



# Wind Water

FSII OFFICIAL NEWSLETTER...Promoting Pyramid Feng Shui

SPRING 2006

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## In This Issue...

- 1 Editor's Letter
- 1 Spring—Embracing Transition for Ourselves and Our Clients
- 4 When the Striped Wallpaper and Furniture Has GOT to GO!
- 5 Book Review
- 6 Spring Decorating Natures' Way
- 8 In the Spotlight... Robin Neal, RDH, FSII

## Editor's Letter

I noticed several evenings ago I wasn't reading as much and seemed to be doing more writing and talking in my business. Then it hit me ... spring is here! Oh how I LOVE the energies and elements of spring, don't you?

In this issue we celebrate the coming of spring and all her surprises, delights and celebrations. My front yard goes through a celebration of wild yellows at the start and beginning of spring, first with the arrival of daffodils, then a sea of dandelion flowers to those dainty fun little

buttercups that you might have "played" with as a child ... remember holding them under someone's chin and asking them if they like butter?

Yellow, the springboard of life, life affirming, a ray of hope, the promise of abundance, peace and security, uplifting, exciting, and stimulating, an earth element that most like to go out and play upon.... Let's go play today! 🌻

Harmony and Balance to ALL!

Janet L. Hall

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## Spring—Embracing Transition for Ourselves and Our Clients

*Starting from, ending too and letting go.*

*Spring comes forth.*

*Remember; remember nature and us are one.*

—Heather Smith

The coming of spring and the Equinox itself clearly reminds of the potential for change, new beginnings and creation. It also

reminds of the importance of time and transition. As we know from our own life experiences, our experiences with clients, and through the understanding of Tao—everything changes. A full embrace and understanding of the TAO is essential to our development as practitioners of Feng Shui, our receptive clients and self developing

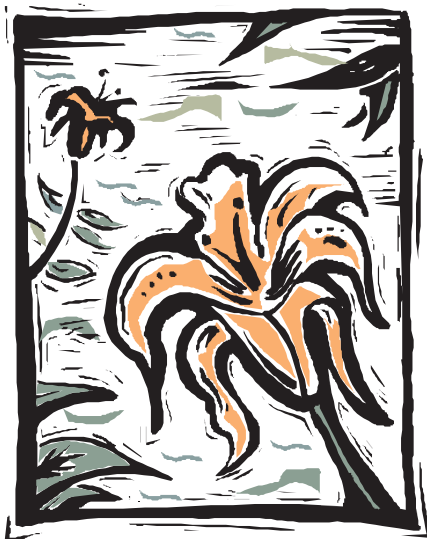
*(continued on page 2)*

## Spring—Embracing Transition for Ourselves and Our Clients

(continued from page 1)

humans. I feel it is essential that we understand, embrace and utilize important seasonal transition times like the Spring Equinox. It is a powerful time to work on developing our growth potential in life and business.

In American culture the spring equinox is known as the first day of spring; however, in Chinese culture it is not the beginning of spring but it is the midpoint. The spring equinox, the point at which not only are the hours in the day and night—yang and yin—are balanced however it's the balance point between winter (yin) and summer (yang). It is a time where the constant change of the seasons takes a balancing pause. This time



of pause holds great potential for transition and personal growth for us and our clients.

Now in order to truly embrace this upcoming season of growth, change and forward movement we must also embrace another impor-

tant lesson of spring, which is, in order to be able to sprout forward we first must honor the lessons of the past and let go.

The Bear Medicine Native American Alabama tribe holds a ceremony to honor the Spring Equinox on March 20th. In this ceremony, they first honor the energy and wisdom from winter, the most receptive season of the year from which they've come. First, they reflect, then they offer gratitude and then they let go so that they can truly allow and honor the wisdom and energy of spring and the upcoming summer season within their lives. To truly utilize the potential of any shift, be it in the time of day, the season, an emotional time of life or an actual physical movement ... we must let go. This lesson can be seen and understood in three main areas: within nature, within our own life and business and through witnessing clients that have physically and emotionally cleared out the old to make room for the new. Letting go and bringing in is a great process to always remember and to continuously embrace yet just as I say with Feng Shui, "anytime's a good time however certain times are even better." The beginning of spring is one of these times.

