

May to June

2012

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## A few things that I learned about Feng Shui with Lillian Pearl Bridges:

Feng Shui literally translated means wind and water, however the deeper meaning of Feng Shui includes weather patterns, natural landscape formations, nature in the environment and care one takes in nurturing themselves. It is living in harmony with nature and oneself.

Lillian told us that "the house is our outer body and the spirit of the house is the people" thus, start with

cleaning. Use a citrus based cleaner or make your own by boiling 9 citrus fruits—cut in half—cool and use the liquid to clean. Use salt to scrub, baking soda and vinegar to clean surfaces and essential oils to disinfect. Indoor plants and herbs will clean the air.

Clap, sing and dance in your house to move stagnant or stuck energy; pets will also help to move the energy.

Place bowls of salt to help remove any negative feelings left behind. If you need something stronger place four tablespoons of epsom salts in a ceramic mug & just cover with rubbing alcohol. Place the cup in a frying pan to contain the contents if the mug cracks and place in the room to be cleared. Light the alcohol. It is finished when the flames cease. (Cont. P. 2)

**Genuineness**



2012

"Genuineness is a spiritual awareness achieved as a result of personal breakthrough. It is our primary sincerity propelling us into our destinies. It leads to the promise we promised ourselves. Accessing our genuine self is just a matter of our external growth meeting our internal knowledge. We travel beyond any barriers that have held us back. Genuineness is our true authorship, igniting our elevated soul conscience.

Universal Truths 1997

Lillian shared an old Chinese proverb that explains the cycle of wealth, but in wealth meaning more than money:

If you are healthy,  
than you can work hard.

If you can work hard,  
than you can grow good  
food to eat or make  
money to buy good food.

If you eat good food,  
then you will be healthy.

Learn more at:

[www.lotusinstitute.com](http://www.lotusinstitute.com)

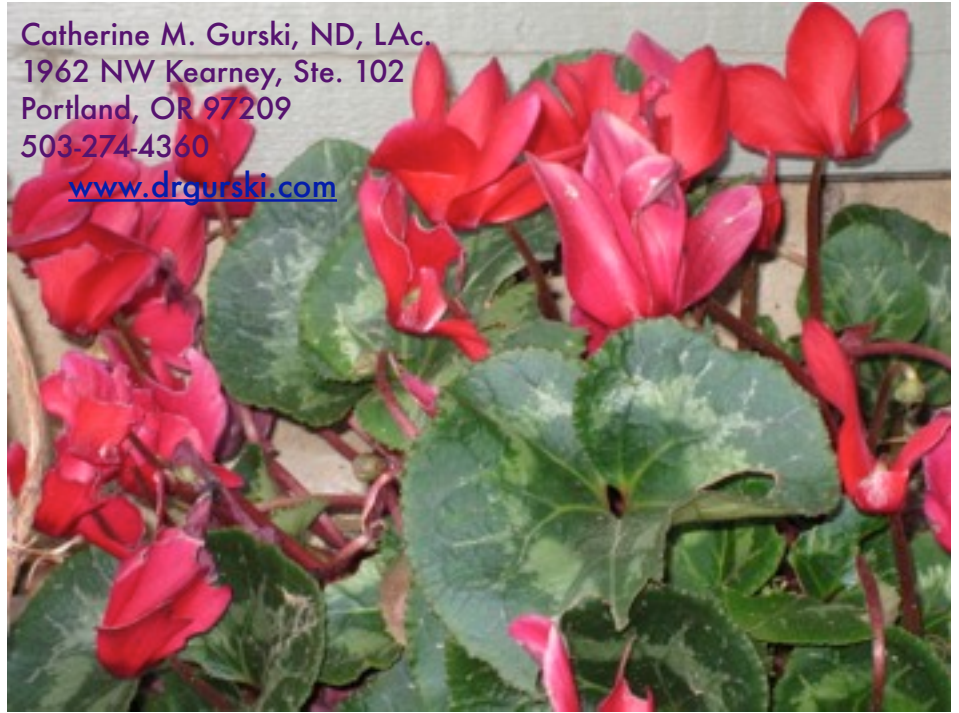


Be Well, Live Well

Dr. Gurski



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### Feng Shui with Lillian Pearl Bridges Continued:

Color is an important part of Feng Shui.

Universal colors are good for public spaces. These colors include off-white, blue-green, blue to purple, mauve and metallic finishes. Art is a fun and fantastic way to bring more color to public spaces instead of trying to use different wall colors without upsetting the office harmony. One of the best colors for soothing inflammation and heart disease is blue-grey. Dimmer and more muted colors are also better for chronic disease. Colors that match your skin tone, inner lip color and vein color are good individual colors unique to you.

The kitchen is called the heart or the center of the home. This corresponds to the center or earth, not the physiological heart, and is meant to nurture. It also represents digestion. Some of the best colors for a kitchen are yellow, orange and muted browns. Make sure that your kitchen is stocked with food staples and fresh fruits and vegetables. This is your room of abundance! Nurture yourself with food that you have prepared. "Nourish, sit, relax, connect and eat" in your kitchen.

Wishing you Wellness & Health, Dr. G.