



Issue: 31

March 2, 2011

IN THIS ISSUE

[From the Coach: "Adjust Your Vision"](#)

[Have you Had Your Feng Shui Today?](#)

[Savvy Quote](#)

QUICK LINKS

[SAVVY HOME PAGE](#)
[CALENDAR of EVENTS](#)

[Join Our Mailing List!](#)

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: "Adjust Your Vision" By Tori Michaels

As I write this, I am sitting by a warm fireplace in the lovely DeSoto Hotel in Galena, Illinois. My husband suggested we take a mini-vacation to this enchanting town, and so here we are.

The past few weeks, I have been experiencing challenges of a physical nature. What I know is that whatever challenges come up for us, be they physical, emotional or mental, they are not happening TO us but actually FOR us. This is hardest to remember when we are uncomfortable, uncertain or in pain. Yet, these are the times when we must call upon that which we call faith and trust to help us discover what it is we need to learn from what is happening.

I know it is easier to slip into a victim mentality. Poor Me's are much more fun than Why Have I Created This. But getting into the habit of looking for the blessing can create miracles in our lives.

Ten years ago, I miscarried my only chance to have a child. I had wanted a baby since I was old enough to know what a baby was. The only thing that had ever been consistent in my inconsistent life was the desire to have children, three to be exact. I had one sister, and I always wanted another so that if one irritated me, I'd have a fall-back sibling. So the day I found out I was pregnant, my joy seemed to burst out of me in a way that I cannot accurately find words for. The day I lost the baby, February 29, 2001, nothing and no one could console me. I was beyond furious with God, angry with my body that had "killed the perfectly healthy baby" because of the undiagnosed endometriosis. Oh, let me tell you, the "if only's" were flying around like guided missiles. I withdrew from my husband and three step-children and cried several times a day for months. 'Finding the blessing' just annoyed me to even consider. There is no blessing in this, I thought.

In 2002, my step-son, Justin, at the ripe old age of 14, made the decision that he would like to live with his dad and myself. His mother, loving him powerfully, put her own desires aside, and allowed him to do so. I was terrified, but excited to have been given this gift of helping to raise a teenage boy. (Wow, I actually hear you laughing...) Yes, it had its challenges. My husband was gone during the week for work, so Justin and I had to find our way in our relationship. I had to let go of my desire for him to like me. I found myself willing to take on his contempt and disdain in an effort to parent him to the best of my ability.

Fast forward to Mothers Day, 2010. I received a card from Justin, now 22 years old. It was not a Mothers Day card, but a Thank You card. In it, he wrote gently but clearly his gratitude for my place in his life. His words, which I keep to myself and hold in my heart, moved me to an awareness I never thought possible: If I had had the baby I was pregnant with, I would have never had the relationship with Justin that I now have. It would not have been possible. The blessing in what was lost was in what was instead found.

When you are in the depths of despair, or just really irritated, stop for a moment, and ask yourself, what might be a blessing in this? Where could the Universe be working secretly on my behalf? What I know today is that it is not possible to have an up without a down, a left without a right, a sorrow without a joy. Find the joy in what is uncomfortable; resist the pity-party and instead seek the blessing. Just in asking your higher self to help you see what might be right in this situation, you may find yourself in the middle of a miracle!

Copyright © 2011 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



HAVE YOU HAD YOUR FENG SHUI TODAY?

A MOVING Experience
by Tori Michaels, CFSP

Ready to make a move? Whether you are moving homes or offices, making sure you are using Feng Shui to help you in your choices will



support you in all aspects of the move.

If you are planning on buying a home, you already know that the purchase of a house is one of the biggest financial investments you can make. But it is even more than that. Your home is an investment in your sanctuary. Your home protects you, supports you and allows you to express yourself and be yourself. So, beyond the updated kitchen and the school district, your home is a living, breathing, vibrant vessel that supports every aspect of your life.

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

As you begin the process of looking for your home, make a list of the basics that you want, such as number of bathrooms, bedrooms, etc. Then go a little bit deeper. Do you prefer large, open, airy spaces, or cozy, intimate, shaded spaces? Begin to explore what means "home" to you.

If you are looking at homes that are not brand new, you have to look beyond the tastes and energies of the people currently in the home. This is where tapping into your inner "gut" or intuition is necessary. As you walk through any home you are considering, pay attention to what is happening in your body as you enter the space. How is your breathing? Do you feel drawn in? Notice your posture? Notice if you feel safe or in some way insecure.

