



# Savvy Newsletter

June, 2010

**June 21, my favorite day of the year. It is the Summer Solstice, the longest day of the year in the northern hemisphere. Solstice comes from two latin words. Sol, meaning sun, and stice, meaning to stand still. So take a moment today to be in sunny stillness, and enjoy our newsletter!**

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## I Know You Are, But What Am I?

by Victoria Michaels, CFSP

Have you ever been around children when they get angry? They have many unfiltered ways of expressing their frustrations, one of which is name-calling. "You're stupid!" When called a name when I was a kid, we would often retort with "I know you are, but what am I?" over and over again until the name-caller got tired of the work it took to keep it up.

When tall children, aka adults, get angry or frustrated, we often look well outside of ourselves for the culprit; something to make wrong so that we can feel right. Swiss psychiatrist Carl Jung called this "The Shadow."

According to Jung, the shadow projects onto others by taking a "personal inferiority" into a "perceived moral deficiency" in someone else. What this means is that what we can't stand in someone else is what we can't be with in ourselves. The thing about making behaviors wrong in other people, and ultimately in ourselves is that what we can't have the good stuff without the perceived bad stuff. Up cannot exist without down, light would not be without dark, right is nothing without left. So accepting and easy-going can't exist without judgmental and uptight. But we make one aspect wrong and hide it in an effort to appear the way we think we "should." Making a characteristic wrong denies the experience of it and



"When I am trusting and being myself as fully as possible, everything in my life reflects this by falling into place easily, often miraculously."  
~Shakti Gawain

more importantly, the blessing of it. So, if you are judgmental, and I am not saying you are, but if you can see where you are that, where has being judgmental served you? Where has it been a good thing to be clear in this way? Think about the people in your life and how they annoy you the most. Arrogant, rude, stupid, controlling, manipulative? Where are you that, and how has that served you?

A long time ago, you made up a story about these aspects of your personality. You decided that some aspects were okay, and others were to be denied no matter what. We work hard to create an image of what we want people to think about us and rarely allow our dark side out. But nothing is anything until you show up making it wrong, right, ugly, beautiful, and so on. It is your opinions that cause you pain.

Once you realize where the characteristics that you try to hide have served you, once you quit trying to push them down and allow them to live in harmony with all of the other characteristics that make up all of you, you will find that being in the world is much easier than you ever thought possible. The people that annoy you will no longer need to annoy you because you will no longer need to learn to love that part of yourself. It all comes back to loving what is, without exception. So the next time you hear yourself making someone wrong, listen for a little voice that says, "I know you are, but what am I?!"

Blessings,  
Tori

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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](mailto:tori@savvysolutionsinc.net)**



## Have You Had Your Feng Shui Today?

by Justin Michaels and Tori Michaels, CFSP

Good Feng Shui in your garden will help attract nourishing, high quality Feng Shui energy to your home, as well as delight all your senses. Whether you have a pot on your porch, or acres of land, a thriving garden will bless your space. Here are some Feng Shui garden tips:

1. When designing your landscape and gardens, it is important to remember to balance the yin and yang. The yin represents safety, shelter and relaxation. So these will be the shadier parts that feel more natural. Plants that bring the eye lower to the ground will increase the yin. Yang represents exploration, activity and movement. These are the more open spaces that are filled with sun. In these areas, place reflective surfaces and items that show movement. There should be a balance of both in



*"The closer we get to uncovering ourselves, the more difficult it becomes to face the truth. Sooner or later we stop running, out of sheer exhaustion and desperation, and turn around to face our image. The pain that we go through during this revelation is negligible compared to the state of grace that we enter into when we have finally moved on."*  
~Dr. Christiane Northrup

your yard.

2. Feng Shui does not like clutter because it blocks the flow of energy. This is also true in your garden. Remove any dead trees or plants, as you want nothing "dead" in your environments.
3. Avoid plants with names that have negative sounds like "Bleeding Hearts," "Dead Nettle" or anything "weeping."
4. Make sure your pots are not broken, furniture is in good repair and everything is in proper working order. If not, repair, replace or repurpose!
5. When designing garden beds or ponds, remember that irregular shapes will help with flexibility and movement, while straight lines will help with strength and control. These can also be varied throughout your yard to provide a balance of both.
6. Provide shallow dishes of water for butterflies and bird baths with a landing spot for birds. Did you know that bird song stimulates plants to grow? Hearing bird song also makes a human heart sing!
7. Integrate beautiful wind chimes into your space. The sound will lift your spirits and your Chi!
8. You know the energy is good when you test it with the basic Feng Shui question: does it feel good?

**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

## Savvy Events Calendar



### **JUNE:**

Life Coaches Tori Michaels and Jana Fleming will be partnering to offer a powerful 8-week Tele-Course that will help you get unstuck from your "stories" and move you into what is possible in your life.

Mondays at 7 p.m. CST. **THERE IS STILL TIME TO JOIN THE CLASS!!!** E-mail Tori for more info!

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**SEPTEMBER:** The very popular class, **Your Best Year Ever**, returns Wednesday, September 8 at the Holistic Health Center (4809 N. Sheridan Road at Glen in Peoria) at 7 p.m. for eight weeks. Cost is \$20 per class. Contact [tori@savvysolutionsinc.net](mailto:tori@savvysolutionsinc.net) for more information!

**ONGOING:** The YBYE Masterful Manifesting Mastermind Group will meet on Wednesdays at 6:45 p.m. To join this group, you must have taken the Your Best Year Ever class. For location information, please contact Tori at 314-791-4229

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# YOUR BEST YEAR EVER!!!

What if 2010 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 eight-week intensive class to learn how to propel your intentions,  
blessings and love into the rest of this year, and your life!

**Next class begins Wednesday, September , 2010**

**7 p.m.**

**The Holistic Health Center of Peoria**

\$20 per class, class meets weekly for 8 weeks



## **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](http://www.savvysolutionsinc.net) to find out more about all that we do!

Find us on Facebook 

Blessings, Tori and the Savvy Team

**[www.savvysolutionsinc.net](http://www.savvysolutionsinc.net)**