

# Feng Shui Steps



NEWSLETTER # 26 – MAR 11

Listen to the Universal Language of Nature	Page 1	Simple inner Feng Shui ritual	Page 6
Shamanic Healing	Page 2	Feng Shui activated in many Realms	Page 6
Progress and growth in your Life	Page 3	Moonstone Service	Page 7
Our Existence by the Virtue of Feng Shui & Ayurveda	Page 4	Signs that the Universe is sending: the DINGO (Dog)	Page 8
Feng Shui and Weather changes	Page 5	Feed back of the LOVE & TENDERNESS activator	Page 9

## Listen to the Universal Language of NATURE

Roseline Deleu, International Feng Shui Master, Author & Visionary

Learning Feng Shui is so much more than placing a 3 legged toad in the “money” corner...

Feng Shui is embracing the concept of CHI (energy, life) while connecting with the elements of Nature.

**Once you start listening to what Nature tells you... life takes on a totally new dimension!**

When you integrate Wind (Air), Water, Wood, Fire, Earth and Metal in your daily life—you are becoming ONE with what is happening around you.



Fig 1—Kakadu National Park (Yellow Waters)

Since the beginning of this 2011 year, we have witnessed floods in Queensland (Australia), Fire in Perth (Australia), cyclone Yasi in Tropical North Australia, earthquake in Christchurch (New Zealand), earthquake and tsunami in Japan and the list will go on!

When walking in Nature on a regular basis, you start your personal “Journey of Discovery”. Being at peace in a rainforest or in the desert, it is in Nature that you will start feeling all your senses becoming more and more acute. You become more and more aware.

I listened to the signs that the Universe were sending to me... I was away in Canberra when the floods hit the Brisbane area (I would have been there); I could not manage to get my trip to New Zealand organised in February... and I had planned to be in Christchurch on the 20 Feb for a few days—right in time for the earthquake! I planned to visit Cairns... and the dates I chose were after the cyclone.

I am so grateful that I allowed myself listen to my intuition and was flexible adapting my life and work... to be in a safe place during those challenging times. Yes, you too can learn and be connected as I do. That is part of my teachings and trainings. With my programs, I do travel a lot. Yes, I live my Feng Shui passion to the utmost and I ALWAYS take time to connect with Nature.

Different countries have different languages... but everyone in the world understands the language of Nature... Water? We all run away when a tsunami wave is approaching! Nature is our Universal language!



Fig 2—Roseline Deleu, visiting NT (Australia)

**I know that is my connection with Nature that makes my Feng Shui advice and teachings so powerful.**

Get connected.  
Be aware.

**Roseline Deleu**

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## Shamanic Healing

Michele Walters, Brisbane (Australia)

By using Shamanic practices a wide spectrum of healing work is possible. Shamanic practices are as old as humanity itself and are the basic and fundamental practices used by humans across time and space. It is a type of spiritual work that aligns us with our own nature, connecting us to Mother Earth, Father Sky and the four directions.

According to Sandra Ingerman (1991:1) **the word SHAMAN** is said to have originated from the Tungus tribe of Siberia and adapted by anthropologists to explain **a person who makes a journey in an altered state of consciousness (ASC) outside of time and space.**

This idea of being outside of, what is termed ordinary reality, is described by Michael Winkelman (1997) as three major types of ASC traditions with the major difference being the manifestations of ASC, the first being the soul flight tradition of the shaman, the second the mediumistic or possession trance tradition and the third the yogic or meditative tradition. Winkelman (1997) believes these differences are based on social and physiological conditions and the intent of the people involved. He concludes that in all three traditions the physiological response to ASC, whether drug or non drug induced, results in a similar brain response based on a common underlying neurobiochemical

pathway (Mandell 1980, cited in Winkelman 1997). This is manifested in high-voltage slow wave electroencephalogram (EEG) activity commonly referred to as a transcendent, transpersonal or mystical state.

