

LOCAL RESOURCES

CONSPIRE DESIGN

Sharon Wunder
Practitioner and Photographer of
Conscious Spaces and People
303-918-5610
www.conspiredesign.com



Sharon Wunder of Conspire Design is a Denver Metro Practitioner of residential and business Feng Shui, and received certification with the

Western School of Feng Shui. If you are interested in transforming your environment into a healthy reflection of your personal or career goals, book your on-site or online appt at sharon@conspiredesign.com. Follow Conspire Design on Pinterest, Facebook or Twitter. Learn more at WesternSchoolofFengShui.com/Colorado.

BLUE IRIS DESIGNS

Michelle Cobb
Michelle@Bluelris-Designs.com
303-359-2908
Bluelris-Designs.com
Facebook.com/BluelrisLandscapes

Fall in love with your home again! It's all about energy. Hire a feng shui professional who is certified and intuitive and you will notice areas of your life open up and flow more abundantly. With my understanding of the energies around us, 21 years experience in Landscape Design and Feng Shui, I will seamlessly help you with your exterior, interior and personal spaces, spring cleaning, purging, redecorating, organization and more. Take back your space!



BREEZLEY DESIGNS

Jeni Breezley, FSIA, CFSP
303-579-4104
info@breezleydesigns.com

Jeni Breezley's Feng Shui work is centered in life balance. Her holistic approach calls on her artistic, therapeutic and organizing skills and offers a unique yet easy plan to adjust your space to accurately reflect your desires. Every consultation is personalized and designed to match your goals, aesthetic style and practical needs. Offering Residential and Commercial Feng Shui Consultations in the Boulder/Denver and Mountain areas.



greenliving



Eco Feng Shui

Tips to Bring More Positive Energy into Your Home

by Sarah Tarver-Wahlquist

When we're hungry for change, we may feel the impulse to spruce up our living spaces. Rooms that feel cluttered, drab and unappealing drag on our energy. Applying the basic inspired tenets of the ancient Chinese art and science of *feng shui* can transform and re-energize any space, improving the way we feel.

Translated as "wind and water," *feng shui*—which has been creating healthy and harmonious environments since its origins 3,000 years ago—can activate our rethinking the arrangement, uses and tone of each room while bringing beneficial green changes home.

Feng Shui Basics

When considering how to apply *feng shui* principles, it helps to have a trained practitioner make a map, or *bagua*, analyzing how energy, or *chi*, moves through a building. They will

determine ways to help *chi* flow and settle in appropriate places to support all aspects of life. Recommended alterations typically start with furniture placement, color choices and key accessorizing. Sample *bagua* maps are available online for referencing.

While a complete *feng shui* treatment may require major revamping, we can also take some low-cost steps to immediately create more harmony while eliminating toxins that are unhealthy and disrupt the energy flow.

Bring in Green

"Bringing natural elements into a space will aid the circulation of *chi*, help achieve a balance and yield an indoor environment of peace and calm," says *feng shui* practitioner Maureen Calamia, owner of Luminous Spaces, in St. James, New York.

Feng shui categorizes the natural elements as water, metal, fire, earth and wood, reflected in items like stones,

“Feng shui is the original eco-science.”

~ Will LeStrange

plants and water features, as well as art and wall decorations and paint colors. Filling a home with living plants is favored by many feng shui experts.

“Surround yourself with green plants, including cuttings from the yard,” advises Debra Duneier, a feng shui master practitioner, certified eco-designer and author of *EcoChi: Designing the Human Experience*, in New York City. “They bring energy and life force into your home, while also filtering the air you breathe.” If adding plants isn’t feasible, she recommends picking up some fresh flowers each week. Remember to change the water every day and dispose of the flowers at the first sign of wilting (dying flowers bring negative energy).

Banish Toxic Materials

“Healthy indoor air quality is an essential aspect of good feng shui,” attests Alisa Rose Seidlitz, an eco feng shui consultant/designer, certified green building and interiors professional and owner of *Ambiance Eco*, in Berkeley, California. “Materials used inside our homes, such as cleaning products and furnishings, can either contribute significantly to poor air quality or support positive feng shui.”

Indoor air quality is significantly impacted by furnishings and décor. When seeking out the cleanest, greenest options, pay special attention to:

Cleaning products. Safely discard toxic cleaning chemicals by taking them to hazardous waste pickup sites. Many household jobs can be done with vinegar and baking soda.

Paint. Revisions in wall, trim and furniture colors quickly freshen a room and bring new energy, especially when they align with Earth’s natural elements. Avoid conventional paint, which contains dangerous volatile organic compounds (VOC) that off-gas into the air. Look for widely available zero-VOC brands. Other options include displaying art or colorful wall hangings.

Flooring. Many toxins lurk in conventional carpeting and adhesives used to lay wood or tile floors. Look for natural wool rugs, reclaimed wood and zero-VOC floor adhesives. Preserve resources and alter the energy in a space by repurposing reclaimed materials for rehab projects. For good feng shui, smudging with dried sage cleanses any negative energy leftover from previous owners.

Furnishings and fabrics. Mainstream furniture is typically treated with toxic flame retardant, so always ask

how furniture has been treated before purchasing. Seek out nontoxic and natural materials like natural rubber mattresses and hemp or organic cotton shower curtains and window coverings.

Follow Your Joy

Feng shui is multifaceted, but at its center is a search for balance and harmony. When making changes at home, it’s good to know we can follow our instincts and add things that bring us joy. Feng shui experts provide guidance in choosing colors and elements, but each of us is ultimately the best judge of what feels best for our own space.

