business in society and provides examples of leading edge organizations that make a positive difference in the world. Spirituality is the new competitive edge, and enlightened organizations know how to integrate the human spirit and spiritual values into their business practices.

Exploring Feng Shui Shawne Mitchell 2002 Shows simple ways to read and shape the invisible energy in the home and office and to manifest success and abundance.

The Complete Idiot's Guide to Decluttering Regina Leeds 2007-05-01 Do you own your stuff, or does it own you? Whether someone lives in a mansion or a studio, drives an SUV or a MiniCooper, stuff often builds up into an endless stream of clutter, taking over living spaces and complicating lives. Drawing on nearly two decades of experience organizing living and work spaces, renowned organizing expert Regina Leeds has the solution for conquering clutter in every room of one's house, along with in one's office, car, and garage. ?Short, easy-to-use format ?Quick and easy steps for evaluating and organizing your possessions ?Unique room-by-room approach ?Tips on maintaining a clutter-free space forever ?Includes a complete list of resources

The Everything Feng Shui De-Cluttering Book Katina Z Jones 2008-05-23 In our fast-paced, high-tech world, more and more people are finding themselves overwhelmed by "stuff." From old clothes and receipts to unused appliances and broken electronics, messes come in all shapes and sizes. Overcrowded closets, bursting bureaus, and desks of disarray affect our environment and stifle our physical, emotional, and spiritual well-being. The Everything Feng Shui Decluttering Book shows you how to organize your belongings, create space, and promote positive energy flow in your home or office using simple feng shui principles. From identifying clutter and letting go to creating all-new storage and work spaces, this practical guide shows how clearing our environment of junk can lead to greater productivity, prosperity, and wellness. Also includes useful tips for: Defining clutter and identifying its physical, emotional, and spiritual effects Applying feng shui principles without sacrificing convenience Arranging spaces to enhance health, wealth, and relationships Eliminating clutter nightmares in the bedroom for a sound, restful sleep

Conducting a clutter audit in the office so readers can get down to business Fun and easy to follow, The Everything Feng Shui Decluttering Book is a must-have for anyone seeking to create positive living and working spaces.

Handbook of Complementary and Alternative Therapies in Mental Health Scott Shannon 2002-01-22 Scott Shannon is an MD, president elect of the American Holistic Medical Association, and considered a national expert on holistic psychiatry. In this book he brings together a comprehensive overview of CAM treatments, with information on their effectiveness and safety for specific patient populations and for use in treating specific disorders. Modalities covered include Acupuncture, Nutritional Medicine, Herbal Medicine, Meditation, Biofeedback, Aromatherapy and others. Coverage also includes chapters on the best CAM modalities for treatment of Anxiety and PTSD, Depression, ADD, and Addictions. Each chapter will be in a similar template, beginning with a description of the treatment, its safety, compatibility with conventional treatments and/or contraindications, scientific documentation of its efficacy, discussion of which disorders it is best used for, and references. Most comprehensive overview of rapidly expanding field Includes chapters by 24 leading psychiatric/psychological experts in these fields Documents and rates the research base in each area Offers practical clinical approaches for four common mental health concerns—depression, anxiety, ADHD, and addictions Areas not yet covered in professional training Practices commonly employed by the public (40-50% of the American public use complementary or alternative approaches) No previous book of this nature or scope

Behind the Scenes Alisa K. Moore M. S. 2005-05 "Alisa came into my life at a time of great challenge and transition for me. Like a breath of fresh air, the balance of her humble, honest and compassionate nature inspired a deep felt trust within minutes of our conversation. As she spoke of my past and present circumstances, I was dumbfounded by her accuracy. She spoke to my heart and soul with such insight! I found transcendental healing in her words, as though they were setting me free."-B. G., Psychic Reading Client In Behind the Scenes, author Alisa K. Moore guides you through her personal odyssey of spiritual development and awakening. Through her experiences, you will begin to realize that our loved ones remain close to us after they cross over. Moore's startling personal stories and revelations will encourage you to explore the power of your own incredible spirituality. You will also learn to see and feel beyond everyday reality to live a richer life, supported by invisible energies that want the very best for you. As your mind expands, you'll learn that things are not always what you've been taught to believe—they are so much more!