Generally a shaman will use percussion to enter into an altered state in order to bring back healing information or healing spirits to enable the person to return to a state of wholeness and remember on multiple levels their true essence and beauty. Often the gifts, talents and strengths a person came into this life with, over time and through various life experiences, have been lost or eroded through trauma whether physical, emotional or spiritual.

It is the shaman's role to act on behalf of the person, community or environment to restore balance through contact with the healing spirits and act as the "hollow bone" or vessel to allow spirit to perform the healing.

Recently I had a client who spoke of the trauma she had experienced following a recent visit to her ancestral place and home. This conversation led into a type of shamanic healing termed a soul retrieval, where a piece of her soul that was stolen in her early childhood was returned. In a soul retrieval the shaman is often taken to a scene which metaphorically represents the way in which the soul part was lost and what needs to be re-

turned to the client along with any other healing instructions. In this particular case I was also given a power animal to give the client which was reinforced by the recent gift the client had received from a close friend. (please see attached photo).



Fig 1— Honour your Power Animal

The power animal is not only the shaman's guide through non-ordinary reality but also their primary spiritual helper. Often a power animal presents itself in a healing journey to be brought back to assist a client in their healing process. This then becomes a very strong, personal and ongoing relationship between the client and their helping spirit, one that must be treated with great respect.

Some recommendations for continuing this relationship come from Tom Cowan (1996:36) as follows:

(see next page)

## Shamanic Healing (continued)

Michele Walters, Brisbane (Australia)

1. Make an invocation or say a “good morning” prayer to your power animal each day.
2. Put up its picture where you will see it each day.
3. Wear a charm or pendant in its honour.
4. Make acknowledging your power animal part of your body practice by calling it to join you when you run, walk, ride a bike, swim or dance.
5. Let your art practice include drawing, painting, sculpting, or writing about your power animal.

Often power animals do not like their identities revealed to others so it is wise to not speak openly or carelessly about your power animal. However, in teaching or healing work, it may be appropriate or necessary to do so. The best practice is always to ask your power animal directly and then honour its wishes. I hope this article reveals a glimpse of the shamanic healing experience, one of continual learning and exploration.

When you are ready to examine this area further, please see the references below or to experience a shamanic healing please see my website

[www.owlchemy.com.au](http://www.owlchemy.com.au)

**Michele Walters**


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## Our Existence by the Virtue of Feng Shui & Ayurveda

Martina Markus, Feng Shui Practitioner—Sydney, Australia



***Have you ever wondered, why do we feel particularly well in certain places?***

When we feel exceptionally comfortable somewhere, we sense the invisible *Chi*, and feel the harmony of universal energy. The principle of the atom particle, is at the base of all of our existence, even if it appears as an inanimate things, like a mountain or a table, it does always surrounds us.

The ancient Chinese called this universal life force: "Chi"; in India it is known as "Prana", the vital life energy. Everything and everyone has the innate sap of life. We can see or feel in the basis of every place, every landscape, every flower, every colour and every being.

We should consider our environment the same way, as we do with our anatomical bodily functions. However unfortunately nowadays our stressful lifestyle and lack of time makes us forget the importance of our bodies and energies and often by the time is detected, it has an awakening, almost shocking effect.

***Why do we let our capacities and capabilities fade with the modern time we are living in?***

If we are still in a search of our own happiness we must

achieve a system which can serve us how to balance our internal and external environment the most simple way we possible. It is clear that the people who are happy and positive-minded, feel less disturbed by all the environmental impacts, as their energetically points (axis) is stable and serves as a strong foundation. In order to reach harmony, a well-balanced mix of different energy is needed, and we must constantly remind ourselves that light does not exist without the dark.

The ancient oriental cultures developed a basis of the observations of the natural approach, the phenomena and processes of the universe that builds radically different energy forms. This 5 basic element signifies the different energies and properties of the building and destructive relationships with one another.

Identically to the ancient Indian Ayurvedic Philosophies, where they did divided our physical and mental bodies into the different basic elements, which have a subtle counterparts on the level of vital energy and with the understanding of their existence we can achieve easily, how to control ordinary mind-body functions and keep us healthy, and free of diseases.

