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THOUGHT OF THE MOMENT

The Law of Relative Replacement

There are many approaches to feng shui: many schools, many philosophies and many cultures.

When you start to realize how much information is out there, it can be a bit overwhelming. There is the study of earth energies, influence of the sun's trajectory and the magnetic energy of the north poles. There is a collection of thousands of years of study into the "right way" to lay out your space. There are ba'gua maps and cures and ancient energies called Chi.

Add in some cultural superstitions, some books that share conflicting philosophies and people's worry about doing it wrong...sometimes this whole feng shui thing can be overwhelming!

One principle to consider in feng shui is the law of relative placement which states: that which is closest to you has the most impact on you. If you paint a wall red on the other side of the room, or clear out your storage unit, or even fix all of the broken items leading to the front

door of your space...will that help you?

Absolutely.

But what is closer to you than your storage unit, your front pathway and the wall across the room? The furniture you are sitting next to. The floor under your feet. Your cellphone/laptop and watch. The clothes on your body. Your energy system. The food you are digesting. Thoughts in your head.

Each of these environments impacts you. Studies show that color on the walls can affect your mood. Neuroscience tells us that the shapes of rooms can affect the way our minds work. The images we look at can influence what we think about: consciously or unconsciously.

And it goes beyond what can be seen with the eye. Electronics can affect our mental states, our physical health and our energy systems. Black mold and dust can be detrimental to our ability to breath which can affect our overall health. And residual chi (or the energy left over in the space from whatever happened before) can affect the new inhabitants and affect their experiences now, today.

So what can we take from all of this? Stay mindful of the environment that immediately surrounds where you spend the most time each day: Beds, desks, couches, and cars. This also goes for the cellphone you hold up to your ear, the clothes you wear (seen and unseen, as well as what you have running inside your head on a regular basis.

Every environment has an impact on your well-being, your longevity and your ability to do what you say you want to do. Start with what is closest to you and work your way outward.

Here are two fun quotes to contemplate:

*“When there is harmony in the home,
There will be order in the nation.
When there is order in the nation,
There will be peace in the world.”*

-Chinese Proverb

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviors. Keep your behaviors positive because your behaviors become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.”

-Gandhi

Have a wonderful spring,
Ariel Joseph

QUESTIONS FROM READERS

I don't have a lot of money to do things, is feng shui expensive?

The short answer is no. Feng shui doesn't have to be expensive. You can do something to help influence your environment at every budget you are working with. But keep this in mind: everything has a cost. Not doing something has a cost. Doing something from a place of worry and fear about finances has a cost. And sometimes, doing major changes, and repainting, reorganizing and construction can

have a profound influence both on your experience in a space and the influence it creates on your lives. So the real question is where do you want to spend your resources? In money, energy or time? Doing things all on your own or asking for help? The easy way, or the hard way?

Start where you are. And do your best. But realize that every thing you do is planting a seed that will grow into a tree you will wake up surrounded by in the days, weeks and months ahead. And sometimes the real expense comes in the form of resistance or worry. I don't believe that any of your efforts will be wasted. In fact, if you do some of these things, you might experience a form of wealth that goes beyond material means and into a wholly fulfilling life on every level.

RECENT HAPPENINGS

One Year To An Organized Life—with baby!

I wanted to let you know that one of the books I contributed content to has just hit the shelves:

http://www.coolmompicks.com/2011/02/one_year_to_an_organized_life.php

The first book in this series (one year to an organized life) was a NY Times Bestseller...can you help this one achieve the same goal?

The book is designed for moms and couples who want to prepare their home to bring a baby home. The book goes way beyond any book on organizing...into areas such as energy, intention...and feng shui. This is why Regina asked me to help give tips on creating a sacred space for babies. Many of the same principles stay the same

throughout our lives...

[LifeByMe.com](http://www.lifebyme.com)

I am very fortunate to have been included in a project about meaning in our lives. The site is called LIFE BY ME. I am a contributor amongst many names and faces (known and unknown) who you will really enjoy. Check it out:

<http://www.lifebyme.com/ariel-joseph-towne-life-force-energy/>

My Feng Shui Book-update

I finished the book late in 2010 and it turns out that there was some interest in the book beyond self publishing. I have met with some amazing agencies in New York and am finalizing the deal with them. They are super excited to get the manuscript to some publishers. So there are some delays, but the response has been better than expected.

