

Creating Sacred Space With Feng Shui Karen Kingston

If you've never created sacred space, at first blush the concept sounds woo. Truth is, simple rituals have been used for centuries to dispel unwanted vibes and restore energetic integrity within an environment. Creating sacred space - whatever the ritual - makes magic happen. It is simply a celebration lathering BIG LOVE throughout a home. No matter the reason we arrive at shui's shore, there is usually a familiar undercurrent - we've lost momentum somewhere in our lives and we want that otherworldly flow back. Space clearing is a bewitching way to raise our spirits. And it's not necessary to understand how it works for us to use it. Whatever ritual (or combination of rituals) shared in this workbook resonates with you, take its hand and trust the magic. Because however you filter out hazy energy or heavy vibes, it's a beautiful new beginning - the kind that gets our attention. Every time.

100 page book with approximately 40-50 photos on the classic Feng shui energy principles used in creating sacred space.

"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 your home and its contents. This energy can profoundly influence your ability to be healthy, loving, creative and abundant. By clearing and enhancing this energy you can transform your home into a sanctuary which radiates positive energy in ever-expanding circles. In this fascinating and unusual book, Denise Linn shows you how you can dramatically change your life by changing the environment in your home or office. She combines information from her own Native American heritage with material she has personally collected from native traditions around the world to bring you practical, easy-to-use exercises for balancing the physical, emotional and spiritual energies in your home, including how to: * Diagnose and solve problems with stagnant home energies. * Use sacred sound, spirit smoke, mystic symbols and purifying fire for clearing home energy. * Discover the personal numerology of your home. * Use the ancient art of Feng Shui for the placement of objects in your home. * Call house angels and totems as home protectors. * Use rituals to rid your home of unwanted spirits. * Instantly uplift the energy in your home. Your home can resonate, sing and pulse with Light energy that can touch the lives of everyone around you. Your home can become Sacred Space.

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.

A luminous space is restorative and nurturing. It's a place that inspires you, helps you achieve your goals, and ignites your personal power. This book will teach you how to create luminous spaces using the wisdom of the five elements: wood, fire, earth, metal, and water. These natural elements will give you a stronger, deeper connection to nature and promote more joy and peace in your life. Learn how to determine which element reflects your true nature and apply the five elements to achieve balance and harmony in your home and in your life. Real stories of how the elements impact our lives are included along with space clearing exercises, meditations, and practical ways to create a home that will enhance your well-being.

We all deserve a calm, well-ordered, pleasingly designed refuge where we can relax and enjoy our families. Having had four children in a little more than five years while running a thriving design business, Christa O'Leary has become the guardian at the gate of our sanctuaries—our homes. She teaches us to be aware of the toxins found in both our food and furnishings; the detrimental effects of our unhealthy habits; and society's frantic need to have the latest gadgets, to get ahead, and to be forever on the go. As a designer, therapist, and eco-friendly expert, she's often asked how she makes her hockey-mom life and peaceful, beautiful, healthy home look so effortless. Well, the hunt for her secret is over! Christa shows us that it's possible for all of us to feel inspired, energized, and in love with our lives and our homes. There are other books that address some of the components found in Home in Harmony, including design, color, feng shui, psychology, clean eating, detoxification, meditation, and finding our soul's purpose. However, this is the first book that puts it all together in a fun-to-read, easy-to-implement format. This is the formula for living an extraordinary life, and it's now available to everyone!

'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.

In this enlightening book you will find three approaches for transforming your dwelling into an environment for spiritual renewal and inner peace.

Whatever your income, you can create a space that constantly reminds you of your own deepest values, dreams and hopes, while inspiring you to realize them. Creating sacred space does NOT require spending large sums of money. Rather it invites you to spend a different kind of currency that each of us already has: creativity, intuitive guidance, imagination and inspiration. Through each chapter Angelo provides questions, suggestions and essential simple laws that are designed to reveal both your inner and outer worlds. This process, which honors but moves beyond popular approaches like feng shui and wabi sabi, will help transform your current living environment into a sacred space—an organized, calm and relaxing reflection of your own individual style that helps create wellness by replenishing your energy and providing inner peace. Bring along an open mind, a willing heart and a journal to keep track of your impressions as you move through the chapters.

