



Issue: 30

February 3, 2011

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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: "The Joy of Choice" By Tori Michaels

Ah, February: The month when the advertisers focus on Valentine's Day and all of the "shoulds" that are associated with it. The media tells us how Valentine's Day should look (red roses, chocolates and perhaps diamonds...) but the worst is what we do to ourselves regarding the notion of romantic love.

We continue to think that he or she, "the one," is OUT there somewhere. And if he or she is in a relationship with us, if he or she would just act the way I want them to, everything would be just perfect.

Here's the crazy thing: You think that the world is out there, but it is in actuality inside of you. All of it, every single thing is inside of you. When your husband doesn't pick up his socks, and you decide that you don't like that he does not pick up his socks that is your opinion; just your opinion. Your preference might be that he pick up his socks. His socks are not bothering him or he would pick them up. His opinion is that his socks needed to come off of his feet and so he took them off. Period. Now you can argue and say, "Yes, but surely you agree that his stinky socks just laying on the floor is bad." If you ask me or your girlfriends or society as a whole to agree with you, they might, but it is still just an opinion. What would be available to you if you let go of making socks on

the floor wrong. Imagine thinking and being in the world without the thoughts of making someone wrong.

I'm not saying this is easy. It takes consciousness. You have to think differently than you've thought. It requires a change, and human beings do not like change. It's so much easier to ask others to change. **But we can't ask anyone to be different so that we can be happy.** You must decide to be happy, if you want to be happy. Now, if you want to be angry about the socks, that is totally up to you. I'm not making your anger wrong, either.

Have you ever had to tell a young child not to touch the stove? "Don't touch the stove, it's hot!" Now, if that child does not know what hot is, she will probably put her hand right on that stove. From there, she has a choice. She can decide, "Okay, clearly hot is painful, so I am going to remove my hand." Or she can decide to call all of her friends still with her hand on the stove and complain about how uncomfortable it is and she wishes the darn stove would not be so hot. If the stove would be different, she could be happy. The stove is doing what it does. So is she. But no matter what, we have choices. Always, we have free will and that free will includes how we choose to feel about the people and experiences in our lives, now and in the past.

Truly, everything that exists is benign in its beingness? Nothing is either good or bad, it simply exists until you put the label on it. It's how you choose to see a thing that determines your feelings about the thing. It's our judgments about things that cause us the most misery. Think about that. The person that annoys the heck out of you at work and you've labeled a witch wasn't a witch until you got there. "No, Tori, everyone thinks she's a witch." So, that makes it so? Does her best friend think she's a witch? You make positive people right and negative people wrong. You have to let go of your righteousness. When people do things the way you do, they are right, and when people do things in a way you do not, they are wrong. A Course in Miracles says that the definition of a miracle is a shift in perception. When you look at a thing differently, the thing literally changes.

So, how do you see things differently? You have to begin with seeing yourself differently. Jesus said "Love your neighbor as yourself." Do you get that? If you love your neighbor as yourself, you have to love yourself before you can love your neighbor, or anybody else. If you love yourself, you are respectful and kind, you are compassionate and patient with yourself and with those around you. When you love yourself, you take your hand off of the stove and quit asking the stove to be different.

This Valentine's Day, commit to loving yourself. When you begin to fall in love with yourself, you will become more lovable and you will have more compassion for the world around you. When you have more compassion for the world around you, you will help heal the world. Now that's quite a holiday!

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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



Gung Hay Fat Choy! Happy Chinese New Year! The new year, 4709 is the Year of the Metal Rabbit. Chinese New Year is the longest and most important festival in the Chinese calendar, and has been celebrated for thousands of years. If you choose to consider the archetypal energy of this ancient calendaring system, then the following should help you utilize this year to your advantage.

The energy of the Rabbit is traditionally associated with home and family, artistic pursuits, diplomacy, and keeping the peace. Therefore, 2011 is very likely to be a relatively calmer one than 2010 both on the world scene, as well as on a personal level.