Wood, Fire, Earth, Metal, and Water elements are the basics, and of course, much more lies behind these names, as the mere material classification.

If you ever look at the land,

a house, one room, you consciously or subconsciously recognize all elements that appear in materials, shapes and colours.

When we find a balanced mix, which creates natural harmony and balances us, we will feel it immediately. At the other hand, if one element is dominant, an re-arrangement should be considered, otherwise will affect our physical and mental state in the future. Perhaps it may effect us already; either way it is a present distraction, but quite subtle to start with or we are simply just not aware of our own environment so we do not feel or see anything in particular.

Do we like to look at the workings of our mind the way we would detect the world of nature, our own body or self-esteem around us? In compliance with Ayurveda, if we wish to understand how our mind works, the best way is to look at how nature manoeuvres. We must see how wind, fire and rain perform with all other elements in our psyche.

We must learn to notice the storms of emotions, the light or the dark of reason, and all the rhythms through which not only our body, but also our mind and five senses move.

A cardinal principle for the ancient Hindus was that there is no dividing line in human personality between the mind and the body.

...Continued on the next page

## Our Existence by the Virtue of Feng Shui & Ayurveda (continued)

Martina Markus, Feng Shui Practitioner— Sydney, Australia

The mind is body and the body is mind. Also, that if beautifying the mind is to beautify the body, the converse is equally true.

Beautifying the body is to beautify the soul. The authenticity and our obligation to this ancient life system are evident in the use of age-old herbal powders; herbal oils, brass vessels, medicinal wooden bed, medicinal cooper tub and treatment rituals.

According to Ayurveda the universe is created of five primor-

dial elements, namely ether, air, fire, water and earth. These elements themselves are inanimate, but in combination, give rise to three main biological forces or basic principles in the human body, called 'Doshas' and, as every human being has a different balance of elements, one Dosha is typically predominant in our constitution and ascertains our personality.

Independently from Feng Shui or Ayurveda we live in a multi-level cosmos, including

matter, energy and mind on parallel and interdependent levels, like a gorgeous crystal or a pink lotus.

All those sciences with us through history to help and direct us with ourselves and others, as through others we gain the key to our innermost soul.

**Martina Markus**

0433 159 741

[www.aq1.com.au](http://www.aq1.com.au)

[martina@aq1.com.au](mailto:martina@aq1.com.au)

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## Feng Shui and Weather Changes

Roseline Deleu, Feng Shui Master, Author and Visionary  
Lives in Australia, teaches and practices Worldwide

### Today is the best time to understand how Feng Shui all started...

Many centuries ago, ancient Chinese were well aware of *Feng* (Wind) *Shui* (Water). They built their huts safely away from the various natural dangers and potential disasters. Tucked away from the wind, their homes were warmer; located near a water stream for their daily use but not too close to the river as the heavy rains would wash away their homes in no time.

Lately, in Australia, we went through many weather challenges. Floods in Queensland, fires in Western Australia and Yasi, the category 5 cyclone in the Tropical North.

As I wrote this article, the 8.9 earthquake hit Japan and Tsunami waves are raging.

### What does Mother Nature tell us?

#### The message is simple: use your common sense first!

- Avoid buying a block of land or a home located in the flood areas – these days it is easy to check this updated information through Google search.
- Clear regularly the dead wood around your garden – in case of fire they would only contribute to bigger flames.
- Have a closer look at your belongings – do you really need all that you “have”?

### If you only had 20 minutes to quit your place and save your life, what would you take with you?

Look around your home and minimise your material possessions to those that you NEED and ENJOY.

After all, in life, what matters are the emotions!

### Material possessions are only important for the joy they give us.



**Roseline Deleu**

Visionary,

International Feng Shui Master,  
Author & Inspirational Speaker

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## Simple inner Feng Shui ritual

Donna M Eichmann, Sunshine Coast—Australia

**‘THERE IS MAGIC IN THE AIR  
TONIGHT’**

**AND IN EACH AND EVERY DAY ...  
READY WHEN YOU ARE !**

Are you ready to create your life filled with brilliance, discovery and fun... energizing every day?

