

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 35th Newsletter, I want to give us a chance to consider the impact that Feng Shui can have on our physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

ENHANCE YOUR ENERGY AND HEALTH BY IMPLEMENTING FENG SHUI IN YOUR WORK AND HOME SPACE!!

In this newsletter, I want to talk about Feng Shui. Feng Shui is known as environmental design, and is said to harnesses the energy of our environment to best enhance our lives. Feng Shui, as taught by the Masters, is the balance of the five ancient elements (Fire, Water, Air, Wood and Metal) and the yin/yang forces. It is know by those who practice it as the way the personal cosmic energy field and the cosmic cycle flow and how our physical environment works together.

I have always been present to energy and how we are all a part of that energy and are all connected by it. It impacts everything. About a year ago, as I was working intensely on my health, I invited a Feng Shui master to my home. It was an amazing experience, as she taught me about the ancient art of Feng Shui. I rearranged my

home, according to her instructions, to move the energy around. I placed appropriate symbols, art, live bamboo, orchids and colors throughout the house in various places where I needed them to bring different aspects of life to those areas. I focused, in particular, on the area of my home that represented health. As I did the work, I noticed a shift in how my home felt. The new sense of openness and energy allowed for a peacefulness, which allowed me to do things like reduce my stress and sleep better. As the energy began to flow differently I even noticed that the new environment around me had an impact on my clarity and, therefore, my spiritual connection was more focused.

Learning to use Feng Shui, as a means to work with energy, totally changed my perspective. Now I can see how the energy provided by the environment totally affects our health including our emotional, mental and spiritual behavior.

People use Feng Shui for many different purposes. Some practitioners use things like mirrors, wind chimes, and crystals to deflect bad luck. They also arrange furniture to encourage the free flow of positive energy and decorate with certain colors to invoke feelings of harmony and peace.

I have learned that Feng Shui can have many benefits including fertility. My own Feng Shui master told many stories about Feng Shui having an impact on conception attempts by her clients who were able to conceive shortly after doing the appropriate energy work in their homes. The positive energies that are created and released by Feng



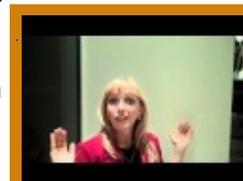
CAROLINA ARAMBURO

Shui focus on the balance and harmony in every aspect of a person's life, it seems, including the relationship between conceiving a child and living a harmonious life.

By rearranging my home, with the help of a Feng Shui master, I have found that it can also be used to improve work production for my business. By arranging the environment to let the energy and productivity flow, I was able to become more focused, peaceful and inspired. There was a direct correlation between that and the flow of my finances.

Feng Shui is also said to have the power to improve any business by creating harmony in offices and actual buildings. The new flow of energy created is said to attract more helpful people and better opportunities.

(Cont. on next Page)



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ENHANCE YOUR ENERGY AND HEALTH BY IMPLEMENTING FENG SHUI IN YOUR WORK AND HOME SPACE!!! (Cont.)

Feng Shui masters around the world charge large sums of money to redesign homes, condos and businesses **because they produce results.**

It is possible, however, to really enjoy the benefits of Feng Shui without the heavy price. In this week's Fan Page you will find articles that allow you to **experience and learn all the different benefits Feng Shui** can offer for your life and your health. We have summarized them for you here is this week's newsletter.

Here are a few tips to get you started and to have Feng Shui be present in your life today. Begin by doing a little research about **where appropriate places in your home are**, so that you can include these things in your home and notice what results begin to show up:

- Healthy plants.
- Fresh cut flowers.
- Posters, paintings, collages, photos and figures of ideal body images, family and friends, plants and flowers, or gardens and landscaping.
- Colors of blue and green, or floral prints for fabrics, walls, lin-

ens, and decorations.

- Things made of wood, including furniture and decorations.
- Affirmations, quotes and sayings pertaining to health and family.
- Personal possessions, such as athletic awards, heirlooms, or mementos, which represent ideal health.

As always I recommend you listen to your body. Your body always knows and will tell you which things make a real difference for you, even when it comes to the **more subtle energy around you.**

REARRANGE YOUR FURNITURE, MOVE THE ENERGY AROUND AND INVITE IN VITAL, LONGEVITY AND HEALTH!!

Feng shui was developed by the Chinese over 8,000 years ago. It is a philosophy about the **relationship between humans and the environment that surrounds them.** Feng Shui, according to the ancient masters, is represented by five basic elements; metal, fire, water, wood, and earth. These are considered to have **unique wave-lengths called 'Chi'.** Feng Shui invites you to connect to the environment around you. This may include interior and exterior space, light, sounds, smells, materials and even furniture arrangements.

