

serene
makeover:
**INNER
EDITION**

feng shui your life from the inside out

ARIEL JOSEPH TOWNE

Praise

for **Serene Makeover: Inner Edition** **Feng Shui Your Life From the Inside Out**

“Ariel Joseph Towne is the Wayne Dyer of our generation. He has a way of taking ancient spiritual principles and practices and making them both tangible and transformative for modern life. In this book, he makes a passionate case that we can have it all. Within the first few pages, I already felt moved to believe that for myself! *Serene Makeover: Inner Edition* is a practical blueprint for manifesting the life you have always wanted.”

—**Julie Zipper**

Licensed Agape practitioner, juliezipper.com
Author of **Astro Zen** and co-founder of Earth School

“I have had the pleasure of being one of Ariel's clients, as well as co-creating a Shui-Meets-Yoga course with him. I can say from both sides of the coin that he is easily one of the most authentic, life-changing people I know; one whose improvement-wisdom extends the full spectrum from home to relationships, wealth, personal and career success and more. I highly recommend this book for anyone who wants to turbo-boost their lives to the next, most prosperous level, starting today.”

—**Sadie Nardini**

yoga and ultimate wellness expert, sadienardini.com
Host of “Rock Your Yoga” on Veria TV

Serene Makeover: Inner Edition, Feng Shui Your Life From the Inside Out helped bring me so much comfort and balance during my difficult divorce. Whether you are going through a tough time and need some

wisdom and support or just looking for some internal tuning, you will finish this book feeling energized. Ariel Joseph Towne helped me tap into my power from within. Thank you.”

—**Jessica Denay**

Author of the **Hot Mom's Handbook** series

“If I could, I would make this a must-read for all of my students. It's truly inspiring. Even reading it makes one feel calmer.”

—**Warner Loughlin**

Celebrity Acting Coach, CEO Warner Loughlin Studios

“Our health and wellness are not only dictated by the flow of electrical signals within the body, but also the energy system of our environment. In *Serene Makeover: Inner Edition, Feng Shui Your Life From the Inside Out*, Ariel empowers us to change our outer world in order to transform our inner world. With his expert guidance, learn how easy it can be to remove what is blocking the flow of your life.”

—**Randall Zamcheck**

CEO, Body Ecology, LLC

“Ariel has keen insight when it comes to cultivating balance and happiness in human beings. His strong innate intuition blends with down to earth wisdom, offering his readers sound and helpful tools for navigating with finesse the inner and outer life situations of this human experience.”

—**Olivia Rosewood**

Meditation expert, huffingtonpost.com/olivia-rosewood
Author of **Please Meditate: It's Good for You** and **Happy Yoga: 7 Reasons Why There's Nothing to Worry About** (with Steve Ross)

“Ariel has taught me so much about balance. Balance in my home, my office and my own skin. After doing sessions with him, I met the love of my life and my company took a turn for greater success. I am so pleased he is sharing his guidance with everyone who is not as lucky as I am to have him on speed dial. As he mentions in his book, we define our own limitations. I am sure that the positive impact he will have with his first book is truly limitless.”

—**Sophie Chiche**

Founder and curator, lifebyme.com

“It’s virtually impossible to follow Ariel’s wisdom and NOT have your life transformed for the better. Read this and start today!”

—**Michelle Fiordaliso, MSW**

Licensed psychotherapist, michellefiordaliso.com

Co-author of **Everything You Always Wanted to Know About Ex**
and 2008 recipient of a PEN USA award for fiction.

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BOOKS ARIEL HAS CONTRIBUTED TO:

ORGANIZING *One Year to an Organized Life With Baby* by Regina Leeds

SELF DISCOVERY *Road Trip Guide to the Soul* by Sadie Nardini

PARENTING *The Hot Moms-to-Be Handbook:*

Look and Feel Great From Bump to Baby by Jessica Denay

SENSUALITY AND SEX *Sex Beyond the Missionary* by Eva Christina

Dedications

To **Miles Meilinger**, whose inner light shines so brightly.

I've known Miles since I was 1 ½-years-old. He is an incredible storyteller, musician, artisan, businessman, father, husband and friend. It's because of his love for his wife Judy (and vice versa) that I came to believe that having a life-long relationship was possible for me. Miles is someone who has been able to make a living his whole life by doing what he loves to do. When Miles is hugging me, the worries of the world suddenly disappear. He is part of my extended family and I am grateful for his humor, his wisdom and his presence.

