

<p>{October} 1st</p> <p>Intuitive Healing Talk Women's Welcome Group Lambton Kingsway Church 8-9pm - Free call Georgia Smith at 416.233.1634 for more info</p>	<p>10th</p> <p>Open House Six Senses of Tranquility 2 23rd Street 4-7pm - Free Wine & Cheese Come meet The Healing Muse RSVP 416.347.5449</p>	<p>15th</p> <p>Growing Your Business Building Blocks for healers and spiritual businesses Six Senses of Tranquility 1-4pm \$35 Register by P.416.347.5449 or email sixsense@idirect.com</p>
<p>19th</p> <p>Health & Prosperity with Feng Shui Six Senses of Tranquility 10am-1pm, \$40 Register by P.416.347.5449 or email sixsense@idirect.com</p>	<p>19th</p> <p>Intuitive Healing Part I Maureen Rae's Yoga Studio 2-4pm, \$45 or \$80 for both parts Register by calling Mo at 416.716.7589</p>	<p>22nd</p> <p>How to make One of a Kind Candles Six Senses of Tranquility 6:30-9pm \$35 includes materials Register by P.416.347.5449 or email sixsense@idirect.com</p>
<p>{November} 10th</p> <p>Image, The Self, & Weight Self Discovery Discussion Group Six Senses of Tranquility 1-4pm \$30 or \$100 for series of 4 Register by P.416.347.5449 or email sixsense@idirect.com</p>	<p>12th</p> <p>How to make One of a Kind Candles Six Senses of Tranquility 6:30-9pm \$35 includes materials Register by P.416.347.5449 or email sixsense@idirect.com</p>	<p>16th</p> <p>Intuitive Healing Part II Maureen Rae's Yoga Studio 2-4pm, \$45 or \$80 for both parts Register by calling Mo at 416.716.7589</p>
<p>19th</p> <p>Gift Baskets SOS Learn how to make one of kind gift baskets with guest Lee Rutledge Six Senses of Tranquility 6-9pm \$45 Register by P.416.347.5449 or email sixsense@idirect.com</p>	<p>23rd</p> <p>Health & Prosperity with Feng Shui Six Senses of Tranquility 10am-1pm, \$40 Register by P.416.347.5449 or email sixsense@idirect.com</p>	<p>23rd</p> <p>Soapmaking 101 Hand made soap made easy with guest Tarin Six Senses of Tranquility 3-6pm, \$45 includes materials Register by P.416.347.5449 or email sixsense@idirect.com</p>

Editor's View/

Senses is truly following the Feng Shui cycle. For those of you unfamiliar with Six Senses of Tranquility, we strive to inspire the truth in clients, by asking questions and helping you find the answers within yourself. Just as you may need help from a friend, a mentor, parent, or healer, in challenging times, so I too have received gracious support and love from many this year. As the season flows by and we approach the end of our year, I wish to reflect and thank all the wonderful people that have been integral to the growth of Six Senses and me as a healer, Feng Shui Master, and authentic woman: Bertpieter Meulman, Art Director and

husband extraordinaire; Lily & Loris Colasanti, healers & seekers of truth; Jennifer Beale, a phenomenal pr rep & unleash artist; Colleen Hoffman, an authentic, loving & inspiring mentor. And an honorary mention goes to Maureen of Maureen Rae's Yoga Studio for promoting inspirational growth in people and business and to Theodore at Mystic Bear for his unwavering support and unique design pieces.

For comments, questions and information please write to sixsense@idirect.com, or Six Senses of Tranquility, 2/23rd Street, Toronto Ontario M8V 3M7, or visit: www.sixsensesoftranquility.com

If you'd like to receive The Healing Muse via snail mail, please send a cheque for \$4.00 to Six Senses of Tranquility, 2 23rd Street, TO ON, M8V 3M7 or call 416.347.5449 to pay via VISA or M/C. That is a 1 year, 4 issues subscription. Note: All back issues will be available on the website: www.sixsensesoftranquility.com

{ THE HEALING MUSE }

FALL 2002 Vol-1 Issue-3

Six Senses of Tranquility®

FENG SHUI {Philo-story}

Stop blaming bad luck for your misfortune.

