



FENG SHUI STEPS

SEPTEMBER 2005

Page 1

INSIDE THIS ISSUE:

CANBERRA FENG SHUI CONFERENCE DAY 1

WHEN THINGS DON'T GO THE WAY YOU WANT 1

TIME TO SLEEP 2

TIME TO SLEEP (CONTINUED) 3

PURPOSE 3

SEPTEMBER AND OCTOBER-SOMEWHERE IN AUSTRALIA 4

COLLAGE STORY 4

FENG SHUI CONFERENCE



Roseline Deleu host of the Feng Shui conference day in Canberra

WELCOME !

Roseline Deleu proudly presents the *FENG SHUI*

Conference Day in Canberra.

**Sunday 4th September 2005
Conference 9 AM -> 4 PM**

Registration at 8.45 AM

Venue : IRISH Club 6 Parkinson St
Weston (ACT)

As every year, a fascinating day with interesting Feng Shui subjects.

This year, the topics vary from your career to oriental carpets, without forgetting the importance of health and sustainability and the energy balancing in your home and office. Discover also Roseline's favourite new subject of new Feng Shui cures-what and how you can create them yourself.

ROSELINE DELEU

Our Guests Speakers this year:

Steven Guth

The Geomantic Truth of your magic carpet

Roseline Deleu

Feng Shui for your Career

Xantor Weinberg

Energy Balancing for your home and office

Paul Herrmann

Sustain your Home, Sustain your Life!

Harald W. Tietze

Feng Shui Steps to a Better Health

Roseline Deleu

Create your own Feng Shui Cures

Some of Our friendly Stalls:

Cosmic Rainbow with Feng Shui items and minerals; **Mirtha Abello** sitting massages & flower essences, **MIDI** will give a demo of how Infrared Digital Imaging can help monitoring your health.

WHEN THINGS DON'T GO THE WAY YOU WANT

BY ROSELINE DELEU

There are days that you wonder why things do not go the way YOU want!

It is then time to listen and look for signs...

What is the universe, your guardian angel or your special guide trying to tell you? Is this just a bad day? No, it is time to 'tune in' and look at the positive aspects!

It is sometimes hard to believe that discovering a flat tyre could be a good news... Especially when you are already late for work! Well, yes, when a few hours later you hear on the radio that you would have been in that chain accident that happened this morning on your usual way to work exactly at the time that you would have been there!

Then it is time to say thank you !

Create a small altar in the sector 8 of the Magic Square Grid of your house or room or why not... in your wardrobe--so no-one can see it. Decorate it with taste and offer a donation whenever you feel the need.

This area relates to the 'Spirituality' area of your life. It can also be called 'Contemplation'. This sector is not necessarily about organised religion or beliefs but relates more to our sense of sacred and spiritual in life, often felt most strongly in the solitude of a mountain or cave where we can tune into ourselves.

Feng Shui encompasses more than changing Chi flow and having your furniture on the correct position in each room. I realise more and more the importance of rituals in life as I grow with my Feng Shui and life experiences.

4	9	2
3	5	7
8	1	6

A ritual does not have to take a lot of your time. It can be as short as safely talking aloud one positive and motivating pray or sentence. You can also pick up one card of your favourite tarot deck or angel card to see what today's lesson will be.

Open yourself to receive what the universe has got ready for your and enjoy life at its best!

TIME TO SLEEP

BY PAUL HERRMANN



How did you sleep last night?

Are you sleeping like an angel, waking up fresh and relaxed, brimming with enthusiasm for the day to come? If your answer is yes, turn the page...

In our busy lives, we tend to focus on the waking time and try to squeeze as much activity as we can into every minute of life. We try to save time by employing machines, but end up having even less. (Remember the Grey Men in the book Momo by Michael Ende?) In our race against time, sleep often appears a complete waste of time.-

According to a recent American study (Van Cauter, 2003), lack of sleep is the most common threat to public health. Anyone suffering from a sleeping disorder will know, how debilitating lack of sleep can be. Often, it leads to other health problems, like caffeine addiction, nervousness, depression, fatigue, premature ageing, low immunity, and a host of psychosomatic complaints. Once our organism has been exhausted, chronic diseases can take hold in the system.

On the other hand, we also know how amazingly refreshed we can feel after a night of divine sleep!

Why sleep?

Like every other living organism, human beings are experiencing biological rhythms. The subtle body in charge of our thoughts and emotions (Astral Body) is withdrawing during the night to give our life-body (Ethereic Body) time to repair, to regenerate, and to rest.