Miles is someone who rarely complains, who seems to find the good in any circumstance and has never seemed to let life's challenges dampen his spirit. He lives the expression: "your outer reality doesn't have to dictate your inner experience." Miles has been showing up recently in several of my meditations. Even though we live on opposite sides of the country, I know that distance will never affect our closeness. Miles, thank you for being you.

Also **Erin Cardillo Towne**, who reminds me that I am redonkulously magical. I am inspired by who my wife is in the world. She is an incredibly gifted actress, writer and teacher. She is playful and creative and good hearted. She cares about people and wants their happiness, success and well-being. She believes in magic and possibility and I love sharing my dreams and big ideas with her.

Every part of my life has gotten better since she and I started dating. She was the inspiration for the philosophy behind this book. It was falling in love with her mind, her spirit and her beauty that made me imagine that having a life that is fulfilling on all levels was possible.

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Thank you, **Crystal Star Towne** (mom, spiritual advisor and jedi teacher.). I feel you around me as I meditate on and write these pages. Thank you for the many adventures we had in our short time together. Thank you for always teaching me by example. I am still unfolding the deep wisdom contained within our many conversations. I love you always and forever and a day.

Thank you, **Sanford Fagin** (my dad). Your brush with near death showed me what is possible when it comes to inner transformation. Your willpower and determination to stay on the planet borders on the miraculous. Love you, daddio.

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Finally, I want to honor **the source of all inspiration, light and goodness** that exists in my heart and throughout the entire universe. I know that your hand guided my hand through this process and I feel your support in me, through me and as me. I am so grateful for your infinite Love and Grace.

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Introduction

Why I wrote this book

I woke up one day a few years ago with chronic back pain. My back hadn't felt good for some time, but there was no more denying it. It just wasn't going away. I was having a hard time being positive while I was in pain, and it took everything I had to get through those days. I realized ultimately that it wasn't about the pain itself, but more about what was happening underneath, inside me. Just like when a light on your car dashboard indicates a problem, it isn't necessarily the dashboard light that is broken, but more likely something else "under the hood."

There were some things in my life at the time that I had left unaddressed, and getting help for this pain was one of them. Finally, I could no longer let things stay as they were. I realized that I had been avoiding getting help for the back pain for a couple of reasons.

First, I was afraid of finding out something I didn't want to hear, like that I had a tumor in my back, or a herniated disc, or a life threatening or debilitating illness. And like many people I know (and several people I am related to), I chose to simply do nothing about it instead.

The other concern was that I didn't feel as though I had the extra money to pay for whatever the experts might find wrong or their prescribed course of treatment. As I examined this more deeply, I realized that I was playing an old story in my mind, which was that *I didn't have*

enough to do anything about it. Underneath this idea was the thought that I couldn't have everything in my life be good all at the same time. If one area of my life was going well, it was inevitable that another part would be suffering—or so I thought. Then I fell in love with the woman who would become my wife.

In the midst of falling in love, I realized some important things. The first was that I wanted my best self to emerge. I didn't want to bring anything less than into my relationship because I valued it so highly, and I wanted my best self to be a foundation of our relationship. I made a promise that I wanted to keep: that I would always bring my best self forth. Then I asked myself, how could I make this possible?

In thinking about other parts of my life, I feel that I have a proven track record of success. One of the key ingredients for this success is that I can make things happen if I know what I'm aiming at. The only downside was that in the past, I generally found that as I was able to create success in one part of my life, inevitably another part suffered. I didn't like this idea that one part had to suffer in order for another area to flourish. It felt like a form of poverty thinking; that somehow there wasn't enough to go around. It reminded me of what I thought the world was like when I was growing up, and I decided that I had had enough.

I hypothesized what might happen if every part of my life was flourishing: win-win in all areas. And as I imagined it, a picture started to emerge, and I liked it. I began taking steps one at a time to address the parts of my life that weren't feeling balanced, that scared me, or were

screaming for my attention.

I soon realized that things were shifting quickly in a positive direction. I found that the things I had been scared of were losing power, and my life was quickly starting to look like the one I had envisioned for myself. (I think that having someone else in my life that wanted to live the same way helped.) Then I started incorporating more and more of these tips and practices into work with my coaching clients and workshops, and finally created a workshop outline entitled “You Can Have It All.”

