

Katherine Sri Feng Shui 2009 Newsletter



Photo of Katherine Sri & her assistant Sophie
Sunshine Coast Daily article on Feng Shui - 2008

Q How can I improve my sleep and wake up feeling refreshed?

A Sleep deprivation can effect our performance and enjoyment of life. A healthy sleeping environment is vital for well-being and good health.

- Underground Geopathic stress lines cause poor sleep and illness if they lie under your bed. Move your bed to another position or room. Have your bedroom dowsed.
- Avoid “coffin position”, having a door at the foot of your bed.
- A cluttered bedroom, mirrors, strong colours and traffic noise can affect sleep quality. Choose restful colours, a quiet bedroom and de-clutter.
- The ideal position for your bed is diagonally opposite the door and with a solid wall behind.
- Sleep well by not being in an electromagnetic field. Keep digital alarm clocks, electric blankets and outside meter boxes, away from the bed.



“Feng Shui means living in compatibility with one’s environment, fitting comfortably into the place we call home, feeling relaxed and full of vital life force. Thus can Feng Shui bring abundance and good fortune.”

Lillian Too

Articles

Practical Feng Shui inspiration & tips to start your new year.

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- How can I improve my **sleep** and wake up feeling refreshed? P 1
- How can I improve my child’s **study** habits? P 2
- We are **renovating** our home. How do we make it feel great? P 2
- What are Devas & Gaia consciousness & how can I tap into this & work with them for **healing earth**? P 2
- Would you like to win a full 1 hour massage being pampered & relaxing in expert hands? Enter our wonderful **competition** to win this fabulous prize. P 2

Special Offer

Feng Shui Update Consultation 2009 plus an optional “I Ching” Reading

Gain the wonderful benefits of Feng Shui for 2009 & the guidance of I Ching wisdom

Only **\$100** (1/2 price)

Offer for previous clients, Sunshine Coast only - ends on 30/04/2009



2009 - the Year of the Earth Ox

The lunar year of the Ox starts on 26th January. Earth element is about stability and suggests movement will be slow & steady. Persistence, practical & “down to earth” are highlighted this Ox year. Earth businesses may do well : real estate, food, farming, clothing ect. Take care with communications & negotiations to avoid possible misunderstandings. Earth years support spirituality & more focus on family.

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Amongst grass trees on our property where Katherine & her partner John are learning to co-create with Divas & Gaia

Q How can I improve my child's study habits?

A The position of your child's desk can make a big difference in how much time they spend at their desk studying. It assists in improving their concentration and performance.

- Ensure that there is a solid wall behind them when they are seated at their desk.
- From this position they need a clear view of the door. Do not place them with the door behind, as this creates a weak, unsettled quality and they will be up and down like a yo-yo.
- Have a view out of a window, in front or to the side.
- De-clutter the desk and set up a good filing and storage system. Use fun, bright colours for the folders & boxes.
- Have a picture that displays a goal that is important to them. Position it so that it is visible from the desk.



Q We are renovating our home. How do we make it "feel great"?

A It's exciting to plan, renovate and create your dream home. Improving the energy flow through your home creates a "feel good" environment.

- Design a front entrance that welcomes you with good light, is easily visible, attractive porch, landscaping and a curved pathway to the front.
- Energy flows like a river, so how will it flow in your home? Avoid dark, stagnant areas or long straight corridors that form stressful torrent energy.
- Direct the flow of energy or people to the living areas and office first - the active areas and then onto the quieter spaces of bedrooms.
- Your garden is the setting for your home. What view will you see out of the windows? Place windows to capture the warm winter sun and cool summer breezes.



Gaia & Devas & how to work with them.

I love communicating with Mother Earth /Gaia & the elemental nature beings or Devas as they are known. There are Devas for many things - houses, gardens, mountains, plants & rocks. Every plant species has its own Deva that holds the blueprint for this species well-being. As demonstrated in Findhorn, Scotland working with the Devic Kingdom allows the co-creation of extraordinary gardens and the healing of imbalances on the Earth. So in practical terms how do we tap into this wisdom? For example, ask the Deva of your garden the best position to plant your seedlings or a tree. Ask aloud to speak with the Deva of your garden and then ask specific questions & receive answers with muscle testing or use of a pendulum. Remember to disconnect from the Deva when you finish. When I connect with Gaia who has wonderful wisdom, I picture a cord going from my heart to her heart & I ask if she is available. If she is, I feel an encompassing love & deep peace surround me as we communicate. Have fun playing with this!

Win a one hour Relaxation Massage gift voucher

What a great way to start the new year and indulge the senses!

TO ENTER: To win, email a "before" & "after" photo of a space in your home or work after you have implemented Feng Shui recommendations. Include a description of the benefits that you have noticed - max 28 words. Include your name & email address.

Email to katherine@srifengshui.com.au The best entry judged by Katherine Sri Feng Shui will win the massage.

Competition closes on 30/04/2009. Winner notified by email & photos published on this website. All entries remain the property of Katherine Sri Feng Shui.

