



Feng Shui: How to Strengthen, Calm & Thrive While Living Through a Time of Crisis - 11 different methods you will be taught

Method	Interior Chi Adjustment
Source	H.H. Prof. Lin Yun
Purpose	Feng Shui Adjustment to energize the Center and the 'hearts' of your home
Effects	Include integrating your home's envelope of power to support you. Make you and your home-centered central protected and expanding
Method	Heart Calming Method
Source	H.H. Prof. Lin Yun
Purpose	To Calm Heart and Mind
Effect	Opens the mind reduces stress, calms, strengthens, regulates sleep
Method	Inhale Exhale Method
Source	H.H. Prof Lin Yun
Purpose	Breathe Your Troubles Away
Effect	Remove and transform negative emotional factors
Method	Heart-Mind Walking
Source	Sifu George Xu
Purpose	Shen (Spirit, Mind) leads Qi. Qi leads physical.
Effect	You learn to "get ahead of yourself" and bring the Future Into Being. Expand your mind's range of space. How to hunt future good.
Method	Heaven Human Earth Breathing
Source	Sifu Wu Wen Wei
Purpose	Earth Power Rises in You, Releasing and Melting to Heaven
Effect	You feel the harmony of heaven, earth, and you
Method	The Rolling Still Point and The Tiger Looks at the Moon
Source	Sifu George Xu
Purpose	Stretch your Body and activate your Chi in a minute with two easy exercise pieces/
Effect	Your Body more comfortable and free
Method	The Six Stage Chi Improvement method
Purpose	Make your Chi rising strong spiritually uplifted
Effect	Increase luck, compassion, and open mind
Method	Simple Clutter Cures CLUTTER GOOD AND BAD
Purpose	Remove Bad Clutter and Benefit from Good Clutter
Effect	Open the way to new growth, Invigorate creativity

Method Expanding the Space of Your Home: Making Space Your Friend
Purpose Contracting and Expanding what you love to expand and fill your home
Effect Your home and mind feel bigger you are unhampered and less limited

Method THE FOUR EXCELLENCES
Purpose How to best Sit, Stand, Walk, and Lie (in your bed)
Effect These four become our friends and companions

Method How to Sleep Well and Have the Dream You Want
Purpose Sleep as Life support
Effect Resting easy and supporting each individual's Psyche