Hacking the Earthship Rachel Preston Prinz 2015-03-25 Hacking the Earthship: In Search of an Earth-Shelter that Works for EveryBody is a comprehensive collection of academic and in-the-field research findings on Earthships, combined with practical how-to advice for designing and financing your own truly sustainable earth-sheltered home. Rachel Preston Prinz and contributing authors discuss the history, research, design issues, and evolution of Earthships, drawing on the knowledge of thousands of builders, craftsmen, and designers who have mastered the art of earth sheltering. Then, they walk readers step by step through design, offering a wealth of resources that can inspire, inform, and educate. Within, readers will find the tools needed to understand their place's culture, architecture, and climate... and the ideal building methods for their climate, personality, values, and budget. THE NEW GENERATION OF EARTHSHIP ENTHUSIASTS: • Does not want to cart questionable building materials long distances and call it "green". • Wants to build locally and naturally... and they want to build it themselves. • Wants their buildings to be cool in summer, warm in winter, the humidity to be predictable and regular; and they want to minimize pests and allergens. • Wants to be able to get a permit and insurance, and resell their homes if they want to; or pass them on if they can. • They want a smaller home that is "just right"... for their budget, time, ability, energy use, and maintenance. • They want to make their home easy to manage, maintain, and get around in, even if they are in a walker or wheelchair. • They want their home to feel like it is made from and relating to the earth: in views, in light, in fresh air, in the ability to grow food, and in a beautiful landscape that supports the home. Finding the balance between all these desires is a delicate and lengthy process of discernment, study, and goal-setting. That is what this book aims to help you do. Chapter 1 THE EARTHSHIP REALITY PROJECT discusses the issues and resolutions of the design. Chapter 2 THE SCIENCE: ACADEMIC RESEARCH AND TIRE OFF-GASSING reviews academic and scientific research on Earthships. Chapter 3 A WAY FORWARD discusses financing and insurance, minimizing waste, managing the build, visioning, and Code requirements. Chapter 4 THE BUILDING'S CONTEXT AND SITE addresses the site and landscape. Chapter 5 DESIGNING FOR THERMAL COMFORT addresses natural, mechanical, and design options for improving thermal performance. Topics covered include passive solar design; thermal mass versus insulation; earth-coupling versus earth-sheltering; thermal and moisture protection; and natural ventilation. Chapter 6 THE STRUCTURAL SYSTEM addresses the ways we can form the building's structure. Chapter 7 THE ENCLOSURE SYSTEM outlines the construction of the building's envelope or skin. We discuss traditional earthship building blocks like tire, glass, and can walls, as well as alternative systems like adobe, cob, rammed earth, earthbags, wood block concrete forms, timber frame, log, cordwood, and strawbale buildings. We also cover various roofing options as well as doors and windows. Chapter 8 ROOMS, SPACES, COLORS, & TEXTURES discusses how we can create a home we love. Chapter 9 MECHANICAL SYSTEMS outlines basic mechanical, electrical, and plumbing considerations, especially on-grid systems since those are what make an Earthship most affordable. Chapter 10 IMBUING SPACE WITH SPIRIT addresses psychological and spiritual aspects of design. Chapter 11 CONCLUSION: A NEW SET OF EARTH-SHELTER BUILDING CRITERIA Chapter 12 OVERWHELMED? NEED HELP? discusses some helpful tips if you hire an architect or residential designer . The APPENDICES offer resources and worksheets. Portions of the proceeds will go to our non-profit architectural education programs ARCHITECTURE FOR EVERYBODY and BUILT FOR LIFE.

Feng Shui That Makes Sense Cathleen McCandless 2011 You don't need to be a professional designer or a feng shui expert in order to have a beautiful, comfortable home. Feng Shui That Makes Sense takes you step-by-step through the process of using feng shui principles to create a home that will please your eye, relax your body, inspire your mind, and lift your spirit. After reading this book, you will be able to: • Easily create a home of beauty, harmony, and comfort • Learn basic feng shui principles that work every time in every space • Improve the look and feel of any room in your home • Discover the origins of popular feng shui myths and misunderstandings • Enhance the areas of your home relating to Love, Money, Health, Family, and more • Apply feng shui principles to your landscape and garden • Integrate nature and natural materials into your living space • Clear your home of unwanted energy • Create a home that nurtures and inspires you physically, mentally, and spiritually • Understand how and why your environment affects you the way it does

