



Joseph's August Update

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*If we did the things we are capable of, we would literally
astound ourselves.*

Thomas Edison

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*Your big opportunity may be right where you are standing
right now.*

Napoleon Hill

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You must do the thing you think you cannot do.

Eleanor Roosevelt

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*The height of your accomplishments will equal the depth of
your convictions.*
William F. Scholavino

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*We are continually faced by great opportunities brilliantly
disguised as insoluble challenges.*

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*We cannot discover new oceans until we have the courage to
lose sight of the shore.*
Christopher Morley

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Success is always to be found on the other side of fear.

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**This has been a very hot July for our Victoria weather and
the Real Estate market. Below you will find some enticing
rural properties listed, along with recent sales.**

**Enjoy the Healthy Homes and Feng Shui tips that can
really increase your energy and insure your longevity,
safety and happiness.**

Feng Shui and a Healthy, Happy Home www.HouseOfLightHarmony.com

The focus this month is on Healthy Homes and Feng Shui. We spend 90 percent of our time in our homes and offices, so the health of our indoor environment is paramount to our well-being. Our homes are meant to be a sanctuary and our offices healthy working spaces, yet often they are contaminated with bad air, moulds, bacteria, noise and other deleterious factors that can lead to sickness.

As a retired clinician and on-going researcher, I can attest to the health challenges individuals suffer from Sick Building Syndrome. There are a wide range of symptoms relating to this syndrome, including fatigue, respiratory illnesses, headaches, skin problems, fibromyalgia and chronic fatigue syndrome.

To help achieve optimum health and vitality in your workplace and home, my *HOUSE OF LIGHT & HARMONY* Feng Shui diagnoses and treatments assess the energy and physical health of your environment. The energy vibrations of a home can be identified through ancient traditional Chinese Feng Shui methods such as Flying Star school, as well as Vaastu Shastra methods.

Principles of Building Biology include measuring electromagnetic fields, identifying geopathic stress, and locating harmful toxins commonly found in homes and workplaces.

Creating healthy energy in your home is supported by chemical-free cleaning and personal care products, natural building materials, shower and water filters, as well as organic foods. I have business people in Victoria who specialize in all the above, so call me for a Healthy Home Feng Shui consultation and I can refer those who are Green cleaners, product-makers and builders.

Here are the top three ways to create and maintain a Healthy Home.

1. FRESH, GOOD QUALITY AIR

This is very often ignored. Good quality air is certainly the most important Feng Shui health priority. Place and tend Feng Shui air-purifying plants, open the windows and doors often to aerate the space, use essential oils to clear the air and use air purifiers. Do whatever it takes to find solutions for better air circulation and quality in your home and office. Breathing clean air regularly is the Feng Shui foundation for your health and well-being.

2. SUFFICIENT NATURAL LIGHT

This includes intelligent, functional and decorative indoor lighting. Once you focus on the quality of light, you will very quickly sense a shift in your health and well-being. Light is our number 1 nutrient. Be wise and give your body, mind and spirit enough light nutrition. This also includes the smart use of Feng Shui colours, as colour is light. When renovating, add sky-lights to kitchens and bathrooms, cut in larger windows, and open up more interior spaces.

3. A CLUTTER-FREE SPACE

The Feng Shui step of clearing clutter is sometimes ignored in favour of more flashy Feng Shui cures. No amount of wind chimes, good Feng Shui colours, or Feng Shui plants will negate the low, depressing energy of clutter. You have to deal with your clutter on an ongoing basis in order to feel sustained with good energy, rather than drained all the time.

Once you have taken care of these health priorities, then you can have your Feng Shui professional add other specific cures, including lush green plants (Wood element) and a water feature in the East area of your space. If neither of these is appropriate, needed Feng Shui colours of green or brown for Wood, and blue or black for Water element can be placed correctly. I have many paintings and art done by Feng Shui painters that I can suggest to depict a body of water, lush greenery, mountains and harmonious animals.

BOOK REVIEW

HOMES THAT HEAL AND THOSE THAT DON'T:

How your home may be harming your family's health.

Athena Thompson

New Society Publishers, Gabriola Island, BC, 2004

Increasingly, news about the rising numbers of childhood asthma, autism and cancers – as well as learning and behaviour challenges – is being linked to indoor air quality, the health effects of mould, and the overall quality of the buildings we inhabit.

Homes That Heal addresses both of these developments, revealing that our own homes may be making us sick. Easy-to-read, solutions-oriented, and humorous, this book is full of advice and stories that empower families to take back their health on a daily basis. Topics covered include:

- a Healthy Home Quiz that enables readers to evaluate the health of their own home and identify many of the common home health hazards
- factors impacting indoor air quality
- a room-by-room examination of typical challenges and solutions
- toxic materials used in building a new home, or renovating
- cleaning products and other consumer hazards found in the home
- an easy-to-understand introduction to the science of Building Biology – an internationally recognized approach to healthy design and construction.

Packed with useful information and resources, *Homes That Heal* is written for anyone interested in the health of their family, especially busy mothers. Designed for the family coffee table, it is equally suitable for doctors' offices and home improvement stores.

If after cleaning your house, a question lingers: "it smells clean, and is it safe?" -- then stop right here. This is the book for you! *Homes That Heal* is filled to the rafters with sensible and simple ways to create a safe and healthy home for you and the family.