During the day, our thoughts and emotions penetrate and grasp the Etheric, - we virtually consume it and we wear it out.

The night is the only chance for the Etheric to recover and be prepared for another day's demands, as the Astral leaves it alone: We loose consciousness, what a relief!

For a healthy and successful life, the Astral needs a strong Etheric to rest on. Otherwise, we will experience the above-mentioned conditions. The question I would like to look at in this article is-

How can we adjust our lifestyle and our environment to support healthy sleep?

I met a Malaysian businessman a while ago, who told me that he regularly went back to his place of birth, a small village without

running water or electricity, to sleep himself healthy. He described vividly, how he comes out as a much younger, more energetic and 'with it' person, ready to meet the high demands of his corporate job with enthusiasm again.

Others take 'mental health days', when they feel to be at a point where they will get sick, to give their etheric a break.

Some of my clients tell me that they are getting plenty of sleep, but they still wake up feeling exhaustion or pain, because they are not sleeping well.

What contributes to a good night's sleep?

When I advise my clients about their home environments in my practice as a Building Biologist, I place a major emphasis on the bedroom. We have purpose-built offices, kitchens, lounges, The bedroom however tends to be where the dirty washing sits in one corner, the clean in another, waiting to be ironed. Then there is the exercise bike, the TV, the computer, - and take a look under the bed to see everything that you thought you had lost!

Remember that you are spending a third of your life in this one room. The philosopher Rudolf Steiner said once, that you should take a look around your bedroom and ask yourself one question: *Would an angel come and visit me here?*

In terms of Feng Shui, it is really important to honour the purpose of your bedroom and to make sure it is ready for the angels to visit. Create a sacred space for yourself. It should be only for sleeping and love-making, without electronic entertainment, or clutter of any kind. Think simplicity. All we need for great sleep is a divine bed, and a clear space.

Colours should be gentle and harmonious, in pastel tones. Mirrors have a cold, metallic quality and should definitely not face the bed.

The bed

The bed should be made of solid timber, without metal or wood products containing glue, like particleboard. It should ideally be treated with natural wood oil (based on linseed oil), not with petrochemical paints and solvents, which will out-gas.

The mattress

As with the bed, metal should be avoided.

Inner spring mattresses can become magnetised (simply pull a compass across and see if the needle moves), or might pick up electric fields from the wiring around the bed. Futon becomes hard after a while, and most people seem to move towards latex or latex/coconut-coir layered products, which are available from natural bedding shops or most big bedding stores, as well as my website.

Other furniture

Preferably, all furniture should be natural, solid wood, treated with plant based oils or paints.

If you'd like a carpet, choose a woollen one, but make sure to steam clean it after laying, to wash out the insecticides and other treatment agents. An excellent vacuum cleaner with a HEPA grade filter is essential.

The environment

The human body had 300,000 years of evolution to adjust to its environment. We developed our senses and our brain to deal with just about any situation, until we created modern civilisation, bringing us energies that we can not perceive with our senses. Our brain assumes that only sense-perceptible things exist, and tells us not to worry about anything else.

However, our bodies are in actual fact dealing with a host of environmental stresses, which can place considerable stress on our Etheric and prevent it from the essential nightly regeneration. Such stresses need to be assessed with instruments or laboratory tests in extension of our senses.

Examples are

- * Chemicals out-gassing from furniture, carpets, paints, -even mattresses. Volatile Organic Compounds like Formaldehyde are very common, and their health effects are a concern.
- * Biological contaminants like mould spores or dust mite faeces force the immune system into hard work every night.
- * Electro-magnetic energies from home wiring, appliances, mobile and cordless phones place a constant burden on our organisms.

TIME TO SLEEP (CONTINUED)

BY PAUL HERRMANN

What to do?

Chemicals can be controlled by choosing the right furniture, as I mentioned above. Prefer mechanical termite treatments to chemical ones (steel mesh, granite granules, ventilation). Do not use insecticides.

Biological issues can mostly be addressed by cleanliness and moisture-control. Older premises often have moisture coming up the walls, or seeping into the home through over-flowing gutters. Air cleaners and ionisers are often used to improve indoor air quality.

To analyse indoor air, low cost do-it-yourself tests, like the Bio Check range, are available.

