



FENG SHUI STEPS

JUNE 2005

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THE STAR OF THE SHOWS

I am very honoured to have been invited as the Feng Shui key note guest speaker to the 3 **Mind Body Spirit Festivals** in Australia.

SYDNEY **Mind Body Spirit Festival** in April was a real success with 12 different talks on various Feng Shui topics. Each lecture was illustrated by its power point presentation with informative slides and clear pictures of every day life examples allowing everyone to understand how they can apply my teachings in their home or office.

BRISBANE **Mind Body Spirit Festival** in May was great as I was lecturing in my newly adopted city. The open stand allowed plenty of visitors to stop and listen and to admire the simplistic décor of the Feng

Shui Room. Many were inspired with the trendy and colourful paintings illustrating the 5 elements theory, but all were pleased to hear and visualise how they can apply Feng Shui with their everyday items.

MELBOURNE **Mind Body Spirit Festival** is coming up soon for four days from Fri 10th June -> Monday 13th June'05 included.

Visit www.mbsfestival.com.au for venue, price & other details.

Any comments? Email me to roseline@fengshuisteps.com

Do not hesitate to **book your home, business consultation**, or enquire about courses and workshops, I am only a phone call away! ☎ 0412 717 454

BY ROSELINE DELEU



Roseline during **Mind Body Spirit Festival** in SYDNEY



Roseline during **Mind Body Spirit Festival** in BRISBANE

FENG SHUI STEPS CONFERENCE IN CANBERRA

BY ROSELINE DELEU

As every year, I have the great pleasure to organise the annual **Feng Shui Conference** in Canberra.

especially for you, I have invited other great Feng Shui consultants who are making this art accessible to everybody.

Mention this date & details in your diary! More details page 2.

Sunday 4th September 2005

9 AM -> 4 PM

Irish Club—Weston

Send Cheque or Money order to:

Roseline Deleu

PO Box 10383
Southport QLD 4215

☎ 0412 717 454

Feng Shui Steps Conference Book NOW & Pay LESS

Entry prices per person

Book & Pay before the day :

By 31st July '05 only \$65

After 1st August '05 \$80

At the door \$100

For many of you who come regularly, a little change this year : the venue—to allow me to keep the same price than last year's entry!

As always, a spectrum of professional speakers, but this year



FENG SHUI STEPS CONFERENCE—CANBERRA

4 SEPT 2005

The Speakers & Their Subjects

• Roseline Deleu (QLD)
Feng Shui Steps for your Career

• Steven Guth (ACT)
The Feng Shui Magic of your Persian carpet
BYO Persian mat if you have one!

• Xantor Weinberg (NSW)
Energy Balancing for your home and office

• Harald W. Tietze (NSW)
Feng Shui Steps to better Health

• Paul Herrmann (NSW)
Feng Shui and Buildings

• Roseline Deleu (QLD)
Create your own Feng Shui Cures

As usual : prizes and great stalls !Speakers are present all day to answer your questions.

This is, as per today, the Feng Shui Steps Conference schedule for Canberra!

Speakers and their time may vary.

I also tried to consider the feed backs of the other yearly conferences : slightly longer talks and two talks from me.

Roseline Deleu



Steven



Roseline



Paul



Harald



Xantor

ANOTHER VIEW ON 'FENG' (WIND)

BY TESS GRAHAM

Snoring is not just a bad noise. It is often a precursor of serious upper airway disorders such as sleep apnea – the closing of the upper airway while asleep. Snoring and apnea are implicated in the development of high blood pressure, cerebrovascular disease (damage to blood vessels to the brain) heart disease, diabetes, day-time sleepiness, poor exercise capacity, impotence and relationship problems.

Snoring in simple terms is the noise you make as you breathe too much air! Correct breathing is silent, day and night. It is nasal, at rest, during sleep and with exercise. It is gentle, satisfying, and almost invisible. The upper chest and lower abdomen do not move- only the area around the solar plexus moves, slowly and minimally when at rest.

According to physiotherapist and Buteyko breathing therapist, Tess Graham, there is a very common misconception regarding breathing. "Most people believe deep breaths, or large volume breathing is good for you. Yet we should be aware

that people with health problems generally breathe noisily, heavily, visibly. Snorers commonly have multiple bathroom trips during sleep time, wake with a dry mouth, sore throat, headache, a need to clear the nose or throat on waking and commonly feel unrefreshed. The high volume breaths that happen in coughing, gasping and snoring, not only make a noise, but can abuse delicate airway tissue resulting in dehydration, inflammation, overproduction of mucous, swelling of the airway walls, restriction to breathing, and also disturb the body chemistry affecting oxygenation and the functioning of the brain, heart and other organs.