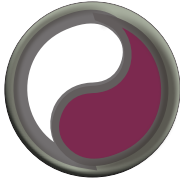



People often aim at improving one area of their life, say their finances, at the expense of another area, like their relationship. My goal with the workshop was to see what could happen if we aim at the entire picture of our life at the same time. Could we step into having it all? I believe the answer is yes.

I have been living these principles and sharing them with others for as long as I have known about them, and as long as they remain effective tools, I will continue to share them. At the beginning of this year, I made a pact with myself that I began to share with others:

No more settling for “meh,” “not bad,” or “just ok.” Let's seek to create space for more joy, better health, better sex and more abundance in all areas of our creative and personal lives. I wish you all of your wishes, and my hope is that this book will show you how to manifest them all.

And so it is...

Symbol Meanings

	<p>YIN YANG [BALANCE]</p> <p>The universal symbol for balance. For our purposes, the light half represents everything you can experience with your five senses in the physical world. The dark half represents everything you feel with your intuition, i.e. your gut feelings.</p>
	<p>EYE OF KANALOA [HUNA PRINCIPLE]</p> <p>A Hawaiian symbol of healing. The root translation of Kanaloa means the great peace or the great stillness. The pattern represents the web of life; the symbolic connection of all things to each other. Generates subtle energy known as Ki in Hawaiian.</p>
	<p>LOTUS FLOWER [HARMONY]</p> <p>Meditating on the lotus brings harmony into all aspects of our being, within and without. The lotus is known for producing beauty (the flower) out of something ugly (the mud), which symbolizes our human struggles of taking something difficult and making it into something beautiful.</p>
	<p>WAVE [FLOW]</p> <p>Feng shui is about how to create more flow in our lives. The wave represents the flow of the river of life. How we allow that flow and how we navigate the river directly affects our experience.</p>

Preface

Ever heard of feng shui? In a word, the concept means balance. In a sentence, it refers to the balance of energy within a space. If you're thinking that feng shui means moving your stuff around, you're right; that's the most well-known form of this concept. But there's a point at which our outer environment stops having a profound effect; it's really your inner self that allows the good energy you're welcoming into your home to affect you, so it makes sense that the definition of feng shui can easily be applied to another environment: You.

That's what this book is about—feng shui for your “inner house,” or the application of traditional feng shui principles to your intellect, emotions, energetic body and physical body; in other words, to your mental, emotional, spiritual and physical sides.

If you would like an image, picture a small *mental* energy center around your head, a small *emotional* energy center around your heart and a larger *spiritual* energy center outside of your entire body. The energy center of your head represents your thoughts and intentions. The energy center of your heart represents the power that fuels your intentions. The energy center around your body regulates how much energy you draw to yourself at each moment. Each of these energy systems (as well as anything you ingest) influences and affects your physical body.

Inner feng shui is the idea of balancing all sides of yourself using the

same three-step process you would apply to your outer spaces like your home, office and car. The three steps are: declutter, organize, and beautify.

Why should you feng shui yourself from the inside out? If certain areas of your life aren't progressing in a positive direction, you may be stuck. If you find that your romantic life isn't progressing, your finances aren't progressing, or you don't feel good or healthy in your skin and you keep coming up against the same spiritual lessons over and over, consider this: the inner reflects the outer and the outer reflects the inner. Cleaning house internally is a big step toward making space to allow what you want to flow to you. By applying the three-step process of decluttering, organizing, and beautifying to your energetic and physical self, you clear the way for the grandest vision of your life to become reality. It's an attitude: you *can* have it all.

How do you get it all? It's a process that requires honest inner digging. Some people believe that we get what we aim at, big or small, right or wrong. Our intentions direct our thoughts and actions toward our goals like arrows that fly toward their target. What happens if you aim at one portion of your life, such as work, but not others, like your health or relationships? It's likely that at some point you will have to stop what you're doing (being a workaholic) to help bring your life back into balance. This creates a win-lose outcome. But if you conceive of the bigger picture of your life and aim at it in its entirety at one time, you may be surprised at what is possible.

That's not to say you have to work on everything at once; you don't. Simply keeping the bigger picture in mind as the backdrop behind everything you do creates a win-win situation where all your needs are met, and it sets the stage for waking up in a more balanced tomorrow. What you excavate by doing the internal digging creates clarity of the vision you want for yourself, and what you need to do to get it becomes crystal clear. Once you're clear, you can manifest everything on your wish list.

