



FENG SHUI
CONSULTING SERVICE

Addition through Subtraction



As you prepare to (finally!) open the windows and let the spring breezes blow away winter's blues, why not use this time of year to blow through your closets with a new sense of purpose?

We all know that old adage that if you haven't used it or worn it in the last year, you should get rid of it. But we also know that can be easier said than done. Especially if it's that one-of-a-kind designer dress you bought for a wedding. Or a beautiful down comforter that, although it has lost some of its "fluff," could still be used (even though you never use it.)

Letting go can be hard, but it can be a lot easier if you view your loss as someone else's gain. Think about what that dress might mean to another mother-of-the-bride who could never afford to buy something like that new. Or what that blanket might mean for a homeless shelter. Or how all those towels you never use could be put to good use by the animal shelter. Or what those old, empty suitcases might mean to a child in foster care who currently moves from location to location with their possessions in a garbage bag?

When we let go of things we no longer need or use, we make room for new ways to enrich our lives-and I don't mean with more stuff. We create clean "spaces" in our homes, in our minds and in our lives for creativity, generosity and inspiration that can bring us happiness and contentment. That is the essence of Feng Shui.

Contact me today to learn more about how your spring cleaning can be just the beginning of new opportunities for you-and for those who will benefit from your generosity.

If you would like to have a **spring detox** to reset your body, join me for the **HappyBody Retreat** (link to <http://www.maine-retreats.com/wellness-retreats/>) June 7-10. Contact me today to find out more!

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