Try this simple Feng Shui practice (tried and tested myself with amazing and magnificent results)

At the beginning of each day, before you do any other task...

1. Give yourself the gift of time; time to focus on your breath, on the art of giving and/or receiving love and positive energy.

2. Focus on the day ahead of you and how you see it flowing or read a small article/piece that is relevant to you and your life right now. Your day is ready to begin.

Note the difference that this makes and offer thanks for the changes—in time you will develop your own relevant and unique ritual(s).

Embrace the joy you experience in the minute to minute of life and the wonder of your day.



Donna M Eichmann  
Mobile: 0438 626 965  
Email: [donnae@live.com.au](mailto:donnae@live.com.au)

## Feng Shui activated in many Realms

Roseline Deleu, Feng Shui Master, Author & Visionary  
Lives in Australia, teaches and practices Worldwide

A few years ago, I had the honour to spend some time on the Land



Fig 1—Roseline Deleu with her painting :  
“Thoughts Patterns and Dimensions”

with Australian Traditional Owners. I experienced some fascinating moments on sacred sites and since then my life has never been the same again. This is where my strong connection with boulders started. I have the ability to connect with the Spirit of stones and they guide me when needed.

Since that time, I felt the strong urge to create. Painting seems to be my actual choice of expressing the messages I channel through. Each commissioned canvas is personalized and I give birth to it in connection with the Spirits of the Land and the vibrations of my client.

During this process I keep receiving messages; shapes appear, colours are mixed and each dot is painted on the canvas with pure and strong intents.

The power of the art is working in various dimensions. The art piece reminds the client of its messages and also vibrates like a crystal, fragmenting and enhancing the thoughts and intents in many realms achieving a deep SHIFT within the client very quickly.

The outcomes are constant as the change of thought patterns is activated while the displayed art emanates its intent inside their homes and therefore inside themselves.

Enjoy the shifts!

Roseline Deleu

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## Moonstone Service

Viv Lambert, Feng Shui Practitioner—U.K. and Spain

**Welcome** to the Moonstone Service and the first of 9 articles in the full service -my gift to you and thank you to my mentor Roseline Deleu for generously sharing.

Access the full Moonstone Service at [www.myfengshuicoach.com](http://www.myfengshuicoach.com) and learn how to accelerate your energy vibration in each sector of your life. Use this Feng Shui tool to raise feel happier, in the flow and to bring your life into harmony and balance.

### MOONSTONE

#### No 1 Sector: TAO

Your Tao is your Life Path or journey. It is sometimes called your Career sector, although it encompasses more than just your career. This is the area to activate when you are looking for a new direction in life as well as a new job or promotion.

You will see from the Ba Gua below that each of the nine sectors is one of five elements. The No 1 Sector, Tao, is the water element. Water is the strongest of all elements and essential for our survival on this planet.

4 Abundance Wealth	9 Fame Recognition	2 Relationships
3 Health	5 You Tai Chi	7 Creativity
8 Spirituality Knowledge	1 Career Tao	6 Helpful People Travel

Fig 1—Align 8-1-6 with your entry

#### Create your Cure:

In your home, Water is represented by glass and for your cure you need to chose a beautiful glass object – the more unusual the shape the better, and if you have a glass container of fresh water, such as a fish bowl, that is perfect! Clean your object in fresh running water and dry it lovingly (having an appreciation for your belongings is an important part of creating powerful cures.)

Now think about the next most important step for you on your Tao: is it a promotion in work, or an invitation to a job interview? Are you looking for confirmation that now is the right time to give up your job and launch your own business? Or do you simply want something fresh to flow into your life?