Most people are not born with a snore. The poor breathing patterns can develop due to poor posture, incorrect breathing instruction, and just simply bad habits. Many people are unknowingly overusing and abusing their airways.

The good news is you can escape

these problems by relearning to breathe at the correct rate and volume. Dramatic results can occur within five days. Snoring, apnea, asthma, shortness of breath and chronically blocked noses, generally respond very quickly to changing bad breathing habits.

The Buteyko breathing centre in Deakin (ACT) was established in 1993 and since then over 3500 ACT residents have improved their breathing. The success of this breathing centre with asthma, snoring, and improved sports performance has been featured in more than 15 television and radio science and health documentaries and news feature stories.

Many of the clients were at the end of the road having been unsuccessful with, or intolerant of other treatments such as medications, throat surgery, and appliances worn to reduce the snoring. For further information phone: (02) 6232 5222.

STUDENT STORY

Just a quick experiment you may wish to try, and one I have been playing with. I got a book which I was studying years ago and which I forgot a lot of the material.

I placed the book in my 5 area of the magic square grid for a few weeks without reading it and Bingo, the energy from the book is coming into my energy field and I

now have the information without reading it.

Its worth a try.

FROM LARRY G.



INNER FENG SHUI & YOUR CELLS

BY VIV & MIKE LAMBERT-SMYTH

Have you been activating your health or wealth sectors? Are you looking for relief from a chronic health condition, or aware of your need to protect yourself from the onset of disease? Do your finances need a boost? Would you like to sack your boss?

Roseline has dedicated her life to understanding and sharing her learning on how we organise our external environment to allow Chi to flow freely and healthily. She will tell you where the energy flow in your home is blocked: the pictures, artefacts and mirrors that hold 'old' memories and create a negative environment. When you apply Feng Shui principles to your home, Chi flows happily in your front door and softly meanders; it circles and embraces beautiful objects, plays in the warmth of sunlight and gentle music. It gathers speed, and it slows. It dances. So, when we understand how to use our own Chi, our lives can dance.

Healthy cellular communication enables the Chi in our bodies to move freely. We feel upbeat, positive, healthy and ready for action. However for many of us, our internal Chi does not dance freely. When our cells are unable to communicate fully, Chi slows and our systems come under strain, leaving

us weak and vulnerable. Allergies and disease increase and stress lays us low. Our bodies are weakened because our Chi no longer flows freely from cell to cell.

The Missing Nutritional Link

Scientific research in the 1980's dispelled the belief that sugars only gave us energy. Of the 200 sugars in existence it was discovered that eight are necessary for our body's cellular communication. These sugars are known as 'glyconutrients' and help nourish, control, and protect every cell in your body. They also send and translate messages between cells and their absence has been linked to a breakdown of the body's defence and immune systems.

As a result of the modern method of 'green' harvesting products before they ripen natural glyconutrients are now missing from our food chain. In addition, depleted soil and a plethora of toxins in our environment have created a significant nutritional deficiency and contamination of our food supply. While you may already take vitamins, minerals, amino acids and enzymes, glyconutritional supplements provide the 'missing link' in your diet that will help you preserve health and vitality for a lifetime.

I have been taking these nutritional supplements since the first MBS festival and I feel absolutely great!

Roseline Deleu

The Business Opportunity

Have you ever wanted to:

- Do something different with your life?
- Be part of something that is going to change the world?
- Enjoy greater freedom?
- Be rewarded for how hard you work?

Mannatech is a rapidly expanding network marketing business with a patented blend of supplements that can help you achieve optimal health and financial freedom. Their unique and rewarding Compensation Plan provides you with the opportunity to focus your efforts on building a long term residual income and ultimately the possibility of financial freedom.