Yearning for change? A more fulfilling and healthier lifestyle? New and exciting opportunities? This informative and inspiring book shows how your own home may have the answers you're looking for. In an easy and approachable style, Feng Shui Expert Melissa Cook draws from personal observations and real-life stories to demystify the ancient practice of feng shui, while making its time-honored principles relevant to modern-day living. Filled with practical, common-sense tips, and abundantly illustrated with color photos, Feng Shui Fabulous is the perfect guide for everyone who wants to live or work in a space that reflects their deepest goals and desires. Melissa brings new understanding to the age-old proverb, "Home is where the heart is."

In every moment the universe is whispering to you. Even ordinary events in your life carry communications from the realm of the Spirit. . . . Whether we are conscious of it or not, the universe is communicating to us through signs. In this mind-opening book, renowned healer and author Denise Linn shows that coincidence, synchronicity, and those premonitions we've all experienced are never accidents but a kindly world's way of trying to nudge us in the right direction. Drawing on firsthand true stories and native wisdom from around the world, Linn helps us regain our innate capacity to listen to the universe, to use the signs that speak to us every day of our lives. Step by step, she shows us how to call for a sign, how to create the best conditions for receiving it, and how to interpret the signs we receive, with the most comprehensive dictionary of signs ever compiled. Designed to help you develop your own ability to interpret signs as they call to you, the dictionary entries give you a starting point for understanding what your signs are communicating. For instance . . . * An abyss might symbolize a chasm in your life. Is there something that seems impassable to you? * A storm can indicate internal conflict. It can also indicate that the air is clearing in regard to a situation in your life. * A crossroads signifies that a time of decision is ahead. Take time and tune in to your intuition

before choosing your future path. * Smoke can be a warning of danger. Is there a situation in your life that's about to go up in flames? Smoke can also indicate a lack of clarity. With this powerful, easy-to-use guide, Denise Linn helps us to reconnect with the magic of our inner selves to make the right decisions and choices in our lives.

Long time sufferer of fibromyalgia, Brigid Gallagher set out on a journey between Egypt, India, Rome, Lourdes, Carcassonne and Bali. In this beautiful travel writing memoir on healing, spirituality and alternative medicine, Brigid shares her travel memories and the importance of slowing down. If you enjoyed Eat, Pray, Love, you will enjoy this.

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.

Explores the creation of the sacred place, shows how to create an altar, including choosing materials, colors, and statuary

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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

In Space Clearing A–Z, Denise Linn, the internationally acclaimed author of Sacred Space, reveals ancient secrets for cleansing and balancing the energy in your home. These sacred traditions are gaining tremendous momentum right now for a very simple reason—they work!

Clear Your Clutter and Transform Your Life! Clutter is trapped energy that has far-reaching effects physically, mentally, emotionally, and spiritually. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy, and allowing you to create space in your life for the things you want to achieve. In Clear Your Clutter with Feng Shui, Karen Kingston, pioneer of a branch of Feng Shui known as Space Clearing, expertly guides you through the liberating task of clutter clearing. You will learn: Why you keep clutter How to identify and clear clutter in your home or workplace How to clear clutter from your body, mind, and spirit How to stay clutter-free

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.

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!

Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep. 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.

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.

