

# Feng Shui Steps

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## The Insight Magazine Spirit Tour

by Roseline Deleu



Cameron Johnston @ Toowoomba Show

When Cameron Johnston, Director of Insight Publishing contacted us last year, we were all very excited to participate to his first *Insight magazine Spirit Tour*. Insight magazine is available from your local newsagent and has been on the Australian market for 9 years. Cameron was proudly explaining its philosophy.

The three guest speakers (Roseline Deleu, Jason McDonald and Lisa Sherrah) have a regular column in the monthly magazine.

Our personalities and subjects were very different and each attracted a different public keen to learn and discover new messages and teachings.

Jason has the ability to pass messages on to people from the spirit world. Through his live demonstration, he shared what

he sees and hears, giving detailed visions and messages to the audience. I had the chance to get a message from my dad who passed away in 1987.

Appearing after Jason's performance, I presented the basics of Feng Shui supported with a slide show. Every day examples related to anyone in the audience inspired many to make some changes around their homes. I was very happy to be able to answer people's question and de-mystify Feng Shui in their lives.

Lisa Sherrah closed the evening with chakra teachings and a great meditation.

We all hope to see more opportunities of working together again.

After living very close to each other for 10 days, we created a strong bond and genuine friendship.

Roseline Deleu



Jason, Roseline & Lisa dining together on the Gold Coast

### Become a Special Feng Shui Practitioner

**5 Day Certificate Course with Roseline Deleu**

**Brisbane 27-31 Mar 06**

**Toowoomba 10- 14 Apr 06**

**Melbourne 15-19 May 06**

**Hungary 10-14 Jul 06**

**Brisbane 7-10 Aug 06**

Download your detailed Brochure:

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'Courses and Events'



## As the Saying goes... we are what we eat!

by Martina Markus (Sydney & Hungary)  
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*Chi* is a life giving energy. Due to it, everything changes, takes shape continuously. We exist through it; *Chi* lives in us and keeps every life alive on the earth and above.

He, who knows how to stream *Chi*, keeps his strength and keeps trouble away. At birth, every human being has inhabits a certain amount of *Chi* on him on which he economizes to the end of life.

Imagine a body, like a wonder car with zero km, in connection which you are told what kind of fuel you are supposed to use, on what performance you can count. However if you use wrong petrol, you force it to perform beyond its strength and owing to it, your car will be a permanent guest at the garage.

The energy courses (the meridians) and the organs are built up in a body, as the whole universe works. *Feng Shui* primary aim is to create such a living surroundings where those who live there gain life – giving energy, through which the satisfaction, the inner peace and the feeling of harmony is brought about in a physical way. The properly created homes are the same for the inhabitants as a feeding of the body.

As the saying goes “we are what we eat” and there is no doubt that we are affected by the food we consume. It is, of course our food that provides us with the energy to get through our daily activities. I believe “good” food to be food that gives us clear energy, and very important to consider your eating habits, so that you gain not just energy from what you eat but positive energy.

Every type of food has *Chi* energy of its own, determined by its shape, colour, texture, and even the climate, soil and manner in which it grew. In theory, you will take in the character of any food you eat on a regular basis. The foods that contain the greatest amount of *Chi* are those that can be called “living foods” (including: vegetables, fruit, whole grains, beans and seeds)

Highly processed foods absorb *Chi* energy from the factory, so obviously gives them less energy (or none). The more natural the farming practice, the better energy for us. By choosing the most beautiful food for us, I would suggest to choose Organic products, so you can improve your health and creating more positive *Chi*.

As men and women can't live without each other, also *YIN* and *YANG* (two elements of the *Chi*) are mutually inter-

dependent, they feed each other and equally important to the individual. *YIN* is the passive; *YANG* is the active, so the aim of *Feng Shui* is to balance through controlling your surroundings including the food what you eat.

Everyone has both *YIN* and *YANG* elements and can be out of balance. Your mood and the way you react depend on how you feel; is it more *YIN* or *YANG*? Too much of one can result strong emotions. When you are healthily *YANG*, you feeling confident, enthusiastic and in control but if become too *YANG*, you can't control how aggressive and intolerance you are and also experiencing frustration and difficulties. You can address these problems by adding *YIN* energies to your diet.