Past Writing Contributions:

In case you have missed it, I have already contributed material to Sadie Nardini's Road Trip Guide To The Soul (Wiley) and Jessica Denay's The Hot Mom To Be Handbook (HarperCollins). Be sure to check out these two incredible writers.

LINKS ON AMAZON:

<http://www.amazon.com/Hot-Mom-Be-Handbook-ebook/dp/B003C2SOPQ>

http://www.amazon.com/Road-Trip-Guide-Soul-Revolutionizing/dp/0470187743/ref=sr_1_1?ie=UTF8&s=books&qid=1281232491&sr=8-1-catcorr

UPCOMING EVENTS

YOU.CAN.HAVE.IT.ALL

8 Wednesdays (March 30-May 18th 2011)

Back by popular demand!!

As we step into Spring, bring every part of your life into balance with this 8-Week Feng Shui Workshop which will help you transform your life...inside and out!

Spring Cleaning happens inside and out. What do you want to call into your life to take the place of what you've let go of? In this workshop we will talk through your entire home, office or property and work together to create the tools you need to manifest your heart's deepest desires! From selling a property that's been stuck on the market, to calling in "The One," there is nothing you can ask for that you cannot attain.

Description:

Our environment, like gravity, affects us whether we believe in it or not. Feng shui is more than just a way of arranging your space: it's a way of looking at what you want to put out into the world and creating a space to support your goals. Feng shui can support specific areas of your life, including:

- Relationships (manifesting a partner, healing, more passion/sex, getting over an ex)
- Prosperity and Abundance (preventing money drains, counteracting the two types of money challenges, upleveling your abundance)
- Career (jump starting a stagnant work life, manifesting more clients, switching career tracks)
- Health (combating insomnia, infertility, low energy)

- Empowerment (building confidence, creating clarity, reclaiming energy lost to a troubled past)

For more information please visit:

<http://youcanhaveitall.thefengshuiguy.com/>

PEOPLE/THINGS WE LOVE:

GOOD MAGAZINE

Every day a thousand things bombard us that we have to “worry” about. But if our thoughts affect not only our moods, but our immune system, how long we live and how we treat others...than it makes sense to be mindful of what we eat, watch and read. I love GOOD magazine and what they are about:

GOOD is the integrated media platform for people who want to live well and do good. They are a company and community for the people, businesses, and NGOs moving the world forward. GOOD's mission is to provide content, experiences, and utilities to serve this community.

To quote their site: *“GOOD is a collaboration of individuals, businesses, and nonprofits pushing the world forward. Since 2006 we've been making a magazine, videos, and events for people who give a damn.”*

Check it out: <http://www.good.is/>

DR SCHULTZE'S AIR DETOX

I was turned onto Dr Schultze's products a couple of years ago. He has amazing products to help you cleanse your liver, kidneys and

your colon if that interests you. But one of the things I think is most important is his air detox.

Whether you want to bring life to air that is stagnant, filled with dust or other unpleasant smells, or whether you want to bring life to the air around you...the benefits of cleansing, purification and aromatherapy is an important and powerful combination.

>From his site: "My AIR DETOX is a FULL-Strength blend of VERY POWERFUL Essential Oils, that DESTROY Bacteria, Virus, Fungus, Infection, Pathogens, Antigens and HARMFUL Micro-Organisms on contact. It also IMPROVES the smell of the air with a delightful Eucalyptus/Citrus Odor. I designed this Blend NOT only to be the MOST POWERFUL Germ-Killing Formula, but also for the Aromatherapy Action of LIFTING the Spirits and clearing the Mind."

Check it out:

<http://tinyurl.com/4g3qxz9>

GUAYAKI MINT FLAVORED YERBA MATE aka "Pure Empower Mint"

I love coffee. I like its flavors and its smells and I like the extra boost it gives me when I need a little kick in the shorts. But there is a downside for me: the effect that coffee has on my body. I feel my stomach acid churning, I feel a tremendous crash when the caffeine wears off not to mention the effects that coffee has on my teeth, my body's acid levels and my adrenal glands.

I have come to discover yerba mate which is very popular in south America. Some people say that mate has caffeine, others say it has

mateine...but my experience with it is that I feel awake, clear minded and I don't have any of the same downsides of coffee.

