

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

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Creating Home Sanctuaries with Feng Shui Shawne Mitchell 2002-10-01 The authors of "Exploring Feng Shui" present a timely guide to help readers make their homes sacred spaces--sanctuaries for mind, body, and soul. Hundreds of practical tips and suggestions accompany insightful stories and life lessons.

Sacred Space Jill Angelo 2015-06 SUMMARY: Countless books are available to help you design, decorate or renovate your home. Sacred Space: Turning Your Home into a Sanctuary is something else--something new. Simply put, Sacred Space helps you to uncover the divine within your home and guides you to nurture that divine within you. The more confusing and fractured the world around us becomes, the more crucial it is to have such a

sanctuary--a sacred space.

Magical Housekeeping Tess Whitehurst 2010-09-08 Let your home nourish your soul and uplift your spirits. Swirl magical botanicals into your cleaning supplies, call fairies into your garden, ask a spider for advice. Clear clutter for clarity, perform the oatmeal cookie ritual for abundance, or make a sweet dreams charm for a good night's sleep. In this delightful book, intuitive counselor Tess Whitehurst reveals how your home can be a powerful catalyst for personal transformation and manifestation. She offers a variety of simple, whimsical ways to create a harmonious home while enhancing your own happiness, intuition, and magical power. Praise: "Filled with valuable information and ancient wisdom to activate sparkling energy and create true sacred space in your home. I recommend it!"—Denise Linn, author of *Sacred Space*

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.

The Alchemy of Quantum Mind Feng Shui Mary Shurtleff 2010-11 *The Alchemy of Quantum Mind Feng Shui* is an easy, step-by-step guide committed to unleashing your spirit by balancing the energy of your body, mind, and spirit with the energy of your home and career so you may rediscover who you really are. As you grow and change your goals, so must you change your home. This guide uses feng shui in conjunction with the chakras of the body, oils, stones, mudras, and meditations to achieve your highest dreams and goals. The home, body, and mind come together in accordance with the universal law to give your life an even flow. Discover that, like the lotus flower, you are indeed in perfect proportion with the pearl of wisdom housed deep within your heart and mind. The alchemy of prosperity is created through your thoughts and ideas. *The Alchemy of Quantum Mind Feng Shui* is the first in a series of three books. This first book sets the stage to stabilize the body and home to facilitate change. The second in the series, *Reconnecting Your Spirit*, is used to help those who wish to decode their childhood programming, generational tendencies, and word formations to discover who they truly are and what they desire. *A New Normal: The Connected Being* is the third book in the series, taking you further into the realms of spirit and intuitions. This book encourages you to reach deeper into the depths of your mind and view the world through metaphysical eyes. It teaches you how to watch for the signs and metaphors sent from the heavens to guide you daily through your life. *A New Normal: The Connected Being* features actual stories of

coincidence and angelic guidance, as well as pictures of unexplained energetic activity. In the words of St. Ignatius of Loyala, "For those who believe, no proof is necessary. For those who disbelieve, no amount of proof is sufficient." A New Normal: The Connected Being will change the way you view your world. Mary Shurtleff has taken feng shui into the twenty-first century with a combination of feng shui interior design, hypnotherapy, theta healing, and other tools of the metaphysical arts to help her clients unlock their hidden creativity, productivity, and spirituality. Mary encourages her clients to develop their sixth-sense ability to blueprint their life plans. When this combination of traditional interior design feng shui for the home and body is recognized, and familial programming is changed, the results are remarkable!

Feng Shui for the Soul Denise Linn 2000-08-01 In this enlightening book you will find three approaches for transforming your dwelling into an environment for spiritual renewal and inner peace.

The Holistic Home Laura Benko 2016-01-19 "Author and feng shui expert Laura Benko shares her tips for giving your space—and ultimately your whole self—good healing energy." —Architectural Digest The Holistic Home is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action—mind, body, and spirit—that result in profound change. The condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home. Years ago, author and holistic feng shui expert Laura Benko was diagnosed with a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation for The Holistic Home. Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life. "Laura connects the dots between how we dwell in our homes and the challenges in our lives in an enlightening and groundbreaking

way.” —Mallika Chopra, founder and CEO of Intent.com

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.

