

Feng Shui Steps

NEWSLETTER # 10—JUNE 2006



Roseline Deleu
Feng Shui Master & Author

Feng Shui Conference

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hosted by Roseline Deleu*

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Who were you 2 years ago?

by Roseline Deleu

How long have you been living in your home? Did you move recently? Two years ago? Ten years have past... or have you been in the same house for more than twenty years?

How has your life changed in all this time?

Originally from Europe, I see my friends and family abroad only every 3 years. They have not changed in the past 9 years. They are still living in the same house, going every day to the same job, interact with the same friends and even go on holidays to the same place than when I was still living there.

My time in Australia allowed me to change heaps. When I look at my 10 year old pictures, today I feel and look younger! I have evolved and became the person I could have never even imagine while living back in Europe.

How is this possible? My love of adventure, newness and change and feng shui are the keys. I live my feng shui passion, have a balanced life between family and work and I am happy.

I truly believe that people are lucky here in Australia, the

country is large and infinite landscapes open minds to opportunities and change.

I moved houses 10 times in less than 9 years and the house that I am renting now is on the market for sale... so another move will be coming very soon. I agree with you that, moving house is a very stressful situation—quoted as high as changing job, getting married or losing a family member. Moving often though, allows you to go through your belongings and keeping them to the minimum. Whatever you have not been using for the past 12 months, you forgot about. How many of you still have unpacked boxes that the removalist or yourselves have stuck in the garage?

Late 1997, I migrated and arrived in Canberra. Early 1998, I gave my first feng shui lecture, started teaching evening courses and Alanna Moore offered me a column in her fantastic 'Geomantica' newsletter.

Today, I live in QLD. I am invited to the major festivals around Australia where, as a professional guest speaker, I explain Feng Shui to the audi-

ence making this art of placement accessible and understandable to everyone. I share my knowledge and train new feng shui practitioners and consultants. I write for Insight Magazine, Australia's number 1 new Age magazine.

Where and who am I going to be in two years time? I don't know yet. What I can say is that each of you that I met, that asked me a question, that emailed me, that listened to my lectures, that read my books or attended my courses has been an inspiration to me. Thank you.

Is it time for you to get out of your comfort zone? Today, do 3 (reasonable) things that you have always wished doing and never dared before and be ready for a better life.



Affectionately
Yours,

Roseline
Deleu



Return to Harmony

by Ph Dr Jaroslav Kovaricek



Ph Dr Jaroslav Kovaricek was born in Bohemia. In his study of musicology he specialized in the field music and mass media. In Australia since 1968, he has worked as broadcaster, designing many innovative programs. On top of over 3000 hours of music programs, he has produced numerous programs of poetry, soundscapes and radio plays. He works regularly in Europe, producing programs for radio, giving lectures on media and workshops of his Psychosonica meditation methods. He is keen on promoting a healthy sonic environment and educating about the dangers of sonic pollution.

The cosmos was created as Harmony. After a disruption or catastrophe, Nature moves towards again reaching a state of equilibrium.

The modern world is a constant bombardment of noise and colour, vying for our attention. Shock values and negative news permeates much of the social world. Noise blares from the television and radio and even shops and streets, invading our personal space without permission. Silence is forbidden in the commercial world.

Our social world is accelerated as never before. Success! Money! Power! There is a constant striving to achieve these goals and at the cost of great sacrifice. Competitiveness, fighting, is not living in harmony. Many people live in depression and stress. A recent study claims that every year around 20% of Australians suffer from some kind of mental illness. Main-

stream medicine is preoccupied with fixing the body and neglects the mind and spirit. The health system focuses primarily on 'curing' disease because that's where big money is to be earned.

It is thus up to every individual to take care of and protect their mental health. I've spent many years studying and researching the effects of sound and music in particular on the living organism. The summary of my findings I call *Psychosonica* and research in this exciting field continues.

Sound affects us on a multiple of levels - physical, psychological and spiritual. The body is a symphony of vibrations and rhythms that are biological, emotional and mental and the flow of which strives for the state of equilibrium. It is possible to recognise when parts of your body are out of tune by developing high listening sensitivity. It is also possible to then harmonise

your oscillating system, moving it back towards its natural state of healthy equilibrium.

Based on my musicological studies and inspired by the ancient tradition of Nada Yoga, I've developed sonic meditation techniques, designed for use in today's busy life. The benefits of toning meditation are many - improved listening skills, enhanced appreciation of music and an awareness of the subtle energies that reside within us. Most importantly, toning restores harmony to the mind, body and spirit. Harmonious resonances help us to deepen our self-confidence, improve our creativity and well-being.

