



Savvy Newsletter

A New Year and New You!

January, 2010

New year's resolutions... need help figuring them out and keeping them? [Read on!](#)

In This Issue

Savvy Quote
From the Coach: Intentional
Intentions
Intentions and Feng Shui



"Even when nothing seems to be happening, your next miracle is



Intentional Intending by Victoria Michaels

The new year is finally here. The sound of people making resolutions and intentions for the changes they wish to make is in the air. Deciding to make deliberate changes in our lives is a very powerful thing! Making those changes can be the tricky part. Have you heard this one: Four frogs are sitting on the side of the lake. One decides to jump in so how many are left? Four. One decided to jump in, but that doesn't mean she jumped! To make real, solid changes in our lives, we have to start with knowing what we want, and intending to receive it.

Intention is the starting point of every desire, want or dream. It is the creative fuel that allows what we want to be created in our lives. Everything that happens in the universe begins with intention. When I decide to buy an item, write a newsletter, or take a walk, it all starts with intention.

Now, this is a sticky area. Many of us have seen *The Secret* and heard about the "Law of Attraction" and therefore believe that if they think hard enough about what they want, it will show up. Deepak Chopra says: *"An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can't grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness can they grow and flourish."* What that means is once you've set your intention, you must release it knowing it is done. So, if you set intention to get a really good parking place, and you don't really care if you get it, you will get a really perfect parking place. If you set an intention to make \$100,000 this year and feel desperate to get it, your

always gestating. The universe is never not working on your behalf."
~ Marianne Williamson

chances of receiving it are less likely because your desperation indicates to the universe that you have lack, so it actually resonates with the vibration of lack. This is where being very clear and specific about what you want to create in your life comes in. Most people don't realize that what they want is really what the Ego (the personality, the wounded child, etc.) wants: Looking good, fitting in, being right, to show the world, prove that you can do something and anything that involves the word "should." Being clear on what you want involves searching your soul and asking questions that get you clear. If you are unclear on what you want, you will accidentally bring what you don't want. You might set unconscious intentions. When you complain, your complaints will manifest themselves. Other ways to set unconscious intentions are: Gossiping, whining, negative self talk, analyzing and obsessing. If what you want is making what you have or how you are NOW wrong, you will get more of the thing you are trying to change. Knowing what you don't want is a powerful tool to help you know what you do want. But, you absolutely must quit obsessing about what you don't want, and get aligned with what you do want. Being aligned with what you do want includes believing that you deserve it and will have it.

Learn to be the person who is at peace and fulfilled NOW. When you are satisfied now, you don't need what you want. When you don't need it, it comes. Being attached to what you want will slow down your manifesting. Being in this present moment, joyful and grateful for what is and ready for more is the fertile ground for your seeds of intention. An attitude of gratitude is your most powerful manifesting tool.

This is a big subject, with many facets, so I am preparing a six-week course on the Law of Attraction and manifesting what we truly want into our lives called **Your Best Year Ever!** In this class, we will use tools such as Feng Shui, treasure maps, visualizing and affirmations. It is my sincere hope that you are moved to create the life you want and will join us in this class to learn how to do just that!

Blessings,
Tori

Copyright 2010 Tori Michaels

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

Feng Shui and Your Intentions by Victoria Michaels, CFSP



Feng Shui is about creating spaces that support us. If you intend to make an inner change in your life, but don't address the outer change, then success is unlikely.

Because everything is energy, the energy of clutter is very impacting. It can effect us visually, mentally and physically, so it's important to start with a serious clearing. Clutter and disorganization act like a dam blocking the natural flow in your life. Let go of the items that are not serving you now, and organize your things to make room for what you do want. To get started, let go of 27 things at a time. Do so with the intention that you are creating room for what you do want in your life. Say it out loud: "I am letting this broken table go so I can receive fill in the blank into my life."

If your new year's intention is to attract more prosperity, check the area where you pay your bills and track finances. If you don't have a specific area, create one. This shows respect for the flow of money. Honor and show gratitude for what you do have. Bills stashed around the house or thrown on a messy desk hinder financial progress.

If your relationships could use improvement, determine if your master bedroom a sanctuary for two. Even if you are single, be sure you have two night stands and that you and your partner both have easy access to the bed. If there are chairs in your bedroom, be sure to have two. If the focal point is the television, then your relationship is apt to revolve around the television.

Is your intention to have more of a social life and have more people in your life? Be sure your front door is obvious and that there is a clear path to it. Follow the path of a potential visitor into your house. Is your entry welcoming? Is your foyer welcoming? Your living room should be welcoming by arranging the main seating in your living room to be facing the door and not positioned so that the first thing you see is the back of it.

For those who are looking to make a career change in the next year, have a clear and obvious path to your front door, symbolizing the flow of opportunities into your life. Make sure you have a solid welcome mat, preferably black in color. Never have your name on the welcome mat as this represents people walking on you.

Using Feng Shui to support your intentions is a powerful tool!

Call today for a Savvy Solutions Feng Shui consultation in your home or office!

636-227-3987 or 309-686-8100.



"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

~William James
(1842-1910)

Savvy Calendar

Peoria:

YOUR BEST YEAR EVER!

What if the coming year really could be the best year of your life? No matter what has happened in the past, this year can (and will) be amazing! Join Certified Feng Shui Practitioner and Life Coach, Tori Michaels in this six-week intensive class to learn how to propel your intentions, blessings, and love into the coming year!



Classes begin **Wednesday, January 20 at 7 p.m.** at the Holistic Health Center (4809 N. Sheridan Road at Glen)

Suggested donation is \$15 per class, but no one will be turned away for lack of funds.

Show up with a B I G intention for your life!!!!

For more information or to register for class, call Savvy Solutions at 309-686-8100

SPIRITUAL MOVIE NIGHTS

Savvy Solutions, Inc. and The Holistic Health Center of Peoria are proud to kick off our new monthly venture: Spiritual Movie Nights. Join life coach, Tori Michaels and Dr. Nicole Lackner as we present compelling films and follow each with open discussions.

Look forward to such powerful films as:

The Shadow Effect with various teachers

The Moses Code with various teachers

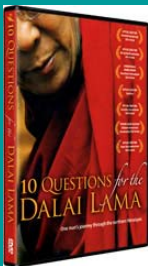
Living Luminaries (On the Serious Business of Happiness) with Marianne Williamson, Michael Beckwith, Eckhart Tolle and many others

What Dreams May Come with Robin Williams

Illusion with Kirk Douglas

Deja Vu with Vanessa Redgrave

Our first film is **Ten Questions for the Dalai Lama**



How do you reconcile a commitment to non-violence when faced with violence? Why do the poor often seem happier than the rich? Must a society lose its traditions in order to move into the future? These are some of the questions posed to His Holiness the Dalai Lama by filmmaker and explorer Rick Ray. Ray examines some of the fundamental questions of our time by weaving together observations from his own journeys throughout India and the Middle East, and the wisdom of an extraordinary spiritual leader.

Join us **Thursday, February 4 at 7 p.m.** at the Holistic Health Center, 4809 N. Sheridan Road at Glen.

For more information, call Savvy Solutions at 309-686-8100

Suggested Donation is \$5 which includes light refreshments.



Thank you.

Welcome to our new subscribers and thank you all for being a part of our monthly newsletter. We love connecting with you energetically in this way! We are honored when you forward our newsletter to your friends, so keep it up! Keep in touch with us and let us know about your blessings and your questions! Stop by our web page

at www.savvysolutionsinc.net to find out more about all that we do!

Blessings, Tori and the Savvy Team