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.

Feng Shui Your Life Jayme Barrett 2003 Jayme Bartett, the feng shui consultant to the rich and powerful of Beverly Hills, has written the most comprehensive and life changing book on the subject.

The Ultimate Guide to Energy Healing Kat Fowler 2022-02 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.

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.

Bless This House Donna Henes 2018-05-16 An urban shaman explains how to conduct blessing ceremonies that sanctify the home and other personal spaces. Learn about cleansing agents and how to use them to shower the home with love, luck, abundance, and protection.

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!

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

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

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.

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.

House Magic Aurora Kane 2021-01-05 Home-healing spells and meditations—accompanied by more than 100 colorful and inspiring illustrations—give you everything you need to transform your home into a restorative and magical space. House Magic presents home protections for every living space that bring together the traditions of earth magic, meditation, herbalism, self-awareness, astrology, and feminist spirituality. From the evil eye to stagnant energy, learn how to transform any space into a sacred sanctuary using the power of crystals, herbs, and flowers. By first learning the ancient histories of home magic spells, their origins, and their practices, House Magic presents spells and protections to produce fundamental manifestations in each space within the home—Clearing, Protection, Comfort, Harmony, and Balance. This gorgeous guide takes you through manifesting a magical life with intentions, altars, and colors. Meditate with the earth and the moon to bring specific intentions into your space. Bless and protect your house from evil spirits, and create a harmonizing home with charming symbols like dream catchers, runes, hamsa, and triquetra symbols. Use old traditions and objects like brooms and candles to bless your home. Invite household spirits such as the Bean-Tighe, Domovoi, and Gaelic Goddess Brigid for protection. Declutter and feng shui your space! Practice spellwork and rituals made for each room in your home to: Bring more joy and familial connections to your living room for a happier home Attract creativity and success to your office Create a peaceful atmosphere in your bedroom for soothing sleep, good dreams, and romance Allow restoration to enter your bathroom to feel refreshed and calm Make nourishing recipes for when you and your loved ones gather in the kitchen And much more! Harness the power of magic to create a beautiful, healing living space with this unique resource manual. The Mystical Handbook

series from Wellfleet takes you on a magical journey through the wonderful world of spellcraft and spellcasting. Explore a new practice with each volume and learn how to incorporate spells, rituals, blessings, and cleansings into your daily routine. These portable companions feature beautiful foil-detail covers and color-saturated interiors on a premium paper blend. Other titles in the series include: Witchcraft, Love Spells, Moon Magic, Knot Magic, and Superstitions.

Your Altar Sandra Kynes 2007 A reminder of the Divine, a space for spiritual encounter, or a focal point for meditation--the altar is a powerful tool for people of all faiths. Sandra Kynes demonstrates how to create personal altars and empower these sacred spaces according to your needs. Discover how to harness energies to manifest change, make decisions, receive wisdom, find balance, explore your soul, and grow spiritually. Kynes's unique approach provides nine overall matrices--each one corresponding to the number of objects placed on the altar--and the numerological significance of each. You'll also find suggested meditations and a wealth of helpful information--spanning chakras, colors, days of the week, elements, gemstones, gods/goddesses, runes, and more--for choosing appropriate symbols and objects that reflect your needs.

Soul Coaching Denise Linn 2011-05-01 If you could really hear a message from your soul, what would it be telling you? Soul Coaching is a four-week program dedicated to an in-depth clearing and cleansing of the different aspects of your life: mental, emotional, physical, and spiritual. If not now, when? By following the practical, carefully crafted steps presented here, you'll find that you're able to uncover your authentic self. This book is for you if you want to know: • who you are • why you're here • what your mission is This book is also for you if you are ready to start: • putting your needs before everyone else's • living life at a peaceful, moderate pace • loving yourself By utilizing the energy of the elements of nature: Air, Water, Fire, and Earth, this program allows you to clear away old blockages so that you can truly begin to hear the secret messages of your soul.

