



Abundant Energy



Last month, I sent you a note about how animals use the earth's magnetic energies to help them thrive and survive even amid challenging environments. It turns out that humans can be impacted by magnetic energy as well.

Electromagnetic activity from solar storms, for instance, can disrupt our circadian rhythms. Scientists say this not only impacts our sleep patterns, but may

also lead to a host of other conditions, such as headaches, heart palpitations, mood swings and confusion.

Feng Shui encourages us to transform naturally occurring energy, known as chi, into positive energy in our home and work environments. It shows us how there is abundant energy in organic elements like plants, crystals and water that can help improve our physical and spiritual wellness.

At our September retreat Feng Shui for Abundance: Exploring Nature, the Elements and Crystals we will learn about the Five Element Feng Shui system and discover how to balance our dominant element with others to increase our productivity and creativity. Nicole Kay, founder of Atlas Trove, will also show us how to use healing crystals to balance our elements for improved compassion and vitality.

Check out the entire [itinerary](#) as well as [photos](#) of our stunning private retreat amid the waters, forests and mountains of the Rangeley Lakes region of Maine. Then [contact me](#) to reserve a spot. Don't miss this memorable and insightful event!

Kristi



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