The energy of the Rabbit can be understood by considering the animal itself: A quiet tranquility, natural grace and sensitivity that will translate into humanity energetically in this year. This animal symbolizes etiquette, kindness and solid judgment.

The Rabbit is known to be lucky for money and, therefore, business. He utilizes powers of cautious observation, detachment to particular outcomes and the ability to sense and decode the patterns occurring in the world around him. As a result, he can leap over obstacles, believing in his ability to handle what happens and is at peace.

In business, the Rabbit demonstrates win-win negotiations, being a successful diplomat and a natural communicator. This might be a good time to look at your communication systems to make sure they are working for you. Rabbit also moves fast when it's right timing, ensuring fast success, so follow your intuitive nudges!



HAVE YOU HAD YOUR FENG SHUI TODAY?

All You Need is LOVE!

by Tori Michaels, CFSP

This month, we are focusing on love, love, love. How to get it, keep it and utilize its energy for a healthy, happy life. The following are some Feng Shui tips you can use now to boost the love in your life:

1. Keep your plants vibrantly healthy throughout the house. If your thumb isn't green, use silk but never dried (dead) plants.
2. Treat your bed as the throne of the room. Make sure it is centered on the wall, and that from the bed, you can see the



Bagua
Your front door falls in 1 of the 3 front qua's

door and the window. This gives you a sense of security.

3. One bed side table? Consider the message - "one night stand" that can actually hold you in single status. Symmetry is crucial for equality in your relationships and to hold happiness in place, so position matching nightstands and lamps on both sides of the bed. Accessorize in pairs or multiples. Place a bunch of flowers in a vase and hang art depicting romance and unity, which in Feng Shui creates a "couples' energy" as well as a sense of balance and abundance in the room.

4. Make sure to clear away the following from your bedroom: stuffed animals, dolls, weaponry, symbols of war, pictures of family (if you are in a relationship, add pictures of the two of you, but no one else!), pictures of single people, pictures of places with no people, anyone's ashes (yep, it happens more than you know) and of course, clutter.

5. In case I haven't been clear: NOTHING under the bed. Nothing. Seriously. Nothing.

6. You spend a third of your life in your bed. Make sure to indulge in the best linenes you can afford. Always use 100 percent cotton, hemp or silk. Get the highest thread count you can. Avoid "wrinkle free," as these are loaded with chemicals. Wash your sheets before you put them on your bed.

7. Make your bedroom your sanctuary. Keep it neat and tidy. Make the bed lovingly every day. Use scented candles and oils, soft lighting and soothing music. Your bedroom is for Rest, Relaxation, Rejuvenation and Romance. Avoid having a television, answering machine, computer, etc., in this room.

8. In the Relationship corner of your home, add pairs of things, with intention to be harmoniously paired with your partner. Pears are good here, too!

9. Remember that all love begins with self-love. Consider writing a loving phrase on your bathroom mirror with a Sharpee so that you remember to speak with a loving voice to the one who looks back at you from the mirror.

Although some of these changes require a lifestyle adjustment, you'll be surprised at how effective they are. Once your love life starts gathering steam, these changes will seem very small indeed!

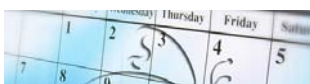
Call today to set up a Feng Shui consultation!

We can work with you in person or remotely. Call 309-686-8100 or 636-227-3987



"The minute I heard my first love story I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along."

~Jalal ad-Din Rumi



UPCOMING EVENTS

******* Back by popular demand!!! *******

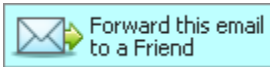
"Your Intuitive Wisdom, Finding and Listening to Your Inner Guidance" Saturday, February 26

Join Tori for this day-long workshop, this Saturday, February 26 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

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.



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



Blessings,

A handwritten signature in purple ink that reads "Tori". The signature is fluid and cursive.

Tori Michaels
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Savvy Solutions is a proud member of the following organizations:

