

## *Feng Shui garden design*

A good garden designer will take time to understand you, your space and what you want to achieve.

And so will I but, with a Feng Shui survey you'll get much more.

- Understand how your particular energy interacts with your garden's energy.
- Ensure the flow of energy nourishes all aspects of your space.
- Balance irregular shaped plots.
- Use the Feng Shui Five Elements to ensure harmony and enhance the good aspects of your garden.

Feng Shui is all about understanding the energetic character of your environment and using it to your advantage so, if you have a garden, courtyard, roof terrace or even a window box giving it a Feng Shui make over will be of benefit.

If you want to design your own garden I can provide a survey as a basis and inspiration for your design.

Alternatively I work with a landscaping company, based in the South West of England, that can provide a full service including design, planting, landscaping and maintenance.

## *Jackie Notman*

I have been involved with healing since becoming an Aromatherapist in 1994. This was my introduction into the world of energy and since then I have studied many different methods of helping people achieve balance in order to live life to the full.

However, whatever precautions we may take to be healthy, our focus is often on ourselves and we disregard our environment. For that reason I have studied Feng Shui and became an accredited practitioner in 2009. I survey homes, gardens and businesses and, whilst these may all seem very different, the underlying principles are the same: to be in harmony with our environment .

Our gardens, or whatever outside space we have, is precious and should be taken full advantage of.

When I carry out your survey my objective is clear: to help you reach your objectives in a positive, energetic and life enhancing way. The length and cost of a survey depends on your requirements so, why not contact me. Once we've discussed what you want I'll let you know how I can help you and give a free, no obligation quote.

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*Are you making  
the most of your  
garden?*

*Is it your Sanctuary:  
a place where you can  
relax, socialise,  
celebrate & feel secure?*



## Outside space is good for us

You know what it's like to feel the sun on your skin, the wind in your hair, the sound of birdsong and the scent of flowers.

Nature is a beautiful gift for our senses and our wellbeing and so it's hardly surprising that spending time outdoors has been shown to provide a number of positive effects: stress reduction, lowered blood pressure, physical and psychological healing.

This is understandable knowing that we are part of Nature and so resonate with this world around us. But exactly why or how is being outside good for us?

It comes down to a number of factors:

- Exposure to natural light which is a form of nutrition for us.
- Vibration with the Earth's natural frequency rather than high electromagnetic fields from electrical and wireless appliances.
- Ability to ground ourselves.
- Access to negative ions
- Energising our physical senses

Community spaces and fresh air were once deemed to be an important aspect of public health facilities and quite right too!

## What will your Sanctuary be like?

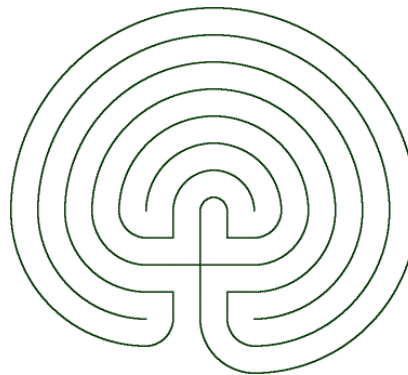
Both your home and garden reflect your life and can be very telling. So, if your life isn't going the way you want it to, it's always useful to look at your environment if you want to make changes.

Many people will 'fit in' with what they have, often subconsciously: adapting to the space they're in. But you're not one of the crowd (*otherwise you wouldn't have picked up this leaflet*). You prefer to change the environment to suit you and to let your environment reflect the 'you' you want to be.

A Feng Shui slant on your design will ensure that:

- Energy nourishes every part of your garden (and you wherever you may be)
- You will feel safe, secure and able to relax totally
- Auspicious aspects (such as health, wealth and love) will be enhanced
- Geopathic and technopathic stress will be identified and minimised
- The best areas, energetically, will be identified for growing food, meditating, healing, socialising, kids play or whatever your objectives may be.

## And, to really impress your neighbours:



How about your very own stone circle or labyrinth?

Both have been used in our culture for thousands of years to attract energy for healing, meditation, creativity and celebration. They connect Earth's energy to the heavens through Sun and Moon alignment and add a unique feature.

Individual stones or circles can be used depending on the space you have available. Labyrinths can be permanent or temporary and made with a variety of materials.

To discuss your requirements further why not call me? Details are overleaf.



Jackie Notman