With that in mind, this book is designed to lead you on a journey through the nine feng shui areas of life (Abundance & Prosperity, Passion & Romance, Fame & How You Are Seen in the World, Career & Service, Health & Balance, Family & Past, Creativity & Future, Wisdom & Self-Awareness, and Faith & Benefactors) and encourage you to reflect on how those parts of your life currently feel. These areas are part of a westernized system of feng shui known as Black Sect feng shui, and they relate to something called the Bagua map. This map is generally applied to a home or property, but in this case, we're navigating a path to your best you.

My feng shui master was Hawaiian and always included teachings from the ancient Hawaiian Huna secrets in his feng shui classes (huna means secret). He later created the Tibetan Hawaiian Feng Shui Foundation where I was trained. There are many crossovers between the principles of Huna and how they relate to energy and intention, which we will explore along with the feng shui principles in this book.

If the actions presented in this book feel good to you: start now. If they feel overwhelming: stop, and resume later. Sometimes a little bit at a

time feels really good. Break the process down into bite-sized chunks and create your own path. Your ideal life is waiting for you and you can get there at a pace that feels just right to you. Let's get started.



Abundance and Prosperity

“The well of Providence is deep. It’s the buckets we bring to it that are small.”
— Mary Webb

THE HIGHEST GOOD PRINCIPLE

I think that many people in life are concerned that if they get what they really want, something bad will happen. W.W. Jacobs warned in his 1902 short story *The Monkey’s Paw*: “Be careful what you wish for, you may receive it.”

The story was a horror tale, and the warning may stick in the back of our minds from childhood: if we receive something we really desire, someone

could take it away, our friends might be jealous or we may feel guilty for having something while others suffer. But we don’t have to think this way; as we can do with any thoughts that are no longer serving us, we can place them into a sacred fire of our



Feng Shui principle

There are seven ancient Hawaiian Huna secrets as taught by their shamans (Kahunas). One is Kala, which means *There are no limits*. The idea behind this and the Mary Webb quote is that all limitations are set by people’s own minds.

Color your world

The best colors for abundance and prosperity are deep purples, grounding golds, vibrant reds and grand greens. Think of the celebrations of Mardi Gras, the colors of the fall harvest and ceremonies of royalty.

own choosing, allowing them to be released once and for all.

In feng shui, we talk about intentions being the seeds that grow into the gardens of our experience. My feng shui master always said that we are allowed to ask for anything we can imagine, anything under the

sun, and to never set limits to our desires. He also tempered this by saying that we can ask for anything we desire because we always add the phrase: “...as long as it is for our highest good and the highest good of others.”

This is like a spiritual or energetic insurance policy that can help allay the worries that stem from dreaming big. (The section **Highest Good of All**, pg. 24, explains this concept even further.)

Prosperity and abundance are often thought of as money, and having lots of it. Some people think of monetary wealth as abundance, while others think of health as abundance or a relationship as abundance. Those ideas seem to be hinting at a bigger picture, which is the good life—all areas of your life. The good life is the concept that you can have it all. Why choose? Why have a life where your career is thriving at the expense of your health, or have financial gain at the expense of your relationship? If you get what you focus on, why not conceive of a win-win scenario where you can aim at all of it and have it all? If it’s overwhelming to focus on all the areas at once, then focus on one section at a time and the rest will come.

Don’t put limits on your manifestations

Now that you’re thinking about your specifics, don’t put any limits on them. It’s funny how sometimes people put so many limits on their beliefs before they even get started—sometimes even on their fantasies. The tree is the symbol for wealth in feng shui. They say your branches can only grow as high as your roots are deep. If you can’t dream big, how can you receive big?

CLARIFY YOUR INTENTIONS

The first thing to do is create a clear image of what prosperity and abundance is for you. For example, let's say you feng shui the prosperity corner in your home and a few days later you find \$20 in the street. Does that mean it's working? Technically, you have more money than you had before, but if you don't have a clear vision of what you're aiming at to begin with, then you won't know when you've received it. See if you can figure out how you will know you have accomplished your intentions. Picture it in your mind's eye. See the cast of characters who are present. Being specific about your intentions can allow you to track your progress to your goal.

