

# The *Changing* **TIMES**

FREE IN LONDON

MAKING CHANGE SIMPLE

October/November Issue 2007

On  
Kilimanjaro

**SEX &  
spirituality**

**Finding the Divine  
between the Sheets**

**STRESS-FREE  
PARENTING**

**PLUS!**

**Therapies for  
Relationships**

**Eco Baby clothes**

**Toxic-Free  
Fragrances**

**Are you a  
Slinger?**

**Bring Love  
into your  
Home with  
Feng Shui**

The  
**relationship**  
**issue**

# Soul Sanctuary

## FIND YOUR SOUL MATE WITH FENG SHUI

Can you imagine a perpetually romantic relationship with never a cross word? We see conflict in the world and our lives and dream of a soul mate to provide sanctuary from this but are then surprised to find conflict in this relationship too! This is nature, and nature thrives on a little imbalance. In Chinese philosophy the husband is also regarded as the devil, probably because intimate truths can sometimes be difficult to hear!

Although I believe we can create our reality and attract whatever we desire, the energy laws of the universe cannot be controlled as much as we like! You can achieve certain outcomes via visualizations and wish lists but success may be hollow if your natural cycles indicate another course of action. Feng Shui assists us in tuning into our unique core energy – are we Water, Wood, Fire, Earth or Metal and if so, are we 'weak or strong'? A strong fire person might get on very well with a cool watery person who needs more warmth. If the fire person is in a water phase this is ideal but if their current phase is fire they may not be ready for a relationship.

Feng Shui is not limited to the arrangement of interior and exterior space. It provides a truly holistic view of life force energy taking into consideration the time of our birth and lunar rhythms throughout each year. Many people approach me with a view to finding a relationship, and I am delighted to be able to help by making changes in the physical layout of the home. However we really need to construct a horoscope chart to reveal why the client is not currently in a significant partnership and discover when the energy cycle is conducive to this.

For a full Feng Shui workout, a Horoscope & Compatibility Analysis will reveal which elements support your health, wealth, career and which years are good for having children, launching projects, moving home, etc. The consultation will assess the relationship areas inside and outside your home and advise on improvements. As some homes and commercial buildings suffer from the resonance of predecessors, space clearers can purify and re-energise the space to allow life to flow more fully.

## Simple DIY Home Harmony

**Flow Form Water Features** create a wonderfully rhythmic flow of water and soothing auditory experience.

**Orchids** are particularly good for attracting love; white for honesty, pink for romance and red for passion!

**Candles** provide Yin Fire; the most 'romantic' of all the elements. Heart is a Fire organ in terms of Chinese Medicine.

**Rose Quartz** is a crystal associated with the heart chakra. Ideal when placed in the bedroom.

**De-Cluttering.** Clutter creates confusion which can manifest in crossed wires and unclear communication. Just as meditation keeps your mind clear, organizing your space keeps the energy flowing.

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## Eco Products for



**Cook up a feast** for your loved one with this hand-made chicken brick by John Leach, famous UK potter. Perfect for cooking a rustic roast. £49.00 [ourgreenweddinglist.com](http://ourgreenweddinglist.com)

**Try this beautiful Iris Flow Form Water Feature** available from [fengshuiagency.com](http://fengshuiagency.com) Telephone 0800 458 7267



**Wine and dine** your sweetheart with goblets made from old Bordeaux bottles. Recycling one bottle saves enough money to power a tv for an hour and a half. A set of six coasters helping Aids victims in South Africa. [yourtomorrow.co.uk](http://yourtomorrow.co.uk)

**Get cosy** with this reversible bedding by Utani with matching cushion covers designed by Joy Thompson using 100% organic fairtrade cotton and coconut button fastening. Colour options available. Tel 0791 905 1956 or 01202 528262.



**Creating a garden** with your partner nurtures a relationship. Duchy original gardening tools, made from sustainable forests to a classic Victorian design [ourgreenweddinglist.com](http://ourgreenweddinglist.com) £15.00 each

**Give your partner** a sensual and relaxing massage with this beautiful oil with Rose, Lavender, Mandarin and Ylang Ylang to relax the body and calm the mind. [cherylinskintherapy.co.uk](http://cherylinskintherapy.co.uk) £19.00

