

Feng Shui Masters: Kristi Stangeland

BTB Masters Feng Shui is a New York based program for the study of feng shui. Graduates from each year of classes enjoy a boost to their careers and lives as a result of what they learn. But just how does that work? Maybe our graduates can explain that better.

Kristi Stangeland is a recent graduate of the BTB Masters Training Program. Originally from Moorhead, Minnesota, Kristi now resides in Toronto but hosts regular retreats at her space in Maine. Her most recent retreat (at the time of this interview), *Walking Through Walls*, was held in mid-September, 2015.



BTB Masters Feng Shui: How did you become interested in feng shui and end up at the Masters Training Program?

Kristi: It's been such a journey! I started out as a CPA, but I always knew that wasn't my passion, so I quit and spent some time at home with my kids, trying to figure out the next step. I started meditating, and I really believe that's how I ended up here. I lived in New York, was very familiar with the Open Center and saw that they were giving a class. I'd never woken up and thought, "I want to be a feng shui practitioner," but I was just drawn to it. I couldn't explain it. Someone advised me that I should just do it and that my energy would rise and provide clarity in the process. So I just did it!

BTB Masters Feng Shui: How did learning feng shui affect your life?

Kristi: Last night I was driving, and a fox ran out in front of me. I went home and looked up "fox" in the Ted Andrews book, *Animal Speak*. It talked about how foxes can climb trees, and in order to entertain their prey, they get closer and closer, then attack.

I feel like I'm a bit of a fox, in the sense that I was an accountant, so I can take feng shui and make it very accessible to people. I bring in science and psychology, almost luring them into feng shui. I've never thought about it that way before, but when I read that this morning, it just made sense. It's always good to look up animals when you see them in your life, especially if you see them more than once.

BTB Masters Feng Shui: What made you interested in hosting retreats?

Kristi: My husband and I bought a place on Rangely Lake a couple of years ago in Maine, because we absolutely love the area. I call Rangely the Sedona of the Northeast, because it just has this amazing, beautiful energy to it and this incredible nature. Wilhelm Reich, who did a lot of work with energy, lived there. There's a museum now in his honor. Wilhelm Wegman was also there when he came up with the concept for his dog photography. It's a very special place.

When we decided we'd like to spend more time there, they had just dropped the price of the property, and it basically dropped in our lap. It's a compound, with a house, a cottage, a boathouse and a barn, and I thought, "This would be the perfect place to have retreats." Just like I never thought I'd be a feng shui consultant, and I never thought I'd be hosting retreats.

BTB Masters Feng Shui: Why women only?

Kristi: I think women tend to always be serving others and not taking time to take care of themselves as much. I really wanted them to have a place where they can do that, but everything is optional. If they want to just hang out and read a book on the lawn, that's good. Maybe that's what they need. It's all about having the options available, being able to go jogging in the morning, yoga, massages, reiki treatments. But if they want more, I wanted to give them more, because I feel like, where I am right now, I need more than just that. I need to be growing spiritually. I need time to get away.

BTB Masters Feng Shui: You incorporate meditation and yoga into your retreats. How does that coincide with feng shui, and what affect do you think it has on the success and experience of your retreats?

Kristi: Lin Yun always felt personal energy was the most important. Your energy dictates how well you react to external feng shui energy. We learned a lot of meditations with that portion of the program, so I bring that education to the retreats to create a positive energy for the whole property as well as on a personal level.

BTB Masters Feng Shui: How do choose the themes for your retreats?

Kristi: I'm bringing what I've learned at the training program into the experiences, and the themes just kind of pop in. Last week's theme was Walking Through Walls. I was reading through my notes from Barry and saw "Walking Through Walls" written in the corner. I couldn't remember if it was a meditation or something else he taught, so I asked, and he reminded me it was a book he'd recommended. I read the book and was so blown away I

decided to do a retreat on it.

BTB Masters Feng Shui: What are some of the activities / experiences your retreats offer?

Kristi: Reiki, meditation, yoga. At the last retreat, the author of *Walking Through Walls* spoke for an hour and a half. We've also had a talk from a woman who used to be an OBGYN and is now a full-time homeopath. I've taught dowsing as well.

BTB Masters Feng Shui: As the host and coordinator, what do YOU get out of these retreats? Do you feel a sense of pride that you're making a difference in these lives?

Kristi: It is incredibly energizing and opening for me. My goal with this last retreat was to raise everybody's vibration. I have found I've been doing a lot of work with that over the past couple of months, and suddenly I'm getting calls all over the place to speak or teach a class. It's been wild! In *Walking Through Walls*, that was the whole point of the book. He kept working on himself and raising his vibration. I feel like I took a huge jump this weekend, especially learning about SRT (spiritual response therapy) and getting involved in that. It allows me to walk through walls too.

Thanks so much to Kristi for taking the time to chat with us about feng shui, her retreats and the impact both have had on her life. Kristi is planning a new set of retreats for 2016, so if you're interested in attending, please visit her list of 2016 retreats [here!](#)

As always, if you're interested in learning feng shui, check out our website: btbmastersfengshui.com

#BTB Feng Shui #BTB graduates #interview #Walking Through Walls #srt
#spiritual response therapy #feng shui #retreats