Sigh, another bad day. You hobble home, get stuck on the highway, burn dinner on the stove, and throw out the wrong receipts. Did I mention it's garbage day tomorrow. Garbage is the last thing you want to be collecting around the house, at eleven o'clock at night. So it stays in your home and never makes it to the curb. Next day at work, your head is aching, your boss is yelling, your work load just doubled because someone is home sick, and your babysitter leaves early. What can you do? Anything? Yes. Isn't it all just bad luck? No.

In Chinese philosophy, there are three sources of 'luck': Heaven 'luck', Earth 'luck', and Mankind 'luck'. They are not lucky, nor do they actually bring 'luck'. We refer to them as such because, when you live in harmony

take out the garbage to avoid decay in your life.

with the stars (heaven), earth (your home/work space), and mankind (family, friends), you enjoy extremely good prosperity, health and wealth. In Western societies, we wrongly assume that we must work hard to achieve our goals and/or be lucky to attain them. Chinese wisdom makes life easy. You have these three sources to provide you with all the information, support and resources needed to achieve anything you desire. Ah, I speak untruths. Yes, there is a catch. By stating 'anything you desire', I am referring to anything that is your passion, or your truth. For example, if you wish to become the greatest poet ever known, your heart and mind love poetry, you have written it ever since you can remember, heaven luck is on your side.

If, however, you heard of a great poet and wish to follow in his foot steps to attain wealth and fame, I'm afraid you're out of 'luck'. Pardon the pun. In Feng Shui, we teach people to go with the flow. No, I don't mean flow with the masses or media. I am referring to the inner flow of your conscious and subconscious mind, your heart and



its good companion - intuition. Your heart can accurately guide you as a poet, a mathematician, a babysitter, or mechanic. So, what does all this have to do with you burning dinner and not doing the garbage?

Notice I haven't defined earth luck yet. The earth is an ever cycling system of living things.

According to Feng Shui principles, our homes and work spaces should reflect and emulate earth as much as possible to increase our prosperity and wealth. We can do this by working with the five elements: earth, metal, water, wood, and fire. Bring the

earth's harmony and balance indoors and you will naturally feel earth luck all around you. In other words, take out the garbage to avoid decay in your life. Slow down the dinner preparation to increase the flavour in your life.

To do this properly pick up a Feng Shui book. Go to an introductory design class (see back for classes) or better yet: call me and set up a consultation. At Six Senses we strive to inspire clients to see their own truth and to live accordingly. Let your surroundings reflect your personal truth today!

What's in	What's not
cinnamon tea	iced tea
willows	maples
chocolate brown	red
metal	fire
bamboo blinds	pillows
hiking	swimming
vanilla	bergamot
Saint Tropez	San Jose
Beef Stew	pita wraps
The No. 6	the no. 9



Fall Back

Falling leaves, shorter days, and colder weather all signal an impending hibernation right? Wrong. Not for mother nature and not for the earth. Nothing stops working in the fall; we just assume it does because we have a hard time adjusting from the outside to the inside. But why does this happen? Inadequate lighting? Poor insulation? Dark, small windows? No creative art work on your walls? No social life? No variety in your weekly schedule?

Examine what really brings you down in the fall, because mother nature still has lots to offer. All you have to do is perceive and be aware. Take your children on nature hikes, lift rocks and discover a busy world of insects still working at full speed. Take pictures or draw the changing scenery from September to December. Discover how special that cinnamon tea smell is after a brisk walk through the park. If you feel your home isn't as exciting as mother nature - make it exciting. Bring mother nature indoors. Do hands on crafts for thanksgiving dinner and christmas. Paint walls brighter colors. Sew rich and soothing blankets from scrap velvet or fleece material. Use mankind luck; call your friends and set up regular bridge, TV or crafting nights. Use earth luck by changing the indoors with the outdoors. Use heaven luck by listening to what your heart is telling you. It knows what you need. Fall into your true self now.