As a general rule, *YANG* foods generate heat and often contain plenty of protein and fat (meat, fish, eggs), *YIN* foods are cooling and contain more liquid and sweetness (fruit, yoghurt, juice). It can become too *YIN* as well, you feeling depressed, pessimistic, hopeless or even tearful and sad. Generally speaking you should aim to blend ingredients to make a balanced meal.

Never forget a healthy balance = your inner Feng Shui, key to your happiness!

Martina

## Feng Shui decoration ideas

Most of you already know that I prefer using tasteful décor rather than encouraging cheap Chinese items to make your Feng Shui magic work.

These items are available at  
**Sassy at Manly**  
53 Cambridge Pde  
Manly Harbour Village QLD 4179  
(07) 3893 3166  
email [sassyjan@westnet.com.au](mailto:sassyjan@westnet.com.au)



This red faceted vase to activate well-being



Four boxes to display in your money corner (sector 4)



One or two glass balls symbolising the Water element; their swirls give the idea of movement.

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## Good enough to share ?

by Ophelia

I'm not really sure if my experience in Feng Shui is good enough to share to everyone, although I was excited about the result of what I've done, after reading your basic Feng Shui book & put it into practice, The Feng Shui Cures.

I've read the book over and over while at the same time I started to make some changes around the house.. first thing was de-cluttering. My lounge/dining room which is in area 6 & 2, according to my grid placement, was full of my children's photograph & memorabilia since they were little, so I started taking them out including photos of my late husband, leaving just a few new ones of my children, and put more photos of myself instead. I thought to myself: "Its about time that I dominate my life". For so long, I felt that the kids (3) were

dominating my life since they were growing up and they became over powering, especially my 2 young teen girls. Too much energy flowing around the house, arguments, disagreements, aggressiveness, etc. You know what is like when you have teenagers in the house, it's mad most of the time.

I've arranged the furniture in the lounge which is now a bit spacious and welcoming.

In the kitchen, which is partly on area 9, I have 3 sets of knives on blocks which were out on display, so I put them in the cupboard.

I also hung a Ba Gua mirror outside my front door, although it's not directly facing the light pole in front of my driveway,

I thought, too much bad energy was coming from there as well.

Surprisingly, if not coincidental, my life with the kids have changed a lot better since I've done these cures. My two girls attitude, especially the young one which has just turn 18 has mellowed down a lot. They are less aggressive, less quarrels or nothing at all, they're now sober, I should say and we can discuss matters without yelling or fighting.. They are behaving like real adults. Less bad energy flowing I should say.

I'm really happy that I've read the book & adopt the cures just on time for a real change. Thanks Roseline.

Ophelia (Australia)

## A new woman is born in Griffith (NSW)



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I am so excited! Having recently completed Roseline's 5 day course I returned home knowing that my view of the world would always be very different now. I couldn't wait to share my knowledge and experience with whoever wanted to know. I just had to find who wanted to know! Nine days had passed since graduating from the course. I was in the kitchen (my office!) putting the finishing touches to my business cards and was looking at the mandala I had created which was hanging in my fame and recognition sector. I was thinking that it was just about time to take it down because the nine days would be up. At the same time I was wondering what I could possibly put in an article for Roseline's newsletter when the

Dear Roseline,

Hi, this is Val's daughter Jenna. Thought you might like to know for future reference... She has come back so alive and motivated, it's refreshing to see her do something for herself and something that she enjoys so much.

She is in the process of making her new business cards and has written an arti-

phone rang. It was a lady I knew but haven't ever really socialised or had anything to do with. She had been to the same masseuse that I had gone to four days before and mentioned that she was wanting to do something with her home, my name was put forward and she contacted me immediately. So I have my first appointment in two days time.

The most exciting part is - when I was doing my course with Roseline we, of course, used our intuition and created firstly a collage and then a mandala.

In my collage one of the pictures was of a fire burning in a wood heater.

There was also a picture of a bird in flight which I felt represented me ready

to spread my wings (I still feel it represents me as well). At the time, naturally, I did not know what the fire represented but now I do. The phone call, which is now my first consultation, is with a lady whose house was severely damaged by fire when a bird made a nest on top of a down light and caught fire under the eave of her home. How accurate was my collage - so far? I am amazed but also I'm not - if that makes sense at all! There is a saying - "if the shoe fits then wear it". Feng Shui is my shoe and for me it fits perfectly. Thank you Roseline for inspiring me to not only wear the shoe but to walk in it with confidence.