“I often ask my clients: What kind of message are you sending yourself?” says Duneier. “You can use your space to send yourself a message of a beautiful, abundant and healthy life.”

Sarah Tarver-Wahlquist, a writer from Tucson, Arizona, also freelances for GreenAmerica.org.

Tips for Creating Wealth & Abundance

by Jeni Breezley, Breezley Designs

YOUR STOVE: The stove represents the wealth generator in the home. Make sure your stove is in perfect working order, has no broken pieces, and is kept clean. Rotate the burners so that all get used when cooking.

THE WEALTH AREA OF THE BAGUA: The Wealth area of the Bagua map is located at the far back left of the home, as positioned by your front door. Make sure that this area resides within the home and is not “missing”. If missing, cure the area by adding a mirror, plant, or artwork depicting abundance on this wall.

ADD THE WOOD ELEMENT: The Wood element is associated with Wealth areas in the home. Add a plant, blue or green colors or artwork depicting flowers, plants or trees to accent this area. Even better, add a water feature or items representative of the Water element here, as Water feeds the Wood element.

ACHIEVE GREAT HEALTH WITH GREAT PRODUCTS
COLD LASERS, CELLULAR COMMUNICATION, REVERSE AGING, PHYSICAL GROUNDING,
AWESOME KITCHEN ESSENTIALS, LIVING WATER, HEALING LIFESTYLES, & MUCH MORE !
VISIT US ONLINE & AT LOCAL DEMONSTRATIONS

Call us today 303-534-5268
MYGREATHEALTH.com

- ✓ **Healing Technologies** ☀️ — Own your own healing devices and heal yourself at home
- ✓ **Natural Beauty** 🌿 Remove the root causes of excessive aging and feel as good as you look
- ✓ **Great Nutrition** 🍎 Restore your body's ability to absorb and utilize nutrients

GLOBAL WELLNESS RESOURCES Great Health is Within Reach

Tips to Detoxify your Space

by Sharon Wunder, Conspire Design

- **EVERYTHING HAS ENERGY:** Live with what you love. Allow items around you that provide good vibrations. Add items that spark your senses: items that reflect light; create delight sounds; pleasant textures; or waft smells of nurture and love. Gems, chimes, herbs, water features and vibrant colors to name a few.
- **EVERYTHING CHANGES:** Release items that no longer serve you. Do the things around you create anxiety or stress? Send them on their way! Seasonally we ebb and flow based on daily light and darkness. It's no coincidence that "Spring Cleaning" happens when we are done nestling into the Yin of winter. More daylight brings desire for action. Clearing opens us up to new opportunities.
- **EVERYTHING IS CONNECTED:** Words, intentions and actions manifest in our space. Keep it positive. Allow into your space and mind affirmations that reflect your best self. Your positive environment can be a respite when relationships, career or health are difficult.

Top 5 Feng Shui Crystals

by Michelle Cobb, Blue Iris Designs

- 1 CLEAR QUARTZ** promotes harmony, calming, clears negative energy, removes harmful EMFs. *Uses-* place Quartz clusters near electronics in home and office, under pillow or in pillowcase to promote sleep, or wear in jewelry to promote peaceful energy
- 2 AMETHYST** promotes calming energy and sleep, promotes business affairs, symbol of abundance, color of abundance in Feng Shui. *Uses-* place Amethyst in the abundance area (back left corner as seen from the door) of home and office.
- 3 ROSE QUARTZ** soft vibrations promote kind love, gentle self-love and romantic relationships. *Uses-* place two tumbled Rose Quartz stones or Rose Quartz figurines in the relationship corner (back right corner from the door) of the bedroom.
- 4 JADE** promotes nourishing energy and good luck to those in its presence. *Uses-* place tumbled Jade stones or carvings near the center area (health) of your home and office to provide nourishment.
- 5 CITRINE**, called "the merchant's stone," helps attract wealth, healing, and contains solar energy to help with depression and self-esteem. *Uses-* place Citrine in the wealth area of your office or desk (back left corner), wear as a long necklace to activate the third chakra to promote self-esteem.



Add warmth and character to your home with a beautiful, non-toxic rug

Naturally Dyed Handwoven Rugs
-no chemical treatments used-

Visit our Boulder area warehouse
(by appointment)

GARUDA WOVEN ART RUGS

303-442-2096

garudawovenart.com



JOURNEYS FOR CONSCIOUS LIVING

Thoughtful, Heartfelt Living Everyday!

- Community & Spiritual Gatherings
- Consciousness-Raising Classes
- Enlightening Events
- Clean, Spacious Meeting & Healing Room Rentals

303-731-6695

www.J4CL.com

7401 West 59th Avenue, Arvada, CO 80003

Give your body the love and care it deserves with
THERAPEUTIC MASSAGE

Deep Tissue • Neuromuscular • Shiatsu
Sports • Rehab • Pain • Stress

CRYSTAL CREEK THERAPEUTICS

Suzie Fritz, CMT • 303-279-9787 • 720-934-8359
1111 Washington St, Golden • Insurance May Apply



www.ClinicalHerbalism.com
720 • 722 • 4372

Colorado School of Clinical Herbalism

Offering Introductory, Advanced, and Clinical training programs in
Medical Herbalism and Clinical Nutrition
in the Vitalist Tradition.

Also offering sliding scale
Holistic Wellness Consultations
in our Student Clinic.
Open Monday-Friday 9am-5pm
and Saturday and Sunday
by appointment.