



November 2008
Month of the Pig (Water) Year of the Rat (Water)

November Newsletter

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Greetings!

What an inspiring month! Like many others, I am thrilled with the result of the recent presidential election in the US and feel that Obama is going to be an inspirational force as we navigate our way to a more positive future. As I listened to his acceptance speech, I was struck at the power and hope that one person can evoke in so many others. I have not, in my lifetime, seen anything quite like it on a scale as huge as this!

Since my last newsletter I have made my way south from Cairns to Melbourne stopping at Pomona, QLD, where I sat a 10-day Vipassana meditation course (totally profound) then visited the healing waters and passing whales at Byron Bay, before hitting Sydney then, finally, Melbourne. It's funny how things happen - as soon as I arrived back in Melbourne my phone started ringing with bookings! A sure sign I'm back where I belong...for the time being anyway.

Astrologically speaking, water element is totally dominant for the next few months. November and December are strong water months which reinforce and strengthen the water energy of this year. We are quite literally standing on the edge of a new cycle - and you can certainly feel it! Expect rapid developments and changes as this powerful energy culminates towards the end of the year.

Enjoy your month!



First Annual Feng Shui Conference.

Three weeks ago I attended the first ever annual conference for the [Association of Feng Shui Consultants](#) in Sydney. Sydney sparkled with great weather and awesome views, and getting together with other consultants from all over Australia was so inspiring and has really reinvigorated my passion for this ancient art and science.

The Association of Feng Shui Consultants was formed just over 3 years ago to promote a standard of training, integrity & ethics within the industry. All consultants registered on the website are classically

trained practitioners of 'Flying Star Feng Shui' the traditional method of practice derived from ancient texts. (Visit www.afsc.org.au for more information).

We had a series of speakers presenting ground-breaking material including [Vic Ketis](#) who created a context for this tumultuous time he calls 'The Turning Point'. His lecture combined Chinese philosophy & astrology with western astrology and mythology to paint a picture of the transformative energy that is currently upon us. Other lecture topics included space clearing by [Sarah K Jones](#), a very gifted clairvoyant and healer plus geomancy (earth energies), electromagnetic radiation and insights into traditional Feng Shui topics, such as landforms and annual flying stars.

As a practitioner, the most valuable insight I received was how important the role of a Feng Shui consultant can be. Our work is based on the orientation of buildings, but really, it's more about the orientation of *people*. In the words of Barack Obama, change has definitely come, not only to America but to the entire world. The way I see it, Feng Shui helps to align and support individuals, *through their environment*, during their personal quest to create this change for themselves and others across all areas of life: practically, environmentally spiritually, mentally and emotionally. I am happy to say that the clients I attract these days are ready and willing to bravely undertake the process of change and personal growth for themselves and I find that totally inspiring.



Electromagnetic Radiation

The first Feng Shui course that I studied at [The Australian College of Environmental Studies](#) (ACES) included a subject called 'Sick Building Syndrome'. This subject focused on how our homes, in some cases, may literally be making us sick. It covered topics such as water quality, indoor air pollution and ventilation, synthetic chemicals found in cosmetics, hair and skin care, cleaning agents and building materials as well as exposure to electrical fields and electromagnetic radiation and much more. The standard of training the ACES offers in this area is exceptional, thanks to the pioneering work of its principal, Nicole Bijlsma. She coined the term Building Biology™ to describe this area of investigation. Her college has spawned a host of well-trained graduates who call themselves Building Biologists and luckily, awareness is growing.

We had a couple of speakers on the topic at the conference and it really reconfirmed the importance of this work. Particularly in the area of electromagnetic radiation. Various appliances in the home as well as meter boxes, etc, emit an electromagnetic field that can, over time contribute to a variety of health issues. This is especially the case if we are exposed to the fields consistently for long periods, eg. in bed, at a computer, and in some cases your entire home if you are unlucky enough to live too close to powerlines or a substation.

Scandinavian countries are leaders in this field. For example, their accepted 'safe' levels of electromagnetic radiation is **less than 2 milliguass**. In Australia, acceptable levels are considered to be **1,000 milliguass**. A massive difference and an obscenely high level.

Potential health effects from over exposure can include: - disturbed sleep, headaches, chronic fatigue, insomnia, loss of short-term memory and difficult concentrating. More controversially, over exposure has also been linked to breast cancer, childhood Leukaemia and brain tumors*.

Common problem areas to check in your home:

Meter Box: Check the location of the meter box in your home and make sure that no one is sleeping on the other side of the wall. Electromagnetic fields are strong enough to transmit through walls and can be harmful within 1-2 metres. I have seen a few houses where the meter box is located directly on the other side of the bed head - very harmful.



Digital Clock Radios: Yep, the harmless clock radio that we diligently place next to our heads when sleeping is a major culprit. Clock radios contain transformers that are responsible for emitting fields of up to 1 meter or more. To prevent yourself from harm, position it at least two meters away from where you sleep.

Electric Blankets: you are literally sleeping in an electrical field! They are fine to warm up the bed, just make sure you turn it off before getting in.

Substations & Powerlines: If you happen to live close to either of these and you can relate to any of the above health symptoms, contact a building biologist for assistance. Also look out for this when purchasing a property.

Laptops: Although convenient, they can also be a problem, especially when plugged into a power outlet and positioned on the body. Unplugged they are not as harmful. You can also get special disks that can help reduce harmful fields.

Microwaves: Wow, they got a whipping at the conference. One lecturer said quote, unquote 'if you turn a microwave on and stand on the opposite side of the room, it's still like having 10 mobile phones around your head'. The 'waves' that they emit are incredibly harmful and they effectively zap any remaining life force energy out of the food you reheat. The digital clock on the microwave also emits a strong electromagnetic field, so avoid standing too close to it when preparing meals.

Dishwashers: The main problem with dishwashers is, again, the digital display. They are only an issue if, for instance, the dishwasher is positioned below your main work bench where you stand for long period preparing dinner. There have been cases where this has had an impact on a women's reproductive system and has compromised their ability to become pregnant.

Mobile Phones: Another controversial area that we may not see the impact of until much later. Radiation exposure can be reduced if the phone is held slightly away from your ear, or better yet, you can buy ear-pieces that prevent exposure altogether. These are sold at the ACES college (www.aces.edu.au).

Faulty Wiring: if your house is not wired properly then there is the potential for exposure to unsafe levels of radiation. In some cases, ungrounded electricity can be conducted via water pipes around the entire home. This can be easily fixed by a building biologist. Again if you feel there is a problem in your home, they are the best people to call.

I have just touched on a few key areas that have been highlighted to me over the years. If you want more specific information, including research studies, please contact the [Australasian Society of Building Biologists](#). I can also highly recommend [Raphael Siket](#) from Ecolibria if anyone is interested in having their house audited by a professional building biologist. He also has lots of interesting articles on his website.

* Source for health effects: www.ecolibria.com.au

Have a great month

Warm Wishes,

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