Creation begins with stillness on the brink of movement. *MOVED TO CREATE* guides you through a simple ? and powerful ? system to consciously move energy and create the change you want. It engages all the elements of your body, mind and spirit, to move you into your best life, work and relationships. The beauty of this system is you can use it over and over to meet the challenges of constant life changes. "Julie Delene with her presentation of *Moved to Create* simultaneously teaches, inspires, and builds real-world problem solving skills. This insightful book offers far more than a metaphor that emerged from her years as a dance instructor and leadership development specialist. Julie's MOVES process is a rich model for human development. I highly endorse approaching adult development in a way that addresses the whole person—mind, body, emotions, spirit—and Julie brings it all together in a step-by-step system that is immediately practical. It will help you create the life you truly desire to live, with design principles that keep you in harmony with yourself, the earth, and the universe." —Paul R. Scheele, Ph.D., CEO, Scheele Learning Systems, co-founder of Learning Strategies Corporation. "Julie Delene is a sparkling spirit, and her love of truth and movement comes through in her book. She motivates us to remember how much we can learn from the wisdom of the body. She reminds us to move, and to create." —Mary Hayes Grieco, Author of *The New Kitchen Mystic* and *Unconditional Forgiveness*. "Julie Delene has written this marvelous book on how to envision, create and sustain your authentic life. Her book gives many simple and yet powerful exercises you can use to take control of your life, your joy, your health and your relationships. I highly recommend reading and following her advice." —Kathryn Harwig, intuitive master and author of 8 books, including her latest *Become a Psychic Wanderer*.

Feng shui consultant Jon Sandifer shows how the energy flow that affects our environments affects our selves as well. He provides complete guides to arranging your home and your lifestyle in ways most appropriate for who you are.

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.

Whether you're looking to reorganize your home or office, *The Everything Feng Shui Book* can help you create a room filled with tranquility with little effort or expense. Based on the ancient Chinese concept of harmony and balance, feng shui is said to have the ability to improve many areas of life, including happiness, wealth, and inner peace. *The Everything Feng Shui Book* is a complete, room-by-room guide to the Chinese design technique that has become immensely popular among those trying to simplify their lives. With easy-to-follow steps and instructional diagrams, this book shows you practical ways to incorporate the principles into your own home. You'll learn how to make the most of your home's positive energy by simply rearranging your furniture, adding a plant or two, and eliminating useless clutter. Money is more than a bank balance; it's a reflection of the overall abundance in your life. Now, a CPA and feng shui practitioner presents an unusual and valuable application of the ancient Eastern tradition of feng shui. Delving into all of the life forces that affect financial health, *The Feng Shui of Abundance* is not just a monetary makeover; it is a whole-being program whose benefits include:

- Locating the wealth area of your office or home
- Dislodging clogged energy in your career
- Drawing on the five currents of the "River of Gold" to address debt, personal spending, and your own potential for abundance
- Creating a financial plan that speaks to your dreams and desires

A liberating book for those who feel financially "trapped," and for anyone who wants to achieve his or her potential, *The Feng Shui of Abundance* incorporates all three feng shui aspects—wind, water, and energy—unleashing the forces that control true wealth, creating clearer harmony between your money, goals, and dreams. This is the perfect handbook for anyone seeking genuine peace of mind as well as financial prosperity.

Best-selling author and originator of the term "space clearing," Denise Linn offers a comprehensive and practical guide to transforming the energy in any environment through both modern and traditional methods such as feng shui, clearing clutter (whether physical, emotional, or spiritual), essential oils, crystals, and more. Space clearing is the art of cleansing and harmonizing the energy within an environment. This 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 45 years of experience as a leading authority in energy healing to guide you through ancient rituals 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!

House Magic teaches you how to transform any space in your home into a sacred sanctuary using the power of crystals, herbs, and flowers.

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.

Explores the creation of a garden sanctuary with practical advice on plant selection, color, creating pathways and gates, and sharing the space with wildlife.

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.

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.

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.