Whatever it is, get into the feeling of already having received it. Imagine it in detail until the energy shifts inside you. It will be a 'lift' that you may feel in your spine, or your stomach. You may get goose bumps on your arms, or a smile will start to form on your face. Stay focused on what it is you want and let this good feeling build and as it does pick up, or place your hands on your glass object and - with love - let the energy you are feeling flow through you into what you are holding. As you get experienced at this you may notice a change in your 'cure', it may seem brighter or clearer or you may feel a warmth given off from it. Now, thank this object for its help and place it where is will be easily seen by you in the No. 1

sector of your home (see Fig 1).

Your cure will now raise the vibration of your home to match that of your goal. Each time you look at it, or pass it, you will be 'infected' by this higher vibration. You will feel happier, more in control and in the flow, and within 9 days you will start noticing positive changes.

#### Important Tip:

Every 28 days there is a full moon, and the energy of this is incredibly powerful for cleansing articles you would like to activate as cures. The dates for this year are below – check out when the next one is and what 3 sectors you will be activating over the month following, then chose items made of the appropriate element, i.e. a ceramic ornament for an Earth sector.

#### FUL MOON in 2011

- 19 January, 22:21
- 18 February, 09:35
- 19 March, 07:10
- 18 April, 04:44
- 17 May, 01:08
- 15 June, 10:13\*
- 15 July, 08:39
- 13 August, 08:57
- 12 September, 11:26
- 12 October, 04:05
- 10 November, 09:16
- 10 December, 03:36\*

CET (Central European Time) or CEST (Summer)  
\* Total Lunar Eclipse



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Viv Lambert

## DINGO (and dogs) - Australian Wildlife Cards

Susan Skyring &amp; Trevor O'Sullivan—Tropical North QLD, Australia

**DINGO—Intuition**

Dingo is Australia's only true wild dog. In recent history Dingo was Aborigine's closest ally. A faithful companion and valued hunting dog, his skills were welcomed to help locate and overpower unsuspecting game to nourish his two legged friends. Even though he helped man in this way, Dingo was never completely domesticated. After time he would leave his hunting companion to go into solitude or run wild with his own kind once more. Dingo is seen to be a powerful totem to aboriginal people; his dreaming is called upon to assist in the hunt. However, once Dingo had returned to the wild he became fair game for those that he had previously helped. If Dingo was successfully speared, a warrior would cut off our wild dog's nose and rub it in red ochre. The warrior believed that by carrying Dingo's nose he would absorb his intuitive power and Dingo would continue to assist him in the hunt.

In the wild Dingo is capable of a *senseless pack* mentality. He will gather his own kind together to torment and *'thrill kill'* unsuspecting livestock. Spurred by the leader, Dingo packs can kill dozens of sheep in a single night without eating a single one. Night after night this may continue until whole flocks have been decimated. Roaming alone however, Dingo will seldom cause a problem, he is happy to feed on road kill and small prey.

If you listen carefully on a still and starry night you may still hear the

howl of our Dingo. *"Arrrrrrrrrr - this is my home"* He calls. Unfortunately his call is not welcomed by many in these modern times. City dwellers are not concerned with the plight of Dingo and the man on the land has come to view him as a threat to his livestock. Dingo has a bounty on his scalp that keeps him forever on the move.

Dingo is guided by his senses. His keen eyesight, hearing and sense of smell are gifts from the creator. He is a cunning hunter and the master of stealth. Even in a season of abundance he maintains his lean hunting physique to stay agile and his stamina keeps him on top of his game. In the hunt, Dingo stops to sniff the air, his ears are pricked for the minutest sound and his eyes are constantly scanning his environment. Beneath the surface he is strongly connected to the *All Knowing, the Universal Force*. Dingo connects and is guided by an unseen hand.

If Dingo is calling you today through the cards, he asks you *"Are you blindly running through life with the pack, denying the potential of your dreams for short term thrills?"*

Dingo says *"We have a lot in common; you may feel strength by running with the pack, but be warned that it is only your blind ego that drives you."*

Mindless pack mentality will only spell disaster for your dreams. Take your guidance from within and not from the leader of the pack. Go within and feel the en-

ergy of your current actions. Do they feel right or do they vibrate with unease? Your truth, your strengths and your wisdom can only be found within.