What is clutter? Clutter is having...

more than one to-do pile
dirty dishes in the sink
more than one book on your bedside table
unfolded laundry
wiring in plain view on the wall

We all have some clutter in our life, so why is it so bad? It reflects the amount of chaos, congestion and disorganization that is building up inside our bodies and our lives. Too many books to read, too many projects at work. More than one to-do pile, more than one project or someone needing our full attention! Do yourself a favor and declutter your life. Simplify to the basics in your home and you will feel the difference in your body and in your life.



The number 6

the perfect number for the perfect season. This number refers to the Chien trigram of the I Ching and the father in the Pa Kua diagram. The later heaven sequence places the 6, father, into the northwest. This area is governed by metal. The representation of father is solidity, leader, head of household. This sector corresponds to creative energy. If you are governed by kua 6, your greatest power is in leadership and organizing. You have natural ability to create. To increase your personal earth luck stand with your back to the northwest or west when discussing new ideas and proposals.

Chakras, Prana, & You



We are constantly being bombarded with new terms, knowledge and new philosophies. Often, we tend to pick up only a little bit of each and forget the rest. To prevent this from happening to you, read this basic introduction to the chakras and you will be able to say that you understand, if only the basics. Chakra is a Sanskrit word, which roughly translates into "Spinning wheel" and refers to one of the seven main energy centers in the human body. Each chakra resonates to a different colour through which life energy flows. This energy is the prana, chi, breath, and life that other spiritual disciplines & philosophies recognize as well. Each of these centers correlates to major nerve ganglia branching forth from the spinal column.

The chakras also correlate to major nerve or endocrine centers in the body, levels of consciousness, developmental stages of life, colors, sounds, strengths, weaknesses, thought processes, body functions, feelings and elements. There are also minor chakras in various parts of the body including the hands and feet, as well. But, the major chakras are listed

below. A Healer will always balance the chakra system in order to encourage the body's healing.

- First chakra** (anus=red): When it's clear, you are more accepting. When it's clogged, you are resentful.
- Second chakra** (gonads=orange): When it's clear, you're creative. When it's clogged, you wallow in guilt.
- Third chakra** (navel=yellow): When it's clear, you feel firmly committed. When its clogged, you get angry.
- Fourth chakra** (heart=green): When it's clear, you're compassionate. When it's clogged, you're afraid.
- Fifth chakra** (throat=light blue): When it's clear, you tell the truth. When it's clogged, you're in denial.
- Sixth chakra** ("third eye"/forehead=dark blue): When it's clear, you're intuitive. When it's clogged, you're confused.
- Seventh chakra** (top of head=purple/white): When it's clear, you feel boundless; when it's clogged, you grieve.

For Intuitive Chakra Healing & Balancing
call Lily Colasanti, Intuitive Healer, RMT, 905-816-1747

Success and Free-flowing Energy

By Diana Renelli

Although I have felt the immediate effects of clearing clutter in the past, my Feng Shui consultation with Monika brought deeper meaning to making space and finding a home for my belongings. When Monika looked in my office closet and saw the beginnings of my organizational good intentions 'nicely labelled boxes which declined from left to right, from organized to cluttered pile respectively', she asked me if I had trouble sustaining motivation in my work. It is one of my challenges, but to actually hear her say this and recognize its manifestation in a pile of "stuff" really hit home for me.

Now all that stuff has a bin of its own, is labelled, and off the ground. I feel optimistic about the future and it's no wonder, since my office faces south and deals with my future & fame. The things I need most have a home and more importantly have extra space in their home in order to allow for growth in my life.

Having learned that the compass directions relate to different parts of my life also changed my perspective. This weekend when I trimmed my hedge, on the North side of my house, so that it now sits below my porch window, I felt as though I began to balance the space in my career. It further motivated me because once I'd finished, I saw and felt the symbolic result of having a clear view from my front window. I felt an inkling of accomplishment and that I am one step closer to experiencing life anew. Feng Shui has changed the way I care for my home because I feel how free-flowing energy in the physical aspect of my life reflects my inner energy and vice versa.

Diana Renelli owns a writing practice called *Wiled Words*. She writes marketing material for businesses in a variety of disciplines, has been published in a number of magazines and has recently launched *Wiled and Sensuous Detail Notabilia*, a greeting card line. To learn more about *Wiled Words* or order her *Notabilia* on-line, logon to: www.wiledwords.com