The exact point from which we transition/let go and that brief pause before we move forward is truly a powerful balance and foundational point. This resting/balancing point holds the full potential for change and growth. In nature

this point can be experienced during sunrise or sunset. In the seasons, it's during the time of the equinoxes. I have experienced this

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Spring is the balance point between between winter (yin) and summer (yang). This time holds great potential for transition and personal growth.

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point kinesthetically in physical activities such as; tai chi, rock climbing and snowboarding. With clients, I've experienced this point with the witnessing of them letting go of specific items and thoughts that were holding them back. This exact point of balance—just before your transition—is essential to successful and smooth outcomes in all aspects of life.

(continued on page 2)

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## Spring—Embracing Transition for Ourselves and Our Clients

(continued from page 2)

The Spring Equinox is a day to honor this fine transition point. I encourage feng shui practitioners, receptive clients and any self-developing human to utilize the potential of this day. Below I have listed three suggestions in regards to the Reflective Process and the Physical Process of tapping into the potential of the Spring Equinox. I've included both because as practitioners of Pyramid School, it is of course essential to combine shifting mentally with the physical process of shifting.

### Three Mental and Physical Processes to Celebrate the Spring Equinox

Think about what you've learned and done this winter in relation to your personal life and with your feng shui consulting. First, reflect upon the positive aspects and either say or write these down. Then if you and/or your clients have some negative lessons or situations that you have experienced or learned from do not deny but gently embrace.

**Physical Process**—Before the equinox and as always, however particularly with this day, I encourage you and of course your clients to sort, cleanse, and get rid of items that represent the old ideas and issues. Set the scene. On the day of the equinox set aside some time ideally during the sunrise by doing the above three things. If sunrise or sunset will not work then of course any time of day that you can make

time; however, I do suggest focusing on an item, picture or painting that represents a balance point. For example, a sunrise or a scale. Find an area in your home and/or in your client's home that will work for this.

Say or write what you're most thankful for in regard to your business and in life. Then write and/or say to yourself: "I thank these lessons from the past and I let them go as to embrace spring, new growth and new beginnings. (Same for clients).

**Physical Recommendation**—To kinesthetically embrace the process, have a bowl of water or sit by a water fountain (represents the aspects of the water element). Tear up your writings from above and then place the pieces of paper that hold the positive and negative

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The exact point of balance—just before your transition—is essential to successful and smooth outcomes in all aspects of life.

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things that you wanted to let go of and are thankful for into the water. (Same for clients).

Reflect upon the new ideas for your life and business that you would like to sprout and grow. (Same for clients) Even if one of

the new ideas is opposite of growth and is about gaining more stability in your life or business ... it's still an important transition.

**Physical Process**—Write down these intentions and goals on a piece of paper or with a pen that represents spring and the wood element. For example, spring colors, patterns, and/or wood element. You know best and there is room for creativity here for yourself and your clients. Enhancing creativity is another aspect of spring.

The day after the solstice consider taking your written list of ideas and framing them in a "wood" frame or place your list next to a representation of a spring element, such as a vase of red tulips. This allows you and your client to see a physical representation of the important shift that has taken place and we're officially in a time of growing yang. Also, this is a great starting point for further spring consultation recommendations.

I hope this article has inspired you and/or will inspire clients to really embrace this new season and the special time of the Spring Equinox. Best wishes to all in moving forward in your life and your business. 

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## When the Striped Wallpaper and Furniture Has GOT to GO!

by Janet L. Hall

At the beginning of 2006 I took a five day energy medicine intensive with Donna Eden. Just over 200 in attendance! The energy of the people and of the spaces could REALLY be felt and it was truly not only an exciting time for all yet a very educational time as well.

I had read and now was learning more about an energy pattern called Homolateral Crossover. One has this “when your energies are moving straight up and down each side of your body, like parallel lines, the pattern is referred to as homolateral and when this happens you are only operating at less than 50 percent efficiency and *you cannot get well if your energies are homolateral*” according to Donna Eden in her book *Energy Medicine*.