Love and Light on your path  
Jenna

Blessings,  
Val



## Feng Shui for your Mind, Body & Spirit

by Maggie Wilde

Like the different vibrations that affect our homes, offices and environments, our body is home to our spirit and can store different vibrations that affect our emotional, physical and mental health. The impact of these vibrations can be positive or negative depending on the original energy stored.

Each and every organ and cell in the body, our brain, our nervous system, our spinal fluid, even our skin can store the memory of a variety of frequencies that impact on our physical health, behaviour patterns, emotional balance and our mental clarity.

We may not be able to 'shift' or 'move' the position of *organs* inside our body like we can with objects in Feng Shui, but with practice we can 'shift' negative or stagnant *energy* (vibrations) in our body to free ourselves from emotional, physical or mental pain.

By understanding that the mind is the image centre of our being, we can use it to help scan through the body. (Visualise, sense, feel or imagine using your mind's eye as a video camera or 'third eye' within the body). By doing this we can train ourselves to become aware of negative energy blocks easily. Stagnant or frozen energy that may have hampered our personal growth or health can be 'dissolved' and eventually released.

Even the Buddha taught through meditation techniques like Vipassanna that when we acknowledge different vibrations which manifest as sensations in or on the body/organs/muscles/tissue or skin, we can simply observe these sensations as they arise and eventually free ourselves from the trauma associated with that sensation.

Literally by observing the frequencies within or on our body as sensations they can be released. It is irrelevant whether the sensation is pleasant or unpleasant. It is the observation without attachment or judgment that frees us from it. When we observe a sensation within or on the body and we attach a negative or positive identity, it can no longer be released. In fact it becomes a 'frozen seed' that attracts more energy of the same frequency. Hence we can get stuck repeating negative patterns.

The Buddha stated that all things are impermanent. He called it Anicca. *All things arise to pass away.* It is only when we become attached to positive vibrations or avoid negative ones by suppressing them that they become stuck and unresolved. As more frequencies of the same energy are stored we eventually manifest a 'diseased' area within the body.

When we embrace our emotional, physical and mental pain as simply 'energy' we become the detached observer. We acknowledge that the pain has something to tell us. If we make no judgment on that energy, it reveals its wisdom to us. Once that wisdom is acknowledged, the sensation arises and passes away. The pain comes to the surface to be expressed. (When it is judged as good or bad we add to the layer of stagnant energy instead of releasing it).

As an example I once worked with a client in my clinic who for many years suffered chronic menstrual cramps. She would take pain killers every four hours for two to three days just to get through her day. Work on those days was sometimes impossible. Heavy bleeding was traumatic, with painful clots and severe fatigue, depression and irritability.

By detaching from and observing the sensation (rather than dreading it or cursing it), she no longer requires medication of any kind for this issue. She is able to embrace her cycle freely as an indication of her natural feminine rhythms.

She was able to give her uterus time to speak its wisdom. It spoke of fear, loneliness, sorrow and emptiness. When she observed deeper still, its wisdom allowed her to embrace the grief and sorrow she had attached to her birthing process and early childhood. She observed fear of abandonment, sensations of numbness and a deep emptiness that she had experienced in the womb.

Once the wisdom had been imparted my client's menstrual cycle began to slowly change. It was no longer 'stuck' in the vibration of fear/emptiness or abandonment. Within two cycles her pain had become manageable. By the fifth cycle her dependency on pain killers had

been dramatically reduced and by the sixth cycle there was no pain associated at all.

She eventually spoke without judgment to her mother about this issue and her mother was able to speak of the 'trauma' and 'pain' that she had experienced while pregnant with my client. The mother had felt 'empty', 'exhausted'. She feared the birth and felt she couldn't cope. She had had four pregnancies within six years and at one point wished she could be 'free' of the burden.

My client's internal vibration moved back into its natural frequency of impermanence. It was no longer 'stuck' or 'stagnant'.

While the judgment of '*negative pain*' was attached to the frequency, the pain was 'stuck' in its never ending cycle and over many years became unmanageable. As she freed her internal frequencies to 'speak' through detached observation, she was able to communicate to that area of her body that those fears were no longer appropriate to her life. It was now safe.

As we clear the vibrations of stagnant energy (physical, emotional and mental pain) within our body, we open ourselves to replace the traumas with positive energy that flows with life force. We literally begin to Feng Shui our mind, body and spirit.



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