



TORI michaels


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uncompromising life transformations

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WELCOME TO YOUR SAVVY E-ZINE!

Welcome to the *Savvy Solutions E-zine*, a monthly e-mail magazine filled with tools for your own personal transformations. As you know, Savvy Solutions was founded by Tori Michaels to implement the transformational tools of Life Coaching, Feng Shui, Organizing and Wardrobe Consulting. Each month, our new e-zine is filled with useful articles, tips and information that you can really use to make meaningful shifts in your life. So, take a deep breath, relax and enjoy!



FROM THE COACH: "Today" By Tori Michaels

Today, January 18, marks the fifth anniversary of my father's passing. I remember the day in 2006 in vivid detail: the phone call, the arrival, the reality. If I stay too long in that memory, my heart almost stops with sorrow. Anniversaries such as this are due the respect of remembering. Even if the actual date escapes us, we might notice higher emotions and then remember that we are close to a significant anniversary such as the death of a parent, child or spouse.

Today, having had a lot of losses in my life, I am clear that grief is a funny thing. It stands at the doorway of your heart and says "I will not be ignored." It is the emotion that must be felt for as long as it must be felt. Even if you push it away, it will take many forms over an indefinite amount of time, and it will, at the height of its power, color every concurrent experience. And that's its job. Grief, like every other emotion we've been gifted, is meant to be felt. But here's the thing: when we give too much power to Grief for too long, it begins to rob us of the greatest gift we have, that being a present moment. But this begs the question: if my goal is to stay in the present moment,

then where do memories fit in?

Today, I moved into my day with the awareness of my dad whom I shamelessly called Daddy. I have spent my time doing my work, making my calls, being a friend, being a sister, being a mother, being a wife...all of my normal activities. But I've pulled the memory of my dad up to the front of other thoughts. I've chosen to remember his laughter, his mannerisms, the last words I ever heard him say, which happily were 'I love you.' I have chosen to embrace remembering, experiencing whatever feelings come up without resistance and then moving into what's next. So, as long as I stay mindful of NOW, I can step into my memories for a quick visit. There is a Buddhist saying that I love: 'Pain is inevitable but misery is an option.' When we give too much to Grief, it pulls us seductively into the past. It hangs out with Guilt and Shame and Regret. Sometimes Anger and Resentment show up, too, and all of them together throw a hell of a party. To transform epoch grief, one must be fully grounded in today, in NOW, in the gift of life. All of us have experienced loss. It is inevitable, as is the grief that coincides with loss. But misery is an option I would urge you to resist. In the history of all time and space, there will never, ever, ever, ever be a January 18, 2011 ever again. Never. This is it. In this glorious present moment, what is there for you to celebrate? What gives your life life? Your regrets? Your sorrows? Your resentments?



My daddy on 1-8-2006

Today, I have glanced lovingly into the past without having been taken hostage by it. I feel joyful at the remembering of my parents, my father, each experience I have had and I am grateful. But right **NOW**, I give joy for my breath, my dogs (and my Great Dane's need to put his head in my lap as I type), my heat, my electricity, my computer, my thoughts, my body, my beloveds. Right now, I give thanks for

Today.

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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?

by Tori Michaels, CFSP

One of Feng Shui's absolutes, and what I have seen in my work with my clients is this: If you want a healthier, more productive and more prosperous life, you must alleviate the clutter in your home, office, basement, attic, closets, and garage. Disorganization and clutter have many characteristics, depending on where it tends to accumulate in your home and/or office. Clutter often reflects guilt, shame and/or an underlying issue that you don't want to deal with. At the very least, when you look at the clutter, or in many cases, avoid looking at it, you can *feel* how it brings down your mood and your energy. Clutter sabotages your creativity, your dreams, the ability to deal with your issues, and can negatively effect your health.



Bagua

Your front door falls in 1 of the 3 front gua's

Depending on where the clutter is in your home and in the bagua, that area of your life will be most negatively effected. For example, if you have clutter in the Family area of your home, then issues that are related to your family may be part of the emotional infrastructure that helped create the cluttered area to begin

with. Not only can clutter keep a family matter from being resolved, but it can create new problems in this area of your life, as well. On the physical level, it can cause health related issues in the feet, ankles and legs, as these areas of the body are related to the Family gua.

Your environment is meant to serve and support you, not limit you. So, let go of the perfectionist in you that says "If I can't do it all now perfectly, I will do it "later." When is later? Make a decision for yourself. Make a move into choosing to feel better. Even if you tackle one shelf, one drawer, one little area and you set the goal to get that done this week, you will begin to reap the rewards of your efforts immediately. And, as they say, You are Worth it!

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



FENG SHUI TIPS

-Water represents abundance in Feng Shui, so if your toilet lid is open you are symbolically flushing your abundance down the toilet. Keep the toilet lid closed and you will retain more of your wealth.

-Keep your office phone, business cell phone, PDA, or address book in the lower right corner of your desk, (the "helpful people" area that attracts clients and mentors to your career) on a red cloth, paper or mouse pad to bring in more calls -- and more clients and business.

-Avoid storing things behind doors, because doors that don't open completely represent blocked opportunities in your life.

-In Feng Shui, keeping your purse on the floor represents disregard for your wealth, plus scientific studies show that your purse can pick up all kinds of bacteria when it sits on the floor, which also does not honor your money!

-Remove clutter from your car. Your car moves you forward, and a clean car attracts opportunities to move forward in your life.



FENG SHUI FRIENDLY CLUTTER CLEARING TIPS

The National Association of Professional Organizers has declared January as Get Organized Month. Try these tips to get you going!

- **Clear Your Closets.** Get rid of old clothes you have been saving for "when you lose weight." If you hold on to clothes that don't fit, it symbolizes holding on to old behavior patterns.
- **File** paid bills, bank statements, receipts, etc. by month instead of vendor. You can then do a month's filing in seconds!
- **For events,** instead of buying all new paper goods, have a set of plain white dishes and change the candles, flowers and linens to reflect the season, celebration or mood!
- **Create an "Action File"** that has categories such as To Pay, To Call, To File. Sort your mail as soon as it enters the house into the file. Have a recycle bin and shredder handy. This avoids the

Mystery Pile most people end up with!

- **Clear Away Expired Items.** Go through your kitchen and bathroom and get rid of items that are expired. Not sure about expirations, check out this list from Real Simple magazine: ["Real Simple" Handy Guide to Expirations](#)



"I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is."
~Alan Watts



UPCOMING EVENTS

"Your Intuitive Wisdom, Finding and Listening to Your Inner Guidance"

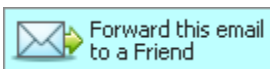
Join Tori for this day-long workshop, this Saturday, January 22 from 9:30 a.m. until 4:30 p.m. You will learn to identify your Spirit Guide's voice, see the unseen and experience your "psychic self."

Class is limited to 10 participants. Cost is \$65 per person. Location will be indicated upon your registration. Please e-mail Tori directly for more information or to register for class: tori@savvysolutionsinc.net **NOTE: There are still 4 seats available!**

Tori will be teaching the "Your Best Year Ever" class beginning in February. This class will be taught in Peoria, but will be available as an on-line experience, as well. More details to follow.

Check out the new Calendar section of our ever-changing web page for events and classes: <http://savvysolutionsinc.net/speaking.html>.

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.



Blessings,

Tori

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