Wendy Gordon, Executive Director, The Green Guide Institute

The depth of knowledge and solid information in this book is truly impressive. *Homes That Heal* is a must for homeowners and renters of all ages. You'll refer to this book again and again: it has it all!
Robyn Griggs Lawrence, Editor-in-Chief, *Natural Home* magazine

Joseph's Listings

For more photos, please go to
www.JosephBarryMartin.com

SPECTACULAR, INSPIRING OCEANFRONT LIVING

2900 Fishboat Bay Road, SOOKE - FRENCH BEACH
OFFERED AT \$898,000 MLS 262040

PRICED TO SELL! APPRAISED AT OVER 1.2 MILLION





OCEANFRONT 2.49 ACRES!

Glacier Point Beach House on Prestigious Fishboat Bay Road.

Spectacular views across the Strait of Juan de Fuca & Olympic Mtns.

2001 Quality built Rancher featuring 2 Bedrooms with oceanviews & 2 Baths, rich hemlock & tile flooring, banks of windows & French doors to 1,012 sqft of grand new deck, Focal point in the Great Rm is a custom energy efficient FP w/bake oven. A private studio, Hot Tub, Gazebo, Flat lot landscaped, low-bank ocean front w/towering trees in a true WEST COAST setting. Will take your breath away!

Perfect for nature lovers, retirees, investors, year-round or summer home.

LOVELY HOME ON LAGOON AT WEIR'S BEACH

**5167 Sandgate Road, Metchosin William Head
GREAT VALUE AT \$642,000 MLS 262715**

OPEN HOUSE Sunday August 9, 2009, 12 noon - 2 pm



Beautiful Serene Waterfront of 0.37 Acres on lagoon by the ocean with mountain views. Two Bedrooms up and one down, 3 Baths. Living, Dining Rooms & Kitchen all have windowed views of water and Juan de Fuca. Large rear deck overlooking landscaped gardens and wildlife – birds, swans, turtles, fish. Spacious manicured & treed front yard. Large walk-in basement. One owner home shows great care and perfect upkeep. Well-cared for home perfect for retirees, professionals, investors, naturalists. Lots of parking. Pristine. Walk & Swim on the perfect 2 km sandy WEIR'S BEACH.

**ENTRANCING HOME IN THE WOODS
SOOKE**

**1650 Whiffin Spit Road
\$355,500 MLS 265630**

ACCEPTED CONDITIONAL OFFER AT \$350,000



**Beautiful Rancher, close to ocean,
go for a walk with your dog.
Peaceful setting, large lot, fruit trees, vegetable garden,
greenhouse, garden shed,
large tiered deck for barbecuing and outdoor meals.
Very sunny and surrounded by tall fir & spruce trees.
Bright, light-filled, freshly painted 3 Bedroom,
2 Bathroom, propane fireplace in open living room,
Double garage, 0.37 acre.**

GORGEOUS HIGHLANDS PARADISE!

1.28 ACRE PROPERTY
WITH DUCK & FISH POND,
CHARACTER-CHALET HOME & YOGA STUDIO
812 Finlayson Arm Road
NEW PRICE \$649,000 MLS 261693

ACCEPTED CONDITIONAL OFFER AT \$649,000



**Chicken Coop. Fenced Veggie Garden. Deer & Rabbits
abound. Home (1525 sq.ft.) Is Open And Bright On The**

Main with Wrap Around Deck. Wonderful Natural Native Plants and Trees on Property. Truly Magical. Separate Newer Yoga Studio is 2 Levels with 2400 sq.ft. (200 Amp.Service); seats 30+ on main floor, open office & computer-bedroom up. Plumbing In Crawl Space. Parking for six. ADT Security.

STUNNING OCEAN VIEWS, PEACEFUL LIVING

**302 - 5110 Cordova Bay Road, CENTRAL SAANICH
PRICE REDUCTION \$499,500 MLS 259960**

SOLD AT \$472,500



Beautiful ocean views & Mt. Baker, 2 bedroom & 3 bathroom 1785 sq.ft (includes 2 decks) Condo in the heart of Cordova Bay Seaside Village.

Ocean & Island views from all principal rooms & 2 large front decks off living room & bedrooms. Part of Cordova Bay Beach Estates which is set in a park like setting with magnificent ponds and walking paths.

Enjoy a clubhouse with indoor pool, whirlpool, lounge & 2 guest suites. Fully remediated building with 10 yr warranty.

55+ one owner. Across from sandy Cordova Bay beach.

**PEACEFUL, PRIVATE PARADISE ON A
METCHOSIN HILLTOP**

**1185 WOODLEY GHYLL DRIVE, METCHOSIN
PRICE REDUCTION \$845,000 MLS 256531**

SOLD AT \$820,000





17 ACRE Metchosin hilltop is a perfect nature sanctuary with deer and eagles. Aesthetically pleasing, spacious 3-level home with 5 bedrooms, 3 baths including 2 bedroom & 1 bath in-law suite with private entrance. PLUS separate 1/2 finished 2-level studio-guest cottage. Complete privacy. Colourful sunsets with coastal mountain views and ocean glimpses. Seasonal pools and waterfalls. Hiking & biking trails, creek, access to Matheson Lake & Goose Trail.

SELLERS!

Do you want to sit on the market or sell your house? The truth that any seller must know is that in the end, pricing gets you in the game - and Feng Shui and Prepping™ or my Advanced Staging gets you the offer. My 38 years proven experience with this can help you sell in this or any market.

BUYERS!

Do you know which house suits you best according to the science of Feng Shui and Vaastu? I can find you the right home that is healthy, harmonious and peaceful according to the Feng Shui scientific principles. You need a home

**that you will be happy, prosperous and relaxed in for a
long time to come.
Let me find your dream home with you.**



In this slow market, the use of Prepping™ which includes Feng Shui and Advanced Staging, can make all the difference between a solid sale and just sitting on the market sidelines...

Contact Joseph for more information on any of these listings or if you need to buy or sell your house at

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