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Happy Holidays! Hey, we know how busy you are, but here's an opportunity to take a moment for yourself. Grab a cup of hot chocolate, get comfy and enjoy this month's Savvy E-Zine.



FROM THE COACH: "Angels in Disguise"
By Tori Michaels

The holidays are upon us. It's no surprise that they've arrived. They show up about this same time every year, and every year I scramble to get things done as though I had no idea this time of year was showing up. In addition to whatever is normal-crazy for this time of the year, I decided to go visit my good friend, Jana, in Taos at the beginning of December. A five-day trip turned into 11 days total of being away from home because of an unexpected snow-storm, and other issues out of my control. During my trip, I received a call from a woman who wanted to hire me for coaching and for Feng Shui work. I told her I'd call her back when I returned home. Over a week later, it occurred to me that I'd forgotten something: to call her back! I've been doing self-discovery work since I was about 9. Yet, nothing prepared me for the absolute downpour of

shame and remorse that I ladled onto myself. When I am coaching or being coached, a standard question is "What are you making this mean about you?" Well, I'm not making it mean anything, dumb ass; it means that you are an idiot. (I have the super-sweetest ego voice, don't I?) After I moved into a full-rotational twirl of shame, guilt and must-fix-now, I called her and left her a message, and I e-mailed her in an effort to get her to FIX the situation, that is, make me feel better.

The day after I discovered my Sin Against Nature, aka my mistake, the answers to my earlier question became very clear. I've made this mean: I've lost work because of this so my business will fail; She will think fill-in-the-blank about me so I am a failure; Clearly I'm disorganized which means my business is failing which means I am a failure (see how that works?)

So, that feels lousy. The truth is, of course I am a failure. Anyone who has ever been successful has also had to fail, as one cannot exist without the other. I am a success, and I am a failure. I love my failures. I've learned more from what I've done wrong than what I've done right. Failure is not a bad word: It's a motivator! I can embrace that I am a failure as an aspect of me without making it the sum total of me. By lovingly integrating this aspect of me (not just acknowledging that it exists) back into me, I move to a more full existence. I shift from looking at this person as a beacon of shame and guilt to an angel of light reminding me to be compassionate and patient with other's humanness.

Coincidentally, (yeah, right) I'd hired someone to do some work for me, and I was becoming frustrated because the work was not being done in a timely manner. When he called me to tell me his plan for completion, and I pulled to my mind my Failure Angel. I remembered how I'd hoped to have been treated by her. I also became aware that he, too, was showing me my Failure aspect, and so I was able to respond to him from a place of gratitude and not blame. I listened with love and compassion and felt clear that this situation, too, was a gift. I always say "It's never about what you think it's about." Neither of these situations had anything to do with my business. But they had to do with my Work, my work on myself! By integrating Failure, I could have compassion and then could have absolute trust that every single thing was and is happening for me to show me, to reveal to me what I'd been missing. It motivated me to be downright joyful at the crowded check-out lines and peaceful with impatient drivers. I've shifted from worrying (a form of control) that she would not contact me to being grateful for how she showed up in my life not needing or wanting anything else from her. This also frees me from having her response necessary for my happiness.

This time of year can be challenging when it comes to being with other people and their ways of being. Take a look at who you are making wrong. Ask yourself what you might be making the situation mean about you. Remember that it is our fear of the unknown and our fear of being wrong that cause most of our anxiety. We judge others as a way of staying "safe" from these fears. When I'm really scared, insecure or unsure, I rely on this simple prayer to bring me instant peace:

God, grant me the serenity to accept the things I cannot change,

*the courage to change the things I can,
and the wisdom to know the difference. Amen.*

May your holiday season bring you delight, laughter and a sense of internal peace with all that is.

Blessings,



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I just want to remind you that creating transformation is simple ~ it only requires a commitment to see things from a different perspective. One of the best ways to see yourself differently is to hire a life coach. Contact me for details on a coaching program for you at 314-791-4229 or tori@savvysolutionsinc.net



HAVE YOU HAD YOUR FENG SHUI TODAY?