Why? Because your energies are suppose to “crossover.” The left hemisphere of you brain crosses over and controls the right side (processes) of you and the right hemisphere of your brain crosses over and controls the left side (processes) of you.

You can easily test for this pattern by energy testing as the person looks at an X (you can make an X by crossing your fingers) and again while looking at parallel lines (you can hold two fingers side by side). Weak to the X and strong to parallel lines indicates the person is in a homolateral pattern. (See sidebar on How to Energy Test.)

Signs that you or your clients could be homolateral are if you are chronically exhausted or ill and for unknown reasons can't get well, have a hard time thinking clearly, are swaying towards or have depression, and the senses are less acute—you can't see, hear, smell, touch, or taste as well as at other times.

As a feng shui practitioner the “signs” might be something you don't know about your clients. Recommending anything striped could make their life situation worse and impact their health, especially if they have an “immune system disorder.” Just by looking at or being constantly exposed to parallel lines, such as wallpaper or fabrics you can become homolateral, your energies or brain patterns stop crossing over. So I recommend not recommending a predominance of strips in an area where ANY client spends most of their time.

Besides the absence or “selected placement” of parallel lines changing or correcting the pattern can be easily fixed, although it seems it is changed temporarily because of the different environments we are exposed to and/or the “immune system disorder” you or your client might have. What do you see in your or your clients environments that represent parallel lines that you or your clients are constantly exposed to?

Walking, because it is a natural crossover effect, or an exaggerated

### How to Energy Test

Energy testing is a simple form of biofeedback; sometimes referred to as muscle testing, was first developed by Dr. George Goodheart, the founder of applied kinesiology, and later refined by Alan Beardall. The testing is generally done with a partner although you can learn to test yourself.

**Testing with a partner:** Hold your arm straight out from your side. Have your partner place one hand on your opposite shoulder (this is for them to make a connection to you). Using their other hand, have them place two fingers just above your wrist of your extended arm and have them gently press down while you resist. If your arm goes down easily you are testing weak and if your arm stays in place you are testing strong.

march will assist in correcting the pattern and get your energies crossing over again. Here is what you need to do:

March (walk) in place, right arm to right leg and left arm to left leg for about 12 lifts then switch the pattern to a Cross Crawl—opposite pattern—right arm to left leg and left arm to right leg for about 12 lifts. Do both patterns two more

(continued on page 5)

## When the Striped Wallpaper and Furniture Has GOT to GO!

(continued from page 4)

times each, switching back and forth from Homolateral to Cross Crawl and then anchor with 12 additional Cross Crawls. (If just walking or marching wipes you out you can do this sitting in a chair or lying down).

Now energy test again as above and you should test strong on looking at the X and weak on looking at parallel lines. You are now crossing over!

Do this routine at least twice a day for the new brain pattern to become established. It can take from ten to thirty days for the crossover pattern to stabilize; however this routine should be a part of your daily routine from here on out.

And let's get rid of the parallel lines in your life and your client's life. 🌿

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*Disclaimer: This article is for educational and self-help purposes only. Janet Hall is an educational provider and coach and is not a licensed health professional.*

## Book Review

By Martha C. Britt, FSII of Memphis, TN

### The Five Universal Shapes

**Book:** *Signs Of Life, The Five Universal Shapes and How to Use Them*, by Angeles Arrien (USA \$19.95)

**Test:** *The Preferential Shapes Test*, by Angeles Arrien (USA \$10.95)

On a recent visit to amazon.com, I found two items of interest by the cultural anthropologist, educator, award-winning author, and corporate consultant, Angeles Arrien. (For more information see: [www.angelesarrien.com/Biography.htm](http://www.angelesarrien.com/Biography.htm).)

In *Signs Of Life*, Arrien shares her anthropological research on the symbols and shapes that appear in art and literary works through out many different cultures. In this slim, square shaped book she identifies five universal shapes: the circle, the square, the triangle, the cross, and the spiral.