Electromagnetic pollution is a complex issue, but in most cases the installation of demand switches (they are placed in the fuse box and disconnect the power while no electricity is needed, cutting out any electric fields), and giving up on water beds, electric blankets and clock radios can make a difference to your sleep and well-being. If there is no Building Biologist close to you, instruments are available to help you measure your exposure and the effectiveness of your countermeasures.

I also recommend caution with **magnetic** blankets, pillows, etc. Even though they appear to help people suffering from chronic pain, they are highly magnetised and place a stress on the system. Only recommended as a therapeutic device. None of the manufacturers has done long-term research to prove that their product is safe from side effects.

Clearings

The atmosphere in a room determines how people feel inside. It is not just created by external energies, but also by subtle ones.

It is therefore important to honour the purpose of the bedroom by giving it a dedicated purpose, and by not having arguments or even domestics in this space.

Once a year, the bedroom (and preferably the whole house) should be cleared from any negative imprints, to give you a healthy sleep. Suggestions on how to do this yourself can be found in Karen Kingston's book *Creating Sacred Spaces with Feng Shui*.

Clearing is a most joyful and empowering activity, which really enhances the relationship between you and your home. Professional clearers are available, but it would be a shame to miss out on the fun, yourself.

More Tips

- * Keep it cool
- * Insure adequate ventilation
- * Use a warm doona in winter, to avoid breathing the dry heating air
- * Keep it clutter-free
- * Keeping your bedroom dark supports your bodily rhythms and your regeneration
- * Consider using aromatherapy: Burn an appropriate essential oil.
- * Don't eat heavy meals at night, or

allow plenty of time for digestion.

- * Stay clear from caffeine (coffee, tea, cola, chocolate). Try hot milk with honey, instead.
- * If your mind refuses to give you a break, take a preparation of valerian, hops, and/or camomile.
- * Pack things for the coming day *before* going to bed; make a to-do list for the next day; this enables you to sleep in peace, knowing that everything has been prepared, that can be prepared.
- * Accept that there is nothing you can change during the night by worrying. The best you can do is to rest and be ready for a new day. We actually solve many of our problems by working on them *during* the sleep.
- * Trust nature, trust your spirit: Let go!

Speaker at the Canberra
Feng Shui Conference 2005

About the author

Joachim Paul Herrmann is a Building Biologist. He offers home and office consultations to assess the indoor environment and to improve health and productivity, and also works as project manager in the design of healthy buildings and renovations.

For further information and many home-health enhancing products, visit the Web site <http://www.livspace.com.au>, or contact 02- 4784 3734; e-mail: info@livspace.com.au.

PURPOSE

EXTRACT OF WILLIAM SPEAR BOOK "FENG SHUI MADE EASY"

When you are ready to place a cure, remember the reasons you have chosen to focus on this particular aspect of your life and environment.

If it is your intention to bring into your room and life the positive space of an element, keep this purpose in your mind as you install the cure.

What you create in your life will depend upon *how* you install the cure, and to what degree you allow your purpose to be embraced by possibility.

If you place a mirror on a wall where you have identified a negative space, and as you are hammering in the

nails you are thinking, "This is never going to work, but what the heck-let's give it a try", you at best will have limited results.

However, if you recite or see, in your mind's eye, the positive, life-changing affirmation you have decided for this particular area of the Bagua that has been creating difficulty, the cure will be far more likely to achieve the purpose you desire.

In Feng Shui you are not simply changing your environment, you are transforming your life. Both your thoughts and the cures carry vibration. Changing places means first changing vibrations. Remember, *image precedes matter*. Embrace possibility!

William Spear

Feng Shui Made Easy
By William Spear
ISBN 1 85538 377 2
Published by Thorsons (UK)



SEPTEMBER & OCTOBER 2005 SOMEWHERE IN AUSTRALIA

SEPTEMBER 2005

4 Sept 05 9 AM -> 4 PM

Canberra (ACT)

Feng Shui Conference Day where **Roseline Deleu** invites 5 fantastic professional speakers!
See details in this newsletter.

Entry at the door \$100 per person; pre paid discount applies see www.fengshuisteps.com for all other details

16 & 17 Sept 05 all WEEK END event

Gold Coast (QLD)

Health and Harmony Convention

Two of the guests speakers you already know : **Roseline Deleu** and **Harald W. Tietze**.

More details www.healthandharmonyguyide.com

24 Sept 05 10 AM -> 4.30 PM

Nimbin (NSW)

'Divining the Earth' inc. building a Tower of Power with author geomancer **Alanna Moore**.