Holiday Feng Shui

By Tori Michaels, CFSP

During the holidays we spend time creating an environment that embraces us with comfort, beauty and a sense of welcome - perfect Feng Shui! A welcoming home isn't about the 'stuff,' it's about connecting to the space.



Living without clutter is a basic Feng Shui principal and serves as a starting point for all other Feng Shui treatments. These principals still hold true for decorating and organizing throughout the holiday season. Visual clutter is over-stimulating, which increases the risk of tension in the home. This is not conducive to the peacefulness we need during this hectic season.

Here are a few more tips for supporting your good energy and implementing good Feng Shui in your home for the holidays:

1. Placing a decoration or wreath on your front door creates movement in your life, and is so welcoming to your guests.
2. Think multiples, as repetition calms the mind. Consider eight candles or three poinsettias, instead of one of each.
3. Clean your windows to help maximize winter's dimming light and make your outlook on the world bright and cheery.
4. Minimize extension cords. Visible electrical cords are draining and supportive of depression.
5. Make sure that your centerpiece is low enough to ensure easy conversation. A round

glass bowl filled with floating white candles will promote sparkling discussion.

6. Put away all knives stored in decorative wooden knife blocks as well as pots hanging from a metal rack from the kitchen ceiling, which destroy harmony.

7. According to Feng Shui, crystals spread energy through space so create a sparkling feeling by cleaning all your crystal, including chandeliers and hanging crystals.

8. Enliven your home with enticing aromas. Fill a pan with water and then add five cinnamon sticks, some orange peel and 4 cloves. Keep the saucepan on low heat and enjoy its warm, spicy scent, which will also give energy to the heart of the home.

9. When the guests have gone, treat yourself to a hot shower or bath, using a sea-salt based body scrub or bath soak with a peppermint or citrus-based scent to cleanse, purify and refresh your mind, body and spirit.

Organize first, then apply these principles of Feng Shui to become more relaxed and supported by the calm environment you will create.

Call today to set up a Feng Shui consultation!
We can work with you in person or remotely. Call 309-686-8100 or 636-227-3987



YOUR BEST YEAR EVER!!!

What if 2012 really could be the best year of your life?

You are really clear on what you don't want.

Are you ready to have a life filled with what you DO WANT?!



Tori designed the "**YOUR BEST YEAR EVER**" 8-week Intensive Class to help you get unstuck now! Utilizing her own "**Lifechange Tools**" method, Tori will give you step-by-step practices to live your dreams:

- ~ Create more income
- ~ Attract more love in your relationships
 - ~ Attract unexpected opportunities
 - ~ Magnetize your health and vitality
- ~ Attract new friends and social situations

- ~ Experience deeper connections with the Divine
 - ~ Release limiting beliefs
- ~ Have peace and fulfillment now, not someday.

The new session of **YOUR BEST YEAR EVER** begins
Wednesday, January 11 at 7 p.m.

at the [Holistic Health Center](#)
(4809 N. Sheridan Road at Glen)

Classes continue weekly through February 29, 2012
Attendance at every class is strongly encouraged, but not mandatory

Cost: \$20 per session

If you attend the first 7 classes, your 8th class is FREE

Returning students receive a 20% discount

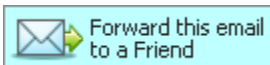
Call 309-686-8100 or e-mail tori@savvysolutionsinc.net to register for class



**"It is lack of love for ourselves that inhibits our compassion toward others.
If we make friends with ourselves,
then there is no obstacle to
opening our hearts and minds to others."**



Thank you for being a member of the [Savvy Solutions](#) family. Thank you, too, for forwarding this e-mail to your friends and people you think would enjoy it.



It would be wonderful to have you join us here, too!



Blessings,



Tori Michaels
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