Arrien spent seven years researching art from different cultures to identify these shapes and their meanings. Over the years, she confirmed that, "People in different cultures do give similar meanings to these shapes." As an outcome of her work, she developed a theory that shape preferences are a "barometer of inner processes" and she began to validate her theory by testing her graduate students at the California Institute of Integral Studies, J.F.K. University, and the



Institute of Transpersonal Psychology. Her test, *The Preferential Shapes Test*, has been in use since 1981 and she has presented her research and test to over six thousand workshop and conference participants of diverse ages and cultural orientations.

*The Preferential Shapes Test* is included in the book, but it can also be ordered as a separate piece for use in workshop situations. (Quantity discounts are available through Arrien's web site at [www.angelesarrien.com](http://www.angelesarrien.com).) The stand-alone test contains five cards, one for each shape, enclosed in a folder describing how to take the test and then how to interpret the test results.

*Signs Of Life* is stuffed with quotes, short stories, pictures, and drawings supporting Arrien's ideas and research. There is an extensive bibliography and the book is indexed. One minor point, at times the text is difficult to read because several

(continued on page 7)

## Spring Decorating Natures' Way

By Robin Neal, RDH, FSII

Spring is known as the season of change. It is the time of year when our natural world shows us signs of growth and renewal. Nature has the power to change a small seed into a sprout. This tiny seed eventually grows into a blooming plant. Nature tells us that we must change. Our plants and animals change with grace. It is part of the natural cycle of life.

Many of us associate spring with the time of year for de-cluttering, getting things in order and redecorating. The idea of changing our interior environment can be stressful. Many of my client's have expressed frustration over everything from choosing colors for their walls to their furniture arrangement. The answers are closer than you think. Inspiration is just outside the window.

Pyramid feng shui teaches us to begin with the foundation. A house must have its foundation before it can have walls, a ceiling and then a roof. When starting your redecorating project, take a look at your basic needs first. Ask yourself the following questions:

### Do I have enough light in the room?

**Look to Nature**—Nature provides us with variations of light levels and intensities. Do you have appropriate lighting in your ceilings, lamps for your side tables, floor lamps for your corners and sconces and candles for ambient light?

### Does my color scheme correspond with the related activity?

**Look to Nature**—In feng shui green is representative of spring and the wood element. A green room is used in the entertainment industry to relax people before they go on stage or on camera. This is a good color to consider for your



bedroom or private bath. Consider what activities are to take place in each room. The chart below will match colors to activity or mood.

#### Color and Associated Activity

Red	Fire element	Active
Orange	Fire and Earth element	Stimulates conversation
Yellow	Earth element	Mentally stimulating/cheery
Green	Wood element	Relaxing/motivating
Blue	Water element	Calm/heavenly
White	Metal element	Mental focus/cleanliness

(continued on page 4)

## FSII CERTIFIED MEMBERS ONLY

### Mural, Mural on the Wall

by Robin Neal, FSII

FSII members can read this article by clicking [www.fengshui-ii.org/Members/murals.htm](http://www.fengshui-ii.org/Members/murals.htm) and logging into the members only site.

#### Sneak Peek:

There are few things in home interiors as intriguing as a wall mural. These works of art have a way of pulling you into a room and keeping you there. A muralist can create any feeling or atmosphere in any room. The subject can be as simple as a vine growing up the wall to a street scene in Venice. The viewer is left in awe and will always remember that particular room. This article includes a brief history of murals and ideas for their use.



## Spring Decorating Natures' Way

(continued from page 4)

### Does my house have adequate air flow?

**Look to Nature**—The movement of air in a space cannot be underestimated. A breeze outside can rejuvenate the tired mind. Air outdoors has movement. An indoor space with no air movement can feel

#### Feng Shui Institute of America

FSIA offers home study and onsite feng shui certification programs. The next onsite programs will be in Charlotte, North Carolina (June 22–27) and Columbus, Ohio (September 14–19). For details, visit the FSIA website: [www.windwater.com](http://www.windwater.com) or contact Barbara Taylor: [btaylor@windwater.com](mailto:btaylor@windwater.com).