LILY-BUTTERFLY – And The Path Of Life's Experiences – The story began on the island of Kawomaya, in a remote valley village named Yaj. In part one of the story Lily-Butterfly was created from a onetime sexual encounter between her birth mother Gina and her step-father Ivan. Gina denied the pregnancy from beginning to the birth of Lily-Butterfly and beyond. At birth Gina gave Lily-Butterfly to her mother Leila, who was Ivan's wife. Six years later Gina returned to demand that Lily-Butterfly come to live with her for her own secret and unresolved negative intentions. Lily-Butterfly's birth mother Gina saw her as her secret shame and tried to demolish her spirit, soul, mind, body, and life. Throughout Gina numerous attempts Lily-Butterfly refuse to be destroyed. Lily-Butterfly survived regardless of the negative things her birth mother Gina did to her. Lily-Butterfly was successful in overcoming abuse, her passion for learning, and in all areas of her life. Part two of this story continues on with Lily-Butterfly moving from the island of Kawomaya to Somerville, Massachusetts in the United States of America to first live with her grandmother and mother; whom she decided to call Manana Leila. The journey continues with Lily-Butterfly improving her life, education, and professional career. Parenting her two daughters, and discovering her chosen destiny and life's purpose career. To this day Lily-Butterfly uses her talents to serve as tools to assist mother and father-nature and humanity. Read LILY-BUTTERFLY – AND THE PATH OF LIFE'S EXPERIENCES – PART ONE AND TWO. They are like an entertaining movie series, and ancient visual oral tradition storytelling. These books can inspire, motivate, improve awareness on unconditional love and compassion, assist with positive transformation, transcending suffering, and teach patience. LILY-BUTTERFLY JOURNAL – PERSONAL LIFE STORY REVIEW is another book in the Lily-Butterfly series. This book can assist with your personal life story review. Enjoy.

Scientific and mathematical studies dating back to ancient far eastern tradition prove that the space that surrounds us is not easily separated from who we are, how we feel, and each of the life choices we make. Debra Duneier's EcoChi System is built on a solid foundation of classical feng shui, green and sustainable living, healthy choices and environmental psychology. EcoChi goes beyond design and materials. It is about the kind of life that can be achieved when our spaces and surroundings work for us rather than against us. In her book, Debra invites you to share her journey and read the honest, open, revealing stories of her clients, who have experienced the power of EcoChi firsthand. In fact, just by picking up this book, you have already embarked on the joyful path to your own EcoChi transformation.

Honor life's milestones and bring sacredness into everyday life. The Book of Blessings and Rituals shows you how to create ceremony and meaning around the most important events in you life. Drawing from different world traditions, leading metaphysical teacher Athena Perrakis presents blessings to cover a wide array of occasions and intentions, including holidays and sacred days, love, healing, protection, prosperity and success, lunar blessings and rituals, and manifestation. Organized by month, you'll be able to celebrate the sacred all year long. Create medicine bundles and altars to support blessings and ceremonies Know which crystals to use to amplify rituals and clear energy Learn how to smudge for clearing and protection Use the power of invocations to assist in strengthening goals and intentions Deepen your experience of the sacred, find inspiration, and heal with this non-denominational guide to blessings and rituals.

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.

This simple guide to the art of feng shui provides easy-to-use tips and techniques for improving the energy in your life. You will learn to harmonize and lay out spaces in your home to enhance your personal energy, improve your overall wellbeing, and bring good fortune and balance into your life. This plain and simple guide discusses how to: Declutter to clear the energy in your home Use the Chinese bagua (number square) to map out rooms to enhance energy Employ the five elements to harmonize the energy of your home Use feng shui for the exterior of your home and outside landscaping This wonderful primer will be hailed by anyone interested in interior design, Chinese legend and lore, and the creation of healing and harmonious living spaces.

Science shows that nearly every corner of our planet is toxic, and that all people carry residues of dozens of chemicals in their cells. Our body, our home, and our world are steadily sickening us every day of our lives. But we don't have to live in a poisoned world, and we don't have to be sick. We can have a healthy living space again by detoxifying our body and home, ridding both of their burden. The key is to cleanse both at the same time. The Healthy Living Space is the first book that shows you how, and why, to detoxify your home and body together. In *The Healthy Living Space* health writer and alternative medicine journalist Richard Leviton gives 70 practical steps on how to use safe, proven, nontoxic, self-care methods drawn from the fields of natural and alternative medicine. The detoxifying steps are backed by science and easy to use/ they don't require expensive equipment or a doctor's supervision. They're effective and produce results and you can start them today. Whether the poisons are in your liver and intestines or in your carpets and drinking water, whether the problem is the shape of your bedroom or radon seeping into your basement, *The Healthy Living Space* will show you how to get the poisons out of your life and the health back into it.

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