I particularly like the Yerba Mate with mint flavor. You can make your own at home, but they also have bottles for life on the go. They are all over whole foods, or go online too:

>From their site:

Guayakí Yerba Mate has the "strength of coffee, the health benefits of tea, and the euphoria of chocolate" all in one beverage. Of the six commonly used stimulants in the world: yerba mate, coffee, tea, kola nut, cocoa and guarana, yerba mate triumphs as the most balanced, delivering both energy and nutrition.

For centuries, South America's rainforest people have found tremendous invigoration, focus, and nourishment in yerba mate. The leaves of the rainforest mate tree naturally contain 24 vitamins and minerals, 15 amino acids, abundant antioxidants. In fact, The Pasteur Institute and the Paris Scientific society in 1964 concluded "it is difficult to find a plant in any area of the world equal to mate in nutritional value" and that yerba mate contains "practically all of the vitamins necessary to sustain life."

Check it out:

<http://guayaki.com/product/36/Pure-Empower-Mint-Mate-%28Case-of-12%29.html>

Vive Aguanile Luxury Healing Candles

My friend and client Jenny Koesling has created a luxury line of healing candles which I have recently have had the pleasure of

experiencing in my home. They are soy based, packed with intention and filled with all kinds of aromatherapy goodies as well as sacred healing stones.

These candles have been included in all the recent gift bags at the Grammys, Golden Globes and the Oscars for good reason. They go beyond regular candles and can really provide you with an experience of what happens when you put good mojo into your candles. Your candles will put good mojo back into you.

“Vive Aguanile is designed with your life in mind, and with the intention of being a part of your souls growth and healing. Through the emotional and soothing healing powers associated with the purest essential oils, the divine wisdom of the crystals buried within... I hope to assist you with your journey of making positive change.”

Check them out.

<http://www.viveaguanile.com>

TRAVEL SCHEDULE - 2011

01/01 - 02/18	Los Angeles
02/18 - 02/20	Ojai
02/21 - 03/04	Los Angeles
03/05 - 03/05	San Francisco
03/06 - 03/07	Sonoma/Napa
03/08 - 04/07	Los Angeles
04/08 - 04/10	Palm Springs
04/11 - 05/19	Los Angeles
05/20 - 05/22	Washington DC

05/23 - 05/29	New York
05/30 - 08/18	Los Angeles
08/19 - 08/21	San Jose
08/22 - 10/19	Los Angeles
10/20 - 10/24	Washington DC
10/25 - 11/02	Los Angeles
11/03 - 11/07	San Francisco/Napa
11/08 - 11/12	Hawaii (Oahu)
11/13 - 11/14	Hawaii (Maui)
11/15 - 12/15	Los Angeles
12/16 - 12/31	New York, New York

TESTIMONIALS

"While I'm a big believer in manifesting goodness in life, I was somewhat skeptical, at first, of the idea that Feng Shui could make a significant difference. Was I in for a surprise?! Ariel's work had a profound impact on the Studio. Incredibly talented actors were streaming in the door, actors began networking and getting projects sold and produced, and clients were actually booking more. The space began to feel like home. I am truly grateful for his work and his presence in my life. "

- Warner Loughlin, CEO Warner Loughlin Studios

"Just completed the 8-week Feng Shui workshop w/ Feng Shui Guy, Ariel Joseph Towne and I am pleased with the class experience, the teachings shared and the results so far garnered. I would recommend the 8-week course to others as a fun, community-oriented learning experience that promotes respect for the lineage of Feng Shui as well as empowerment for the self as co-creator and manifester of reality."

-Gillian Clark, Creator Yoga Booty Ballet

"Ariel is a magic maker. Seriously!! He has a gift for seeing the imbalance, whether that be in your home or life, and can lovingly guide you to making the necessary shifts to restore that balance. I have experienced profound manifestations, in relationship, finances, and career from just one session with him. Win-win, for sure ;-)"

-Julie Zipper, MindfulGal Meditations

"I have been friends with Ariel Joseph for over 15 years and think that he is an amazing person. About 11 years ago, he was hanging out at my apartment and talking about this new energy work he was getting into called Feng Shui. He started going around my apartment muttering things and moving my furniture around. Within a half an hour, while he was still there, I received a call from my mother stating a check for \$300 had just arrived for me out of the blue and I got a call for a job interview. Stunned, I looked at him and stated that I was a believer! This last November, I was in a really bad place. I hated my job, my love life and I was always sick. For my birthday I had a Skype session. I went into the session feeling trapped and with little hope for my future. After the session I was renewed. Since then my life has changed, or should I say my outlook has changed. I still have the same job, but my supervisor was demoted and my friend became my new supervisor! I completely changed the look and feel of my bedroom and am very happy with the passion that has entered my life!!! And my sister, who has owed me a lot of money for years, gave me \$1000! Overall, I have been the shiny happy person I used to be. Friends have asked me what happened and I give the majority of the credit to him. Some of the credit does belong to me because I CHOSE to listen to him, take his advice, and change how I view

situations. If you are reading this, you are probably feeling like you are lacking something in your life. Believe me, Ariel Joseph can help."