#### Feng Shui Institute International

FSII offers teleseminars (phone based learning opportunities) year-round. Next up is “Conducting and Writing a Powerful Feng Shui Presentation” with Connie Spruill on April 23, 2006. Details are at: [www.fengshui-ii.org/education.htm](http://www.fengshui-ii.org/education.htm).

If you are interested in hiring a certified Pyramid Feng Shui consultant, please visit our directory page at: [www.fengshui-ii.org/practitionerdirectory.htm](http://www.fengshui-ii.org/practitionerdirectory.htm). Members are available for consultations and presentations. 🌿

dead. Psychological and physiological benefits result from healthy air movement. By adding ceiling fans, floor fans and by opening windows periodically, a room can be cleansed and brought back to life.

People in general crave a natural experience. With more time than ever before being spent indoors, it is of utmost importance that we bring nature inside. Wind (feng), water, (shui), plants (wood), earth, metal and fire are nature's gifts to us. By using the elements in your home or office you are bringing yourself closer to nature. When redecorating this spring look to Mother Nature for decorating advice. She will not charge you a penny and the results will bring you greater comfort and happiness! 🌿

© 2006 Robin Neal is a member of FSII and a graduate of FSIA. She has degrees in both interior design and dental hygiene. Robin offers feng shui consultations in the Central Florida area for the home or office. She offers additional services in space planning/design for remodeling and color selecting.

## Make a Wish ... Need a Makeover?

Check out Janet's 7 Prong Person/Place Energy Moving Life Makeover, *Moving and Balancing the Energy of You and Place: Seven Weeks to Creating Positive Energies in You and Your Environments* [www.overhall.com/energy.htm](http://www.overhall.com/energy.htm)

## Book Review

(continued from page 5)

background images fight for prominence with the text. Despite this minor problem, the book is dynamic and thought provoking.

### A Feng Shui Fit?

Always looking for quantifiable methods of helping our clients attain their personal objectives and wishes, Arrien's test may offer one more way for Pyramid School Feng Shui practitioners to objectively help clients discover their path to personal change through their environment. The cross-cultural aspect of the test is of great advantage—there is no cultural bias—these are the *preferences* of the individual.

Perhaps using shape preferences together with Pyramid School Feng Shui tools (i.e., three wishes or objectives, Archi-Typing, element testing, and holons, etc.) could provide an additional source of objective information to help clients achieve their optimal person-place connection.



In The  
Spotlight



## Introducing... Robin Neal, RDH, FSII

Robin Neal is a Floridian, currently living in Orlando. She is a member of the Feng Shui Institute International and a graduate of the Feng Shui Institute of America. Robin also has a degree in interior design and in dental hygiene. She has attended Seminole Community College, Valencia Community College, as well as the University of Central Florida. Her experience as both a dental hygienist and an interior designer allow her a unique understanding of the special needs of the medical office environment. Robin offers feng shui consultations for the home or office. Additional services include space planning/design for remodel and color selecting. By blending her skills Robin assists her clients in developing spaces that are balanced and peaceful. Robin served as the 2004 interior design columnist for the *Metro West Magazine*. 🌿



### Next Issue June 22, 2006

**Submission Deadline:** May 22, 2006

**Wanted:** Articles, Book/Product Reviews, Member Spotlight

**Theme and Article Ideas:** Symbolism of Summer, Fire Element, The Color Red, Research Papers

**Email:** [jhall@overhall.com](mailto:jhall@overhall.com)

## Feng Shui Fusion



Salt crystal lamps are made from salt crystal rock formed by nature over hundreds of millions of years ago. Today they are mined 800 meters underground in salt rock mines from the Himalayan Mountains. Each individually shaped Salt Crystal Lamp is carefully hand carved to retain the natural shape and crystal structure. The lamps are lit from within by candles or electric lights causing them to glow with the natural orange and pink glow. Salt lamps are a very powerful Feng Shui cure to activate the Relationships/ Marriage, Health and Unity and Knowledge and Self cultivation Secto.

We supply salt lamps at [www.fengshuifusion.com](http://www.fengshuifusion.com). Receive 10% discount by entering in this code: FSG01

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