Feng shui is about balance in all of its forms, especially in regard to your intentions. This means addressing all nine areas of life, not simply focusing on one area like wealth. If you were working out, it wouldn't make sense to use just one arm to lift a dumbbell every day. You would look funny, and you would hardly be in shape. The same is true when we define abundance or prosperity to simply mean wealth. See if you can expand your definition to include the idea of having the good life—health, wealth and happiness, or whatever the good life means to you.

A lot of people focus on just getting money, but then have no idea what to do once they have it. Studies show that more often than not, when people win the lottery, they eventually go broke or end up in a worse situation than before. It's not about just getting money, but also the wisdom of how to handle it. If you haven't healed your family area

and your past, you might get big chunks of money, but you're constantly paying down debts you've accumulated. It's like having a hole in your bucket of wealth and before you can even count what you've brought in, you have pieces taken off the top.

Each of the nine areas of life needs to be addressed so you don't create an imbalance in your manifesting.

THE MAGIC WORDS

Let's imagine for a second that our words are powerful. Imagine that the thoughts we think and the words we say could be taken literally by some force, some presence that exists in our lives. Would this change the words you use when you are making your requests of the unknown and the infinite? For example, have you ever noticed that some people (let's call them the "just enough" people) always seem to have just enough to cover their monthly expenses, and no more? These people are constantly praying to just have enough to cover their bills. They are imagining their bills being paid and they are putting extra wattage of intention behind it by getting their whole heart involved. *Please. Let. Me. Have. Enough. This. Month.* This is the message that is being sent out like a radio signal to attract a "like match", and so it is.

In feng shui, you can't pick up something new unless you put down what you are holding onto. It's almost like a garden full of weeds—there's no room for anything new to grow. So the first stage of making space is to declutter; in this case, decluttering your mind from thoughts of "just

Pitfalls: Guilt and fear

Are guilt and fear keeping you from receiving what you want? Everything you have been asking for might be right at your door, waiting to be invited in, but those emotions may be indications that there are subversive thoughts keeping you from receiving what you say you want.

From a universal perspective, if you get what you have asked for but you feel guilty for receiving it, the vibration of guilt may send out a message that you are being harmed—a big red flag. Imagine that the universe is functioning from a neutral place of love and compassion. It would never want to see you harmed in the process of bringing you what you desire, and it might just be waiting for you to work out your guilt issues around receiving before you can fully receive what you are asking for.

If opportunities in your life are like water flowing to your front door, then fear is like a cold front freezing that water into ice. Fear literally constricts our blood vessels and slows down the flow of blood in our body. The message your body sends is to slow everything down or stop it until the danger is gone.

Both of these conditions seem to come from an imbalance in thought. A thought that **If I receive this, then someone or something else will not have enough, or will judge me for having it.** How can you put some space around these thoughts to include the possibility that if you receive what you ask for, it may benefit you and also those around you?

enough-ness.” But nature abhors a vacuum. If you don’t put something new in place of the old thought, similar useless thoughts are likely to pop back up, rendering your decluttering work a waste of time. So what are two of the most powerful words you can plant in the garden of your mind? The magic words *or more*.

You don’t even have to change what you are asking for, but the invitation is to stay open to receiving that

which you believe you need, or more. So the next time you are asking to receive “just enough work” to cover all of the bills you have coming up, see if you can make a little space for grace to add a little extra into your coffers.

WIN-WIN

In the old paradigm of wealth, people needed to accumulate wealth in order to have power, create status and fulfill aspects of the ego that would make them feel a sense of accomplishment. Throughout history, they accomplished this by doing whatever it took to achieve the vision or dream. The journey may have included stepping on people along the way and doing things that they knew, on some level, were wrong. These are examples of achieving personal gain at the expense of others, which makes achieving the goal feel empty. These actions are win-lose.

When I was twelve years old, our school asked us to raise money for a local charity. We were encouraged to go door to door and collect money for the cause. I don’t know if I was very good at convincing people or if it was people’s inherent generosity of spirit, but I ended up with a couple hundred dollars when all was said and done. We kept a paper record of our donations, but there was no oversight. I looked at the money and I instantly had a thought: if I kept the money, no one would know.

At that time, I was playing a lot with remote controlled cars. I went to the store and bought myself new gold painted hubcaps and wheels for my car. These were things I never would have bought with my own money. Two of my friends were jealous of my newly “tricked out” car. I had accomplished my goal. I thought it would make me feel better about myself, but it didn’t.

I went to my mom and told her what I had done. She helped me try to return the items to the store, but they wouldn’t take them back. I repaid