Cultivating Sacred Space Elizabeth Murray 1997 Linda Greenlaw hadn't been blue-water fishing for ten years, since the great events chronicled in The Perfect Storm and The Hungry Ocean, when an old friend offered her the captaincy on his boat, Seahawk, for a season of swordfishing. She took the bait, of course, and thus opened a new chapter in a life that had already seen enough adventure for three lifetimes. The Seahawk turns out to be the rustiest of buckets, with sprung, busted, and ancient equipment guaranteed to fail at any critical moment. Life is never dull out on the Grand Banks, and no one is better at capturing the flavor and details of the wild ride that is swordfishing, from the technical complexities of longline fishing and the nuances of reading the weather and waves to the sheer beauty of the open water. The trip is full of surprises, "a bit harder and saltier than I had hoped for," but none more unexpected than when the boat's lines inadvertently drift across the Canadian border and she lands in jail. Seaworthy is about nature -- human and other; about learning what you can control and what you do when fate takes matters out of your control. It's about how a middle-aged woman who sets a high bar for herself copes with challenge and change and frustration, about the struggle to succeed or fail on your own terms, and above all, about learning how to find your true self when you're caught between land and sea.

Voices of the Earth Clea Danaan 2009 Awaken your psychic powers, talk to nature, and hear her reply. Nature intuitive Clea Danaan gives lessons in building psychic awareness and communicating with plants, trees, and nature spirits. This rewarding connection with nature offers healing, renewal, knowledge of your life purpose, and a spiritual oasis in a chaotic world. Each chapter features meditations, journal exercises, and hands-on projects to help you strengthen your ties to the earth and deepen your spiritual practice.

From gardening to herb work to water conservation, this book explores many ways to apply and incorporate nature's wisdom into daily life. Danaan's personal anecdotes also illuminate how green spirituality can be translated into a fulfilling, holistic lifestyle that supports the earth and your spirit. Praise for Clea Danaan's Sacred Land: "An informative book filled with fascinating and useful ideas." --PanGaia 2008 Independent Publisher Book Award for "Most Likely to Save the Planet" Bronze Medal Winner **Secrets of Space Clearing** Denise Linn 2021-01-26 Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

Decorating With the Five Elements of Feng Shui Tisha Morris 2015-09-08 Balance your energy, improve your relationships and happiness, and heal your living space and the planet. Join feng shui expert Tisha Morris as she reveals the amazing possibilities for transformation when you use five elements wisdom to make simple yet beautiful changes in your home and life. The five elements—Wood, Fire, Earth, Metal, Water—are the threads of energy that connect all living beings with nature. Learn how each element is expressed not only in nature, but also through you and your home. Start with a quiz to understand your elemental makeup. Then follow the three-step formula to incorporate feng shui into your life. With a room-to-room guide for using the five elements, instructions for healing spaces both inside and outside, and much more, Decorating With the Five Elements of Feng Shui will help you find harmony in your body, your home, and the world.

Sacred Space Denise Linn 2010-06-15 'Our homes are mirrors of ourselves. Through them we can interface with the universe.' Everything in the universe is composed of constantly changing energy, including our homes and their contents. By clearing and enhancing this energy, we can turn our living spaces not only into sanctuaries for ourselves but also into places which radiate positive energy for the benefit of others. In this fascinating and unusual book, international lecturer and healer Denise Linn shows how we can infuse our homes (and offices) with a sense of cosmic order so they become nurturing centres of strength and health. Drawing upon her Cherokee Indian heritage, as well as the knowledge she has personally collected from the native traditions around the world, Denise offers simple but effective techniques including how to use: --Feng Shui --Spirit Smoke --Purifying Fire --Mystic Sound --The Way of the Shaman to help us create a sacred space wherever we make our home.

Soul Searching Sarah Stillman 2012-01-03 An updated, indispensable guide to empowerment and self-discovery for teens. While fashion magazines, television programs, and websites emphasize the superficial and foster insecurities, Sarah Stillman directs teen girls to a healthy place where a strong sense of self and direction take center stage. Originally written when the author was just sixteen, Soul Searching has been fully updated and expanded to address the concerns of today's teens, bringing girl power to the printed page by offering young women a clear path to self-discovery and empowerment. Through fun quizzes, insightful exercises, and provocative statistics, Stillman guides young women through the complex maze between adolescence and adulthood. Featuring updated sections on safe cell-phone use, social media, health, and gender, as well as including updated resources throughout, Soul Searching is a must-read for teenage girls.