In Feng Shui, the goal is to create safe sanctuaries in our spaces. So much of what we experience is on a subtle, energetic level. With that in mind, here are some Feng Shui tips for you to consider when looking for your next home:

Regardless of expense, a home's location can be fortunate or unfortunate. Avoid homes:

- located across from a cemetery
- across from a funeral home (these first two are true for businesses, as well)
- close to a noisy roadway
- on a corner lot that gets lots of traffic turning toward it
- at a t-juncture with cars coming directly at it
- on the outside bend of a road
- where the street name has a negative energetic association for you
- with a generator substation, microwave cell phone tower, or toxic dump within 3 miles.

In Feng Shui, the bedrooms and kitchen are the most important rooms in the house. When looking at a home, consider the following with regard to the master bedroom:

Avoid a refrigerator, toilet, or a strong source of electromagnetic radiation (such as a breaker box) on the other side of the wall your headboard is on. Avoid windows behind the bed. Avoid exposed beams. Avoid a home that puts your bed in direct line of the entrance into the bedroom. An entrance in direct line of either side of the bed is as detrimental, as the person on the door side of the bed sleeps metaphorically "with one eye open."

These bed positions eventually undermine the immune system by activating the adrenal glands' 'fight or flight' stress mechanism by rerouting blood flow to the arms and legs in anticipation of the need to take emergency action.

Consider what type of 'energy' might be left in a home by the previous resident. Knowing why they are leaving is helpful. While intentional scrubbing a house is a part of space clearing, doing a Feng Shui Space Clearing (of energy) and a specific house blessing ceremony before you move in can really shift the energy to feeling welcoming and nurturing from day one.

As spring and the home buying, selling, renovating, cleaning season is now upon us, I will be adding more information about these matters in the next few issues of the Savvy E-Zine. To help you sell and find your

home faster, contact us for you own Feng Shui consultation!

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



May the road rise to meet you.
May the wind be always at your back.
May the sun shine warm upon your face.
And rains fall soft upon your fields.
And until we meet again,
May God hold you in the hollow of His hand.
~**Irish Blessing**



YOUR BEST YEAR EVER!!!

What if 2011 really could be the best year of your life?

*If you are not consciously using the Law of Attraction to get what you want,
then your habitual way of thinking is attracting what you don't want!*



Join Transformational Life Coach, Certified Feng Shui Practitioner, and founder of Savvy Solutions, Inc.,

Tori Michaels, CFSP

in this popular and transformative 8-week intensive class to learn how to propel your intentions, desires and dreams into your life NOW!

People get **stuck in a pattern of thinking** that they created early on in life. When your pattern of thinking is transformed, you begin to see, believe and experience what you never before thought was possible.

Tori designed the "Your Best Year Ever" Class to help **get you unstuck now!** Utilizing **Feng Shui**, life coaching and her training as a Law of Attraction Coach, Tori will give you step-by-step practices to live your dreams:



- Create more income
- Attract more love in your relationships
- Attract huge opportunities
- Magnetize your health and vitality
- Attract new friends and social situations
- Experience deeper connections with the Divine
- See positive changes in your children's and spouse's behavior
- Have peace and fulfillment now, not some day.



The new session of **Your Best Year Ever** begins

Monday, March 21 at 7 p.m.

at The Holistic Health Center

(4809 N. Sheridan Road at Glen)

Classes continue weekly through April 18, 2011 .

Attendance at every class is strongly encouraged, but not mandatory.

Cost: \$20 per class,

but no one will be turned away for lack of funds.

Call 309-686-8100 to register for the class

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

Upcoming Savvy Events



Monday, March 21: Your Best Year Ever!!!

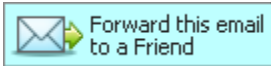
Join Tori Michaels for this popular and powerful 8-week class, and be ready for powerful transformations! Classes begin March 21 and run through May 9, and are held at the Holistic Health Center at 7 p.m. For more information or to register for class, contact Tori at tori@savvysolutionsinc.net **Space is limited, so register now!**

Thursday, March 31: PAAR (Peoria Area Assoc. of Realtors)

Saturday, April 30: *Back by Popular Demand:* "Your Intuitive Wisdom, Finding and Listening to Your Inner Guidance"

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

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!

A handwritten signature in purple ink that reads "Tori".

Tori Michaels
Savvy Solutions, Inc.
309-686-8100
636-227-3987

Savvy Solutions is a proud member of the following organizations:



[Forward email](#)



This email was sent to carrie_woodard@yahoo.com by tori@savvysolutionsinc.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).