-Jacqueline Carroll, Chicago

BOOKING A CONSULTATION

My rates have gone up for the first time in 4 years! For more information on consultation, please click here

<http://consultation.thefengshuiguy.com/> or read below:

FAQ

When is a good time to Feng Shui my space? Beginnings

Some people have the luxury of working on a space from the foundation up. This may include design, construction or working in a raw space.

- This could mean moving into an empty building, floor or apartment.
- It can also apply to grand openings, housewarmings or launches.
- The earlier these principles can be considered, the less work it might create in the architecture/design stage, painting and construction or in the furniture placement stage.

Feeling Stuck

Some people are in a space so long that they become numb to their environment. It can sometimes be helpful to have an extra set of eyes to help you shake things up.

Times of Transition

- Breakups
- Birthdays
- New Years
- Change of seasons and

- Before or after construction
- are all wonderful times to reevaluate your space.

Endings

- Manifesting a new space
- Deaths
- Outgrowing your space

are all good times to consider using these principles to support your process of endings and new beginnings.

You might benefit from a life coaching session, house blessing or re-envisioning of what your new needs are based on all of your expansion and growth.

What can Feng Shui help me with? Fengshui also helps support people through specific areas of their life, including:

- Relationships (manifesting a partner, healing, more passion/sex)
- Prosperity and Abundance (money drains, the two types of money challenges, upleveling your abundance)
- Career (jump starting your stagnant work life, manifesting more clients, switching career tracks)
- Health (insomnia, infertility, low energy)

What does a consultation consist of? There are 3 stages to a consultation. The check in, the walk through and the blessing.

The "check in" is where

- you tell me a bit about you and your goals...then I ask a few questions to glean a clearer picture.
- Then I would share some basic feng shui principles so that when I make my suggestions in the space it is clear WHY so that it is

clear that I am not just saying "do this, do that" as if it is my opinion. You know? (This process can be as long as you want it to be. I usually follow the clients lead on this.)

The "walk through" is where we look at the space as a whole and I make suggestions that

- you can do immediately
- things that might take a short amount of time and
- more intermediate and long term suggestions (so that you won't be overwhelmed and feel that everything needs to be done at the same time.)

The "blessing" is (usually) where we might

- move some things around
- hang some cures (things to balance the energy of the space)
- and at the end I perform a blessings to clear out old energies on a space and then welcome in some new energy. (If this is a virtual session I can do a remote blessing with you, or offer suggestions on how to perform the blessing yourself.)

An initial consultation on a one bedroom apartment is generally 2-3 hours. If you have a larger space or property please email me at info@thefengshuiguy.com for inquiries.

How can I work with Ariel? Ariel can come to your home, office or property and work with you in person. He has a two hour minimum for in person consulting. Virtual consultations are also available.

How does a virtual consultation work?

- Virtual consultations can happen over the phone, or via an online service such as Skype in one hour increments.
- Send photos, videos, a blueprint or create a virtual floorplan.

- Consult on one room, one floor or the whole building!

Rates

- \$225/hour for in person consulting. Please note: there is a two hour minimum for in person services.
- \$180/hour for Virtual (phone/Skype) consulting.

TO SCHEDULE AN APPOINTMENT

Step 1:

Purchase a one hour session from

<http://consultation.thefengshuiguy.com> (this will function as your deposit for an in person session)

or

Send in a one hour deposit to the address below:

The Feng Shui Guy

Attn: Ariel Joseph Towne

9903 Santa Monica Blvd.

#638

Beverly Hills CA 90212

Step 2: Scheduling our session

Once I have received the deposit, I will email you so that we can schedule our appt.

For email correspondance please write to:

consult@thefengshuiguy.com

Step 3: contact info for our session

In Person Session

Once I have received the deposit and we have scheduled our appt, I will need things like address, contact #'s etc.

Virtual Session

If we are doing a virtual session I will need a bluepint, photos or video. I will also need your Skypename or phone # for our session