With Mannatech, you can experience a renewed sense of purpose, fulfillment and excitement by helping others; and reaching your own goals at the same time. The Mannatech Opportunity is available to everyone. For more information contact us below, stating that you heard about Mannatech through Roseline's newsletter. Viv and Mike were part of Roseline's team during [Mind Body Spirit](#) in Sydney and they understand how to live their passion too. If you want more info contact them directly from any part of the world +61 (02) 6284 4841 or lambert-smyth@bigpond.com.au



Healthy Happy Bodies

COLLAGE STORY

Dear Roseline,

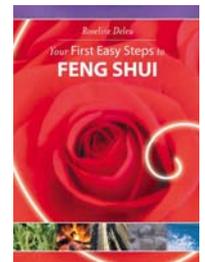
My name is Yvette R., I decided to take up your advice about making a collage to attract love into my life. I decided to cut up pictures from magazines that appealed to me, I showed my sister the collage and she asked me why I didn't cut out any pictures for my children sector out, although I have a 7 year old son I really couldn't have anymore children as my marriage dissolved 5 years ago, after looking at the young girl

you pasted I too had to resolve some childhood issues. I decided to cut out some pictures of children's drawings from Studio Bambini magazine, before I went to bed, I studied the picture carefully, one of the children's drawings looked familiar it resembled a picture of me, my 7 year old son Joseph entered a competition several months ago. I was in shock, the magazine that I cut up was destroyed and it was too late to go out

and buy another magazine, to see if it was true. The next day I woke up and hurried to the news agency I bought another magazine and couldn't believe my eyes, it was indeed my sons picture with his name printed on it, if I had not made the collage I would have not noticed it. I recommend it to anyone, my sister made one the very next day.

Thank you again.

BY YVETTE R.



The recipe for your Feng Shui collage is detailed in Roseline's first book. Be quick—only a few copies left.

YES! I am proud to announce that since last week, my first book became an international best-seller!
Roseline Deleu



Feng Shui Steps

BY ROSELINE DELEU

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Gold Coast
Health & Harmony Festival

GOLD COAST 17 & 18 Sept 05

Details soon on www.fengshuisteps.com

A special **thank you** to all my students, clients and partner who helped me during Mind Body Spirit in Sydney & Brisbane.

Viv, Mike, Margaret, Paulina, Robyn and John formed a **fantastic team** and helped selling books, explaining the newly designed divining rods and answering many questions.

I am sure that this experience brought them some additional confidence in this art of placement and energy balancing.

Roseline Deleu

ENERGY BALANCING FOR THE HOME AND OFFICE

BY XANTOR WEINBERG

Going with the natural flow of life with Energy Balancing. Energy Balancing is a precise, gentle, powerful and lasting technique that releases energy blockages providing new energy to living areas (including: homes, offices and gardens).

Energy Balancing is based on ancient traditions and utilises a deep understanding of the relationship between the forces of nature, the earth and us as human beings.

The new energy gained from Energy Balancing has many direct benefits, you will:

- Feel a newly harmonized flow of energy immediately,
- Experience a weight lifted off of you when using or living in the space,
- Relax and gather new strength in your environment,
- Welcome joy as it becomes an integral part your life,
- Support the whole family through a well balanced and sound energy system which assists daily life.

The life energy called "Chi"

Chi corresponds to the flow of life, into which all living beings are included, this flow of life supports and carries us.

As Energy Balancing teaches, this life energy flows through everything that surrounds us and is present in nature as well as in our living and working environments.

The quantity and quality of the Chi surrounding us has a decisive effect on how much we enjoy life, how much strength we feel and

how well we are. When the flow of Chi is blocked or hindered by negative structures, this can effect our body and emotions; our sleep may be impaired and we can feel tired, unwell and burned out.

If the condition of blocked energy lasts for a prolonged period of time, this affects all aspects of our lives. We become more prone to disease, our family life suffers from discord, and in spite of great efforts we are unable to make our plans and projects work and to develop our lives.

Energy Balancing Treatment

Location Energy Balancing involves seven key steps, which work together for optimal impact.

1. Reveal the energy potential available in your life.
2. Understand how current energy blockages impact different aspects of your life.
3. Cleanse the area from stagnant energy.
4. Bring the available energies into a harmonic flow.
5. Tune this energy to help you reach your potential.
6. Discover the chakra locations in your space.
7. Review the energy balance after six weeks and retune as necessary.

Speaker at upcoming
Feng Shui Steps conference



Xantor Weinberg spent many years searching for his own true being. Driven by this desire he found guidance from Spiritual Masters and trained as an Energy Balancing Practitioner, a Spiritual Healer and Trainer. Xantor offers guidance for spiritual and personal growth to help manifest peace, joy and happiness in people's lives. Additionally to his Centre of Light in Thirroul (Wollongong) Xantor is available for healing sessions, classes and seminars at the Glebe Psychotherapy Centre in Sydney.

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