Sacred Practices for Conscious Living Nancy J. Napier 2016-06 Now, nearly two decades later, Napier is ready to share more of her own life story while returning to the subject she was first introduced to by her grandmother. As she comes again to the topic that pervades her life story, she focuses on several themes, including: - the importance of experiencing a sense of meaning in life; - the sacred nature of all beings and life itself; - the belief that everything is an essential part of the full expression of one life, both individually and collectively, and that we inherently draw from an underlying wholeness; - the power of what it means to be aware in the present moment; and, - the fact that suffering is part of everyday life, and we can learn to move through it. Napier explains that once we recognize our place within collective consciousness-- and focus on compassion and mindfulness--we can begin to experience more directly the interdependence and interconnection underlying our place in the universe.

Ceremonies for Real Life Carine Fabius 2003 Performing ceremonies makes me feel like I have a say in how my life turns out. It makes me feel like I have some form of control in how it all plays out. Taking part in a ceremony means I am asking for help. I put in my request, back it up with the power of my creative intention, and then I try to surrender to the weave already in progress. At least when I am clever, I surrender. Because how I get there or how quickly I arrive is best left in more experienced hands!

Holistic Spaces Anjie Cho 2018-12-06 Transform your home into a calm, balanced and harmonious oasis using architect Anjie Cho's helpful advice, drawing on her background in green design and feng shui. You don't have to get rid of all your possessions and become an ascetic to change your space and discover the benefits that living in a considered, organic way can bring. The easy suggestions in Holistic Spaces show you how to implement the principles of feng shui and green design in your home. Written for the way we live today, as we move toward a more mindful approach to health, diet and the way that we choose the objects in our homes, this is the perfect guide to help you to clear and refresh your living environment. Learn how to make every room in your home serve its highest purpose, create eco-friendly spaces, bring nature indoors, choose colours for maximum impact, select a space for meditation practice, and overall, create a peaceful and organic home. From the bedroom to the home office, these intuitive, straightforward tips will teach you to how improve your spaces to boost the flow of energy through your life.

Home Sanctuaries Shawne Mitchell 2013-04 Make your home an intimate retreat that will please your senses and nourish your soul. Here's how to make your home a sacred space... a sanctuary for mind, body, and soul. HOME SANCTUARIES gives you an easy-to-follow, seven-stage process for building personal retreats, altars, and shrines within your home. You will learn how to identify a location, cleanse and sanctify the area, evaluate the balance of energy, assemble materials, and energize your intentions. Specific chapters are devoted to communal rooms, intimate spaces, zones of creativity, and contemplative environments. Hundreds of practical tips and suggestions, insightful stories, and life lessons provide just the guidance you need to implement the ancient principles of feng shui right where you live. Readers who love the books of Denise Linn, Karen Kingston, Nancy SantoPietro, Xorin Balbes, and Tsh Oxenreider will find this book a great companion of equal value. The Alchemy of Intention (From the Introduction) Where intention goes, energy flows. Because of how energy functions, we are each engaged in co-creation with the life force. If you want your life to be sacred, you need to set the intention for it to be so. Setting an intention is like speaking to the Divine through a megaphone: It gets the message across more clearly. This is the true secret behind creating a home sanctuary. Altars and shrines are incredible spiritual tools because they anchor our feelings and thoughts so we become very clear and specific about what we want. Ultimately, whatever we focus on appears in the material world. Creating a sacred space in your home is an opportunity to connect your intimate environment with the realm of the Divine so that your soul is supported and nourished and has freedom to express and flourish.

Clear Your Clutter with Feng Shui Karen Kingston 2015-10-28 Clear Your Clutter and Transform Your Life! Clutter is trapped energy that has far-reaching effects physically, mentally, emotionally, and spiritually. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy, and allowing you to create space in your life for the things you want to achieve. In Clear Your Clutter with Feng Shui, Karen Kingston, pioneer of a branch of Feng Shui known as Space Clearing, expertly guides you through the liberating task of clutter clearing. You will learn: Why you keep clutter How to identify and clear clutter in your home or workplace How to clear clutter from your body, mind, and spirit How to stay clutter-free

Pagan Feng Shui