



Joseph's Update on Real Estate

By **Joseph Barry Martin**



October 5, 2006

WHY IS FENG SHUI IMPORTANT?

About Feng Shui...

Feng Shui (fung schway) is an ancient and modern Chinese tradition that is now worldwide. Feng Shui

- strengthens positive energy in your spirit, mind and body
- creates harmony, flow, peace and beauty in you and your home
- has practical techniques for home and office to bring motivation, health, happiness and prosperity
- creates immediate transformation and helpful change

The House of Light Harmony

Joseph will teach you to balance *yin* and *yang* by applying the powers of the five elements—fire, earth, metal, water, and wood—to create a stylish décor. You can harmonize your *qi* or life energy with your living and working spaces. It's easy to make decorating changes that you'll love and feel comfortable with for years to come.

A Feng Shui consultation includes:

- the basic principles of Feng Shui and how they translate into your life
- how to implement Feng Shui room by room, beginning at the front entrance and moving through the foyer, bedrooms, bathrooms, kitchen, dining room, living room, office and the garage
- Feng Shui tips and shortcuts that create immediate, transformative changes in your home and life
- tips on the arrangement of rocks, gravel, earth, plants, shrubs, trees, landscaping and ornaments for your front and back yards

Call Joseph at 386-8875 for a complimentary 30-minute Feng Shui session.

POACHED SALMON

Poaching liquid for a 5 lb salmon ...

6 cups of water, 2 cups of organic chicken bouillon, 6 bay leaves, 12 peppercorns, ¼ tsp cinnamon, ½ cup white wine, handful of fresh organic parsley, dash of garlic powder. Combine the above ingredients. Bring to a boil and reduce to simmer.

Salmon Preparation ...

5 lb salmon, 1 medium lemon, sliced into thin rounds, fresh dill. Clean fish and sprinkle inside and out with salt, pepper and cinnamon. Wrap fish in a cheesecloth and tie securely. Place the salmon in the simmering poaching liquid and cook for about 20 minutes, basting periodically. Turn and repeat. Remove from poaching liquid. Let cool. Carefully remove from the cheesecloth. Remove the skin and drizzle with mayonnaise. Garnish with lemon and fresh dill. Savour this Canadian delicacy!

HOW TO CREATE AN AWE-INSPIRING LIFE: ATTITUDE AND INTENTION

Have you noticed how so many people are focusing on the importance of attitude and intention as a way to be happy and productive in life? Ancient and modern cultures from the First Nations to the Hindus and Buddhists have known this for centuries. Implement any and all of the following just for fun to see if these also work for you.

~ *the altitude of your attitude*: have positive thoughts about your self, your life, your path, your relationships, your work and your colleagues; if you need to, fake it till you make it

~ *trust and surrender to the flow*: just assume that synchronicity rules the universe and your life, and keenly observe what experiences are being sent you each day; go with the flow and learn and laugh along the way

~ *contemplate and meditate*: take time to let yourself hear your inner voice about what is going on for you; trust your inner voice and follow its heartfelt directions

~ *non-judgment*: assume today and everyday is non-judgment day; know that every one around you, including yourself, is doing the very best they can for what they know right now

~ *courage and celebration*: take courage in every moment to break out of your comfortable box; make those calls, tell someone you love them, inspire others around you with kind words and good deeds, and most of all celebrate with laughter because it's okay to make fun of yourself!

THE BENEFITS OF MEDITATION

When your day is crazy, and you feel rushed with too many calls, meetings and projects, consider meditating. When you long for a moment of quiet, peaceful solitude in nature, consider meditating. And when your relationships with your kids or significant other is approaching meltdown inside, you would do well to consider meditating. When you think you're going to go nuts, just follow the instructions here.

WHAT IS MEDITATION? It's simply the ability of the mind and body to still itself and create harmony, balance and peaceful flow once again. Here's how. Sit in a quiet room or outdoor garden where phones and folks will not disturb you. Bring in fresh air, flowers and plants, silence or soft healing music. Some enjoy relaxing scents like lavender and sage. Sit in a comfortable chair with your back supported upright. Your stocking or bare feet will be flat on the ground or floor. Close your eyes. Start breathing deeply from way down in your lower diaphragm and pelvis. Focus on your body breathing in, breathing out ... breathing in and breathing out, v-e-r-y s-l-o-w-l-y. Some people with active minds like counting their in- and out-breaths silently to themselves. Others can naturally visualize their thoughts as clouds moving across the inner sky and dropping over the distant horizon until they experience a clear blue sky with strong sunlight.

Continue this for 5 to 15 minutes, or as long as you can. Do this morning, break-time and night-time, and whenever you feel the need to calm, ground and center yourself. You will prove to yourself the instant benefits of meditating and choose to continue it for your lifetime. Healthy mind and healthy body create healthy relationships and healthy business.

PS—Oh by the way...if you know of someone who is looking to buy or sell a home/condo, please refer them to me or just give me a call.

Joseph Barry Martin

RE/MAX Alliance

770B Hillside Ave, Victoria BC, V8T 1Z6

Phone: 386-8875 Fax: 386-8180

Email: josephmartin@alliance-victoria.com