Harmonic toning makes a difference to your daily life. It can be successfully used by therapists, teachers and corporate executives. Promoting and practising toning, we improve our own well-being and actively create a harmonious world.

What's inside your House?

by Bojan Schianetz

Bojan Schianetz, Env. Eng. Vibrational Homeopath, specializes in environment and health solutions. His website is www.environment-health-solutions.com

Have you ever thought about that your house can make you sick? Indoor air pollution is an underestimated problem and can cause numerous illnesses. This article gives you an overview and shows you possibilities to improve your house or office. You are reading right, there is not only outdoor pollution, indoor pollution can be even worst because of restricted ventilation inside houses. According to the American Medical Association, 50% of all illnesses are caused or aggravated by polluted indoor air. Indoor pollution is caused by sources such as building materials, furnishings and household products like air fresheners, all of which may release pollutants especially solvents, sometime over decades. Other sources related to some activities like painting carried out at home, release pollutants intermittently. These include smoking, the use of non vented or malfunctioning stoves, furnaces, or space heaters, the use of solvents in cleaning and hobby activities, the use of

paint strippers in redecorating activities, and the use of cleaning products and pesticides in house-keeping. High pollutant concentrations can remain in the air for long periods after some of these activities were performed. Immediate health effects may show up after a single exposure or after repeated exposures. These include irritation of the eyes, nose, and throat, headaches, dizziness, and fatigue. Such immediate effects are usually short-term and treatable. Sometimes the treatment is simply eliminating the person's exposure to the source of the pollution, if it can be identified. Symptoms of some diseases, including asthma, hypersensitivity pneumonia, and humidifier fever may also show up soon after exposure to some indoor air pollutants. Long term exposure can lead to Sick Building Syndrome (SBS). SBS consists of a group of non-specific symptoms, which according to a World Health Organisation (WHO) definition can include any of the following: Eye, nose or

throat irritation; a Sensation of dry mucous membranes; Dry skin, rash; Mental fatigue; Headaches; Nausea; Dizziness; Coughing; Hoarseness; Wheezing; Itching and unspecific hypersensitivity reactions. **The first recommendation is ventilate your house daily for at least 15 minutes to renew the air inside the house.** Besides, when you are using materials with solvents, or that smell very strong, make sure you ventilate your house on a regular basis until the smell is not noticeable anymore. In any case, to be on the safe side, the best is to avoid the use of toxic materials inside your house. There are now available on the market many cleaning products that do not contain harmful substances. You can find them in health food stores and in some supermarkets. Also, you can find information about safer wall paints, oils, stains & varnish, cleaners and other household products in www.energyandwatersolutions.com.au/oil/oils.htm

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Looking forward

by Cassie Slattery

Dear Roseline,
I received your book, Thankyou very much, I am currently working with it to help me attain my goals. As you can see I have now acquired an email address which has been quite liberating and many of my family and friends are also elated. As the only one at the Lismore workshop without an email, I took your advice and enlisted my daughter to help me set up one. My next goal is to attend your Practitioners Certificate Course.

That you will be running any later in the year as I was be unable to attend the March one as I was in Hong Kong. I thoroughly enjoyed your 'Insight Magazine' workshop and seminar in Lismore and I am incredibly inspired and excited to learn more. I have already implemented some changes to my home and I'm constantly astounded at the results. Sometimes they are instantaneous like when the plumber turned up after I

cleaned out the garage which is in Sector 6 (helpful people). I had been chasing him for about 8 weeks. I also benefited from reorganizing Sector 4 (wealth), an unexpected cheque from the Government and a bonus from work. I could go on an on. Thankyou again, and I am looking forward to hearing from you,

Cassie S. (NSW)

QUEENSLAND - other interesting events



Alanna Moore

ALANNA MOORE

Crystal Waters, Conondale
(Sunshine Coast Hinterland)
Sat 5 Aug 06 9.30 am-5.00 pm
'The Sacred Garden'

Find out how to create magical, productive gardens using dowsing, permaculture & geomantic design, plus sacred stone arrangements and nature spirit attunement. Theory and practise, using paramagnetic stone pendulums. Includes making a Tower of Power and s stone circle and activating their energies.
\$110 or \$100 pre-paid in advance by August 1st (cheques made payable to A. Moore) - \$90 concession or \$80 concession pre-paid.