While Feng Shui is often used by people to improve their prosperity, including money, **happiness, health and well-being,** it can also be used in the physical realm, such as in weight loss. According to Feng Shui masters and practitioners, simple things, when done with energy in mind can make an exciting difference. For example arranging your home differently may assist you in promoting weight loss by letting your surroundings give you the energy to exercise more and eat healthier.

Feng Shui techniques are also said to be very impactful during pregnancy; it can make you more com-

fortable, peaceful, and help you get a **better night of sleep.** It's even said that it can banish your morning sickness and leave you feeling more optimistic during and after your pregnancy.

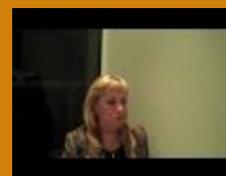
If you find it **difficult to sleep** because of congestion, discomfort and/or insomnia, Feng Shui has an easy solution: place your bed so that your head faces either north or east. Also, try to use natural fibers for your pillows and sheets and make sure the room is organized and clean.

To inspire you to start using the Feng Shui techniques to make a difference in your health, here are **6 tips on how to begin:**

1. Remove your shoes before entering your home.
2. Clean your space and clear clutter.
3. Surround yourself with an abundance of light, fresh air and natural plants and organic things.
4. Get more sleep by creating a wonderful place to rest.
5. Choose colors that help you unwind.
6. Play soothing sounds of nature; they make for a nice calming environment.

Feng Shui can be a very powerful source of **healing in your life.** Con-

sider the options it can offer you and try them out a few at a time so you can **optimize your home to fit exactly what your body needs.**



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Our surrounding and things we wear impacts us on a physical, mental, emotional and spiritual level. In the first health proposal, I talk about cherishing our body and in the second one, I talk about **listening** to it. In the second health proposal, I propose that we can notice and **be aware of** what our body needs and wants. In my health journey, I listened to my body to connect with the **gratifying and positive energy that came from practicing feng shui.**

Listen to your body to tell you how to use healthy and smart choices to support you physically, mentally, emotionally and spiritually. You can notice **exuberant changes** in the power of your mind, your physical health, your ability to connect with Source/God/the Universe, and your emotions. Do you dare go on this **exciting journey** with me???

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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DISCOVER HOW FENG SHUI CAN TOTALLY RENEW AND BRING NEW LIFE TO YOUR MENTAL, EMOTIONAL, AND SPIRITUAL WELL-BEING!!

Feng shui teaches us that our spaces reflect and affect our **mental, emotional and spiritual health**. When our home and work spaces become cluttered and disorganized, other aspects of our lives tend to feel blocked and disorganized as well. Not only does a **cluttered home reflect a distracted and cluttered mind**, it also makes it hard to focus and think clearly.

One great way to utilize Feng Shui is by becoming familiar with different colors that are said to improve mental and emotional states. Orange and yellow hues, for example, give you feelings of security and promote intellectuality. Brown helps **restore your sense of balance**. Purple enhances the spirit. Applying these colors to what you wear or your surroundings can enhance those feelings throughout the day.

Since our well-being is impacted by many things like **stress over money or relationships**, Feng Shui may be able to reduce stress in your life by impacting those stress-causers. According to Feng Shui, to improve your wealth, it is suggested that you first begin to use a tool of Feng Shui masters called a bagua chart. This chart will help you locate the wealth areas in your home. You can then make sure that it is not only **free from clutter**, but that it does not have any negative "Chi", or energy, in it. Remove any heavy and tall furniture items from

your wealth area; the energy in this section needs to be able to **move freely and to be able to flow without interruption**. It is suggested that you use greens, reds and purples in this area.

You can also use Feng Shui in your bedroom to possibly **improve or change your relationship**. Feng Shui does this by creating a feeling of joy, happiness and relaxation in your bedroom. You can apply Feng Shui by first making sure the room does not feel too overcrowded with furniture. Your **bed size should be in proportion to the room**. It is great to use natural cotton sheets and big cushions and pillows to add that extra feeling of luxury. Reds, pinks and whites are appropriate colors for this room.

If you are using Feng Shui to increase spiritual energy in your home or workplace it is recommended that you find and **recognize your spiritual area**. It should always be in the center of your residence or building. The area can be enhanced with silver, gray and metal items. Tiger's eye is a very spiritual stone. You can place it in the center of your spiritual space. You can also add water fountains to **enhance a peaceful and positive energy**. Mirrors would do just as well as they represent water. However, tall objects, wood, and green items other

than plants should be avoided since they do not enhance spiritual energy.

Feng Shui principles can often be seen as a set of guidelines to help you redesign or decorate your living space so that it is pleasing to the eye and **emits a feeling of comfort and vitality**. It may improve all areas of your life by giving you a totally different energy; enabling you to focus, giving you extra energy, and allowing you to feel comfortable and relaxed.

When **energy is altered** our emotional, mental and spiritual health is altered. ENJOY creating new energy for yourself by customizing exactly what provides the best for YOU!

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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