Fee: \$70—Bookings: ph. 02 6689 7268 / 6689 7004 or email: info@centreforchange.net

25 Sept 05 10 AM -> 4.30 PM

Brunswick Heads (NSW)

'Divining Earth Harmony' with author geomancer **Alanna Moore**

Fee: \$70—ph. 02 6680 4314 / 0417 912 528 or email: icondei@inet.net.au

27 Sept & 28 Sept 05 9.30 AM -> 2.30 PM

Manly (QLD)

Reiki Level 1—certificate course with **Roseline Deleu**

Become a Reiki Channel following Usui's method of hands on healing. A two day course giving you time to gently receive the attunements and get Reiki into practice.

Your investment \$180 per person or \$150 pre paid
BYO lunch; Coffee and Tea provided.

27 Sept -> 2 Oct 05 Multiple days event

Thirroul (NSW)

The Path Into Light with **XANTOR Weinberg**

Due to being its first introduction to Australia and Xantor's passion to bring *The Path Into Light* to you, the training is discounted to \$1,500. From next year it will be at its regular investment of \$2,400.

Details visit www.xantor.net



OCTOBER 2005

Oct 1&2 10 AM - 4.30 PM

Somersby (NSW) Gosford area, central coast

'Divining Health and Earth Harmony'

with author geomancer **Alanna Moore**

Fee: \$140,

Bookings: ph. 02 4372 1590

or email: chris@checkmate.com.au

Mon 3 Oct -> Fri 7 Oct 05 Week event

Brisbane (QLD)

A fantastic 5 day program!

Feng Shui Practitioner Certificate Course

Become a very special Feng Shui Practitioner following the teachings of Feng Shui Master and Author **ROSELINE DELEU**

For all details, please download your brochure

www.fengshuisteps.com

COLLAGE STORY

BY MARIE ROSE



Dear Roseline,

On the 12th March this year I did a collage as described in your Feng Shui book.

Some of the sections made a bit of sense to me, but the children section, on the middle right hand side of the paper, I found rather confusing. I seemed to get words more than pictures from the magazines. My two children, Greg nearly 21 and Angie just 18, are important to me and I would have liked something with a bit of direction.

Resulting Interpretation:

On the 18th March (less than a week later) I rushed my son, to Hospital Emergency, with chest pains in the top left hand area near the "heart". Ultimately after a battery of tests, Xrays and the like, he was diagnosed with a pneumothorax - a partially collapsed lung <10%. This is not uncommon in tall skinny kids. He's over 6'5" and 7 years ago when he was going through a growth spurt - over 2 inches in 1 year, "growing pains" - he also had one but the difference was this time he could breathe so we didn't think it was the same. While he was kept in emergency for monitoring for the rest of the evening I came home and watched TV with Angie. This was unusual for a Friday night because she's usually out with friends, etc. We were channel flicking between Renovation Rescue (my show) and American Idol (her show). While on Renovation Rescue for one American Idol ad break they did the pink "frangipanni" room renovation!

This week some time Angie and I were in my bedroom looking at the collage. She had been interested in making her own collage, but didn't. I was telling her about the "heart" and "growing pains" interpretation. She points to the "frangipannis" and says "and

look they're my 'favourite' flowers". I hadn't 'known' they were her favourites but of course in hind-sight they'd have to be!

She points to the "Lady Di picture" and says "but mum she's dead". This had been something that had crossed my mind when I put the picture in, but had diminished its importance with the "kids love their mum" interpretation. Now Angie had mentioned it, it then bothered me for the rest of the week ... until ... I was in the shower this morning!

I remembered in my central box I'd got "Phoenix". The rest of the collage also has heavy interpretation of "me changing". End of last year and all this year I've been getting rebirth/change indications. I've been drawing fire cards, their equivalent, phoenix rising from the ashes, etc, etc. Also I remembered a psychic last September specifically said that (paraphrase) "After all the stuff I had to deal with from the last 4 or so years, I was going through big 'me' changes and my kids would love the new me, because they just wanted mum to be happy."

So how bizarre is that!!!! I've got a whole box that makes sense ... now for the other eight J

Marie Rose.

PS. Greg is good - no follow up hassles. He's had to cancel his 21st birthday trip to Bali because he's not allowed to fly for 2 months. (... and I lost the money on the birthday present of the non refundable ticket and exchange time share - my donation to my financial security gods it would seem!)