Bookings (07) 5435 0158 Email: ricgiles@powerup.com.au

ALANNA MOORE

Eudlo (Sunshine Coast)
Sunday 6 August 2006 9.30 am-1.00 pm
'Divining Healthy Homes'
Introduction to pendulum dowsing, building biology, geopathic stress & earth acupuncture.

Followed by: **Eudlo (Sunshine Coast)**
Sunday 6 August 2006 2.00pm-5.30 pm
'Divining & Water Wisdom'

Exploring water's natural place in the landscape and how to restore it, spiritual dimension of water & divining, traditions of rain making and honouring of water spirits, in theory and practise.

Fee: \$55 per course/\$50 pre-paid by August 1st. Concession \$45, prepaid \$40. \$110 the full day, or \$100 pre-paid in advance by August 1st (cheques made payable to A. Moore) - \$80 concession pre-paid.

Bookings (07) 5457 3961 Email: sonyawa-lace@yahoo.com

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- Harold Tietze - Happyologist & Author
- Roseline Deleu - Feng Shui Master
- Mitchell Coombes - Psychic Predictions
- Lisa Sherrah - Chakra Expert

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Magic, Magic, Pure Magic!

by Barbara Campbell - Feng Shui Practitioner (Toowoomba—QLD)

☎ 0427 277 107

Magic, Magic, Pure Magic! This was my response to a recent five day (10-14 April 2006) Feng Shui Practitioner workshop held at Toowoomba, QLD.

Feng Shui Master and internationally acclaimed best-selling author, Roseline Deleu, conducted the course. Roseline's expert advice and presentation was an inspiration to me. I received instruction in Feng Shui concepts, dowsing, meditation, collage, art, consultancy and *magic*. Highlights of the course were the daily practicums. I visited homes, furniture stores, warehouses, shopping centres and other retail out-

lets. I also participated in neighbourhood surveys. Here, I was instructed in Feng Shui principles and where I also honed my newly learnt skills.

The Feng Shui workshop was inspirational, intuitive and extremely worthwhile with an emphasis on the application of skills throughout the course as an unexpected bonus.

On Friday 12 May I assisted Roseline with a Feng Shui information evening followed by a Dowsing Workshop the following day. I felt empowered and look forward to utilizing Feng Shui to

improve not only my life but the lives of others.

I wish to take this opportunity to sincerely thank Roseline for sharing her wonderful knowledge of Feng Shui. This has been a life changing experience. Let the *magic* begin!

Barbara

Email: barbcampbell@iinet.net.au

P.S. The *magic* is already happening!!! I did my first consultation on the way home on the last day of the course and I had another booking the following day!



You wish — You manifest

by Wendy Ellem - Feng Shui Practitioner (Toowoomba—QLD)

☎ 0409 968 277

Good morning Roseline,

You are so right when you said be careful what you wish and manifest. The work that I did in my money sector has been activated well and truly. I haven't stopped nor has the money flow.

Once I returned home from the 5 day Feng Shui Practitioner course I placed my Mandala painting in the Number 4 sector, I cleaned the windows and turned on the light to illuminate the area. The next day Kerry and I set to work outside within the money sector of the garden. The fence we had constructed was not quite completed and where it was cut at the top left a spiked

edge to the palings. So we went along with the sander and smoothed out each individual paling.

Last week we noticed a small leak at the side of the house so our next job was to remedy that. Within an hour of completing these jobs we received two calls enquiring about our second car (which we have been trying to sell unsuccessfully for 3 ½ months). As we no longer need the second car we are using the money from the sale of the car to help fund our Egypt holiday in October this year. That afternoon we had sold our car for the amount we wanted!

The next day we received 2 huge orders

from our distributors in Melbourne and Sydney which again is activating the money flow.

When I arrived at work to commence these orders there sitting before me on the desk was more money... The 9 days are not up yet so I am intrigued to find what will transpire in the next 2 days. I haven't even begun to work on our business I am sure wonderful things will happen once this is done.

Thanks again for being on my path. Have a wonderful day.
Wendy.

Gold Coast—Health & Harmony Guide—Festival 2006

Sat 19 & Sun 20 August 06

10.00 AM -> 05.30 PM Mudgeeraba Showgrounds

Contact Symmone Gordon for Stalls and Workshops info (07) 5522 4707

N.B.—I will be there (Roseline Deleu)

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