Sacred Landscapes of Imperial China Giulio Magli 2020-06-15 This book analyses the magnificent imperial necropolises of ancient China from the perspective of Archaeoastronomy, a science which takes into account the landscape in which ancient monuments are placed, focusing especially but not exclusively on the celestial aspects. The power of the Chinese emperors was based on the so-called Mandate of Heaven: the rulers were believed to act as intermediaries between the sky gods and the Earth, and consequently, the architecture of their

tombs, starting from the world-famous mausoleum of the first emperor, was closely linked to the celestial cycles and to the cosmos. This relationship, however, also had to take into account various other factors and doctrines, first the Zhao-Mu doctrine in the Han period and later the various forms of Feng Shui. As a result, over the centuries, diverse sacred landscapes were constructed. Among the sites analysed in the book are the “pyramids” of Xi’an from the Han dynasty, the mountain tombs of the Tang dynasty, and the Ming and Qing imperial tombs. The book explains how considerations such as astronomical orientation and topographical orientation according to the principles of Feng Shui played a fundamental role at these sites.

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

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.

Simple Shui for Every Day Amanda Gibby Peters 2019-11-27 Feng Shui is a practice that prioritizes the energy of our surroundings in specific ways. Under its influence, we attract and hold onto chi that supports our happiness and well-being. Think of it as home improvement-meets-self empowerment! So, what you can expect in the pages ahead? There are 365 prompts. One for every day of the year. However, these aren't specific to the time of year or prescribed in a specific order. All the suggestions are more of a grab-and-go, so have fun! Some are straightforward Feng Shui: do this; don't do that. Some focus on chi (energy) enhancers because all of us deserve an entourage of encouragement. Some spotlight the 5 Chinese Elements - Wood, Fire, Earth, Metal, and Water - and how they influence our behavior and feelings. Some are straight up motivational. Not every day will feel like a "shui" day. These will be the connective tissue to keep you in the game while you take a break. Some talk about clutter. Clutter is resistance, which means you need to clear it for the magic of shui to have any sway! And some are dedicated to space clearing - a form of energetic cleaning. These tips are like a greatest hits' compilation, mindfully gathered from all my studies as well as the clients I've been blessed to work with along their journeys. What we experience in life is often reflected energetically in our surroundings. And when we change what's happening around us in a positive way, we reconfigure what happens in our lives as well - one day at a time!

Behind the Scenes M. S Alisa Moore 2005-05 GLAM

Clear Your Clutter with Feng Shui Karen Kingston 1999 An organizational guide to making efficient use of space incorporates the ancient art of feng shui to reveal the far-reaching physical, mental, emotional, and spiritual effects that clutter has on us. Original. \$25,000 ad/promo. Tour.

Move Your Stuff, Change Your Life Karen Rauch Carter 2000-01-06 Applying the ancient Chinese practice of

feng shui to modern life, the author reveals how carefully arranging items in the home can lead to remarkable results in love, career, and personal happiness. Original.

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.

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!

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.

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

The Smudging and Blessings Book Jane Alexander 2009-04 Cleanse and heal yourself and your environment using simple smudging rituals and ceremonies. For millennia, Native Americans have burned sacred plants in a bowl or on a stick to clear space of negative energies and restore balance. These simple smudging rituals can change your life, too. Learn how to combine smudging with other ancient techniques to promote healing or to turn your home into a spiritual sanctuary. Celebrate a baby's birth with a gentle blessing that welcomes a new soul into the world. Begin each morning with a simple cleaning so you'll sail through the day with confidence and hope. This natural power is available to everyone.

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

Ceremonies for Real Life Carine Fabius 2002-10 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!

Space Clearing Denise Linn 2000 The ancient art of space clearing is now being recognized by a growing number of people as a simple and effective way to heal many aspects of their lives. In this practical and beautifully illustrated book, Denise Linn, author of the international bestseller Sacred Space, explains the four key steps to space clearing and the different methods involved -- from using bells, drums, and rattles to feathers, smoke, and sacred dance. She also offers simple guidelines on preserving the atmosphere after a clearing, including special blessings and prayers.

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!

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.

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.

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!