



## Savvy Newsletter

March, 2010



*May your blessings outnumber the shamrocks that grow,  
And may trouble avoid you Wherever you go. ~Irish Blessing*

Spring is coming: a perfect time to declutter your mind, spirit and closets!

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### Welcome to Wonderland

by Victoria Michaels



Alice in Wonderland is opening this Friday, and I could not be more excited. When I was a little girl, this book was my very favorite. Alice's adventures never stopped when I put the book down; they continued into my imagination! Those who know me well might think this explains a lot!

The story of Alice is about a nice young girl who falls down this rabbit hole and finds a world where nothing is as it "should" be. Alice tries hard to make her beliefs about what life should look like work in this bazaar world, but has very little power over changing these beings who find *her* to be the strange one.

The metaphor here for me today is that we all come from different worlds. Our truths, our beliefs are based only on geography. Any belief you hold dear is a product of where and how you were raised. If you had been born elsewhere, your beliefs would be different, albeit just as strong. We take these certainties into the world and hold everyone else up to them judging each person against our absolute truths. If that person doesn't act right, speak right, react right... and so on, they are wrong because they don't do whatever it is like we

"Alice: One can't believe impossible things.

Queen: I dare say you haven't had much practice. When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."

~Alice in Wonderland  
by Lewis Carroll  
1832-1898

would.

When I was growing up, I "warshed" the dishes, my hair, the clothing, etc. I was in my 20's before I ever was aware that some people "wash" these things. That person you think is a jerk? They have a best friend who does not agree with you. Making something right or wrong is where our friend the ego comes in. "I don't got none," and other grammatical errors make my ego giddy with joy at the chance to make the speaker wrong, and therefore make me somehow superior. The ego is constantly trying to make the outside world wrong to keep you safe, but it doesn't think much of you, either. Just look in the mirror and see what the ego says. Make a little mistake and listen to what the ego thinks of you.

Observing differences in others and allowing them to be without judgment is not easy, but it is so much more peaceful. When you are around people who think differently than you, act differently than you, where clothes that you wouldn't be caught dead in, resist the urge to make them wrong. Remember that you are looking into the eyes of the Creator each time you look at a fellow human. Replace judgment with awareness of your thoughts, and try to see with compassion. What are the similarities? What is right about this? What is the gift in the hands of this problem? Of course your mind will rush to judgment; that's human nature. The trick is to be aware of the ego thought, and then choosing a new mind set. In the eyes of the Universe, we are all one. By making the decision to think a better thought, ultimately we are loving ourselves more fully and more powerfully.

By the way, making yourself wrong for judging, that's also the ego!

Blessings and love,  
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)**

## Clutter Clearing by Victoria Michaels, CFSP

Clutter: The exact opposite of good Feng Shui. It sabotages our lives in so many ways. In Feng Shui it is vital that the things around us nurture and support us.

Visual clutter can become invisible when we have lived with it long enough, but it is not less damaging to our energy. Human beings are sort of contortionists; we may not realize how uncomfortable we are until we feel the relief from the discomfort!

As spring approaches, use this time to begin letting go of the items in your home that you don't love, don't use, or are taking up space that could be used for what you really want. Feel overwhelmed? Set a timer and take one area at a time. Stop when the timer goes off. Don't shame yourself, just move forward a little bit at a time. Still overwhelmed? Contact Savvy Solutions for a professional and personalized organizational makeover!

Here is a tip we love from the International Feng Shui Guild:



**Don't**  
Overfill bookshelves with too many books or items of similar shape and style. The space becomes crowded and heavy especially as books lean, crowd each other, and crowd the room, potentially making anyone in the room feel the need to escape away rather than retreat toward.

**Do**  
Create balance and interest in arranging shelves and spaces by placing collections such as books in conjunction with other special items of interest, value, or importance. Creating focal points with photos and special artifacts - often times found throughout your home in other rooms - can provide a balance, simplicity, and inviting energy to enjoy those items even more.



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 Solutions in Peoria Journal Star



Click the image to read the beautifully written article that Jennifer Davis of the Peoria Journal Star wrote about **Feng Shui** and **Savvy Solutions!**

We now have a Facebook Fan Page! Click on the link to join us:



## Savvy Calendar

# 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 2010!

The **NEW** session begins **THURSDAY**, March 25 and continues each **Thursday evening through May 13** at the Holistic Health Center of Peoria (4809 N. Sheridan Road at Glen) 7 p.m. - 9 p.m.

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

*While attending the entire series will have the greatest impact, join us for any of the classes that you can as each class will have it's own wisdom for you to implement into your life!*

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

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



**A closet full of clothes and nothing to wear?**



Join Savvy Solutions for  
**Clutter to Couture**  
A Clothing Exchange Party

**Saturday, March 20, 2010**

at

**The Holistic Health Center**

4809 N. Sheridan Road at Glen

4 p.m. - 6 p.m.

Refreshments served

\$5 cover charge

**Tori Michaels, a wardrobe consultant since 1989,  
will be on hand to give wardrobe and style advice.**

**Here's how it works:**

Go through your closet, and choose items that you no longer love, but are in great shape. Make sure they are cleaned, no stains, and in a condition you would give to your *best friend*. Bring them to the Holistic Health Center by 4:30 p.m. on March 20.

Items will be placed in the following categories:

High End (Designer items), Average and Inexpensive

**Acceptable items are:**

All clothing items, excluding under garments  
Accessories: Scarves, hats belts. No jewelry please.  
Shoes, boots, etc.



**The more items you bring, the more items you get!**

Whatever is left over at the end of the evening will be given to a women's shelter.

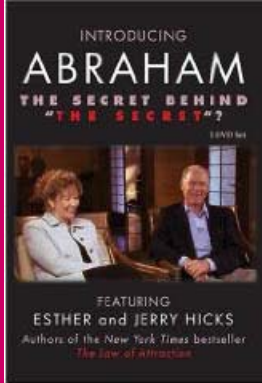
**For more information, contact Savvy Solutions at 309-686-8100**

**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.

Join us for **Introducing Abraham: The Secret Behind "The Secret"**



'Esther and Jerry Hicks present the teachings of the Non-Physical entity Abraham, whom Esther calls infinite intelligence and Jerry refers to as "the purest form of love I have ever encountered." The Law of Attraction is made so clear through the words of Abraham. Abraham defies explanation. Defies reason. Defies logic. So forget what you are seeing. And concentrate on what you re hearing. It is the sound of your heart. It is the sound of Abraham's clear direction. And once you have heard it, your life will never be the same again.'

Tentatively scheduled for March 18 at 7 p.m.

(Watch your e-mail for date confirmation)

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

Blessings, Tori and the Savvy Team

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