When Dingo causes pain to others whilst running with the pack, he attracts like-minded negativity to his life. Dingo warns *"Just as I attract the wrath of man when I vent my unprovoked attacks on his livestock, so too will man attract negativity when he consciously causes pain to others."*

**If Dingo has come to you today he says *"Hear my call in your dreaming, I send you the strength to go within to follow your dreams. I have spent time in solitude to connect and I have gathered my wisdom."***

He says *"I have come from the wilderness to your hand today to guide you into your own wilderness of peace and solitude."* Dingo medicine tells you to find your strength in the silence. Perhaps it is time to develop your intuitive and psychic abilities and receive guidance from spirit. Dingo guides you to consider the practice of meditation or alternative practices of peaceful silence. *"If you follow my call you will find much positive wisdom to share and teach the pack. Like attracts like"* he says. *"So lead with positive energy consciously. Find your positive centre and like-minded others will be drawn to run beside you."*

Susan Skyring

[www.metaphysicallyspeaking.com](http://www.metaphysicallyspeaking.com)

Susan Skyring is one of Roseline Deleu's Feng Shui Senior Consultant in Cairns QLD

## FEED BACK—Love & Tenderness Activator

Roseline Deleu

Last December, I offered *my special Feng Shui Activator* enhancing **LOVE & TENDERNESS!** Many of my readers have printed and displayed it around their homes. Here are some of their feed backs.

Didn't you get yours?  
Simply ask, email me so... I can send you one!

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Roseline Deleu

Email: [roseline@fengshuisteps.com](mailto:roseline@fengshuisteps.com)

I have more love and tenderness for myself, and now find that is also happening in my dealings and feelings for others. I am very grateful.

*M.V. (Belgium)*

I have to say my life is a little calmer in the love and tenderness section. I don't seem to be quite so stressed, which has made life easier.

*V.G. (New Caledonia)*

Thank you for the Activator – it was very good. The relationship between my daughter and me has become very, very close again – which it hadn't in along time. She has become engaged to marry in January and also expecting in September this year. So all good things have happened around me.

*T.K. (Australia)*

I placed my Feng Shui activator for love and tenderness on the wall facing my bed so that I would see it when I woke up every day. It made me smile a lot and I think that the love and tenderness has perhaps been directed to myself.

*L.K. (Australia)*

I did have and do still have love and tenderness since end of December, I have been in a friendship since then with a gorgeous guy, I still have the activator in my bedroom did think would try it for 6 weeks, that you for all the help there!

*E. E. (Australia)*

I had placed the picture up in my relationship area in the middle of Decem-

ber 2010 then took it down after 9 days. I thought my fiancé would never come to Canberra for Christmas with my family as he likes Sydney Christmas'. My partner spent Christmas for the first time with my family and myself. We all had a great time and he said would definitely do it again. We also began talking about how we will get married.

I also began doing volunteer work in January, but that was one of my goals for this year.

*K. S. (Australia)*

Well I am engaged...will get married at beginning of October this year!!!! It works Many thanks to you.

*P.F. (Australia)*

Your gift of the Love and Tenderness activator worked well, yes I started getting hugs from friends, even from people who normally don't give me hugs - cause I'm not a 'huggy' type of person and they know that. But it could've been because the Christmas season was coming up and everybody was in a jolly and festive mood and we were all leaving work to go on our holiday break and wishing each other best wishes and hugs.

Perhaps I should hang it up again and see if I can get some more hugs - and a lover ! :-)

*K.J. (Australia)*

Thank you for the FS Activator. I placed it in my wardrobe and area where I need to feel more kindness for my self as I have struggled with

how I feel about my body. Also there I could see it every day as instructed. I also intended for it to help me in my relationship with my husband and area where I offer struggle to feel both love and tenderness. I feel it helped with both these things and so did my husband when I asked if he felt that I might had been more gentle towards him.

*A.B. (Morocco)*



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