



We have some catching up to do!!!

**Dear Carrie,**

There are big things going on over at Savvy Solutions. We have a lot to share with you! So, take a minute to enjoy our Savvy Newsletter!

## First Things First

It is with absolute joy that we welcome the newest member of our team!

Meet our new Director of Operations, Tess Bonello! Tess has a brilliant background in real estate marketing having worked for Keller-Williams here in Peoria. She studied Political Science and History at Richmond, the American International University in London, and Bradley University in Peoria. When she has a free moment, she is in the horse barn with her beloved horses. Tess attended the most recent "Your Best Year Ever" class in Peoria, and made the decision to come to work for us! She is insightful, full of energy and fresh ideas, and we are thrilled to have her! Feel free to welcome her:





## From the Coach: Divinity vs. Humanity

by Tori Michaels

To say the least, it has been a very busy and eventful summer and fall. I find myself often wondering if I can do all that seems to be required of me as I embrace the next phase of my work. I willingly step up to the possibilities, but my ego...my humanity often enters into a war of thoughts and fears with my Divinity. My Divinity says that this moment is all that is and in this moment, nothing but perfection exists. My Humanity insists that I'm not doing enough, being enough, working enough...

This always brings me back to one of my favorite stories:

*An elderly Cherokee Native American was teaching his grandchildren about life. He said to them, "A fight is going on inside me. It is a terrible fight between two wolves. One wolf is evil - he is fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego.*

*The other is good - he is compassion, joy, peace, love, hope, authenticity, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, and faith. This same fight is going on inside you, and inside every other person, too." They thought about it for a minute, and then one child asked his grandfather, "Which wolf will win, Grandfather?"*

*The Elder simply replied, "The one you feed."*

We will always be faced with the voice of the ego that says don't take risks, it might hurt; don't try anything new, you might fail; don't make a scene, what will people think? Having patience and love for your ego's point of view involves your willingness to follow the fear all the way down to the absolute depths of darkness. For example, when money problems appear, your ego might begin with an annoying sense of guilt about the sweater you just bought and you can't really afford and before you know it, it's got you in a story about bankruptcy and homelessness. The downward spiral turns into full rotational twirl! But when you choose to take a nice deep breath (bringing you back to the present moment) and lovingly face that fear and ask yourself is that really true? Are there really no other options than that? You might begin to laugh at how brilliantly imaginative your ego really is.

Your Divinity knows that you cannot make a mistake or even fail because every experience is gives us only lessons and blessings. Every moment is here to serve you, to invite you into what is possible, and your Divine Self knows this. But the Divine Self's voice is wise, loving and still while the ego's voice is judgmental, loud and terrifying.

When you begin to face your fears and look at them with love and patience, when you follow the fear all the way to the end of it, you will see how false it is. When you try something new, speak with someone you find "weird," go to lunch when you want to stay in, try a new flavor, sing a new song, get out of your comfort zone...you will begin to see that what is possible for you...where the miracle dwells...is not with the status quo, but within the new, uncomfortable and weird that is all around you.

So now, when you are faced with the next challenge, request or new thing, which wolf will you feed?

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)

## The Holidays and Family: A Feng Shui Guide

By Tess Bonello and Tori Michaels, CFSP

<p><b>POWER • WEALTH ABUNDANCE</b></p> <p>Generate Cash Flow Increase Prosperity</p> <p>Fire Red • Purple</p>	<p><b>FAME • FUTURE REPUTATION</b></p> <p>Increase Recognition Become Well Known</p> <p>Fire Red • Orange</p>	<p><b>LOVE • MARRIAGE RELATIONSHIPS</b></p> <p>Attract Love Improve Self-Esteem</p> <p>Fire Red • Pink</p>
<p><b>FAMILY • ANCESTORS COMMUNITY</b></p> <p>Cultivate Social Life Improve Health &amp; Family Ties</p> <p>Wood Green</p>	<p><b>HEALTH, WELL-BEING</b></p> <p>Recover From Illness Increase Athletic Abilities</p> <p>Earth Yellow • Brown</p>	<p><b>CREATIVITY CHILDREN • LEGACY</b></p> <p>Unblock Creativity Connect with Children</p> <p>Metal White • Gray • Metallic</p>
<p><b>KNOWLEDGE WISDOM • HARMONY</b></p> <p>Encourage Self-Growth Cultivate Peaceful Life</p> <p>Water Blue • Black</p>	<p><b>SELF • CAREER WORK</b></p> <p>Switch Career Fields Meet New Work Goals</p> <p>Water Blue • Black</p>	<p><b>COMPASSION • TRAVEL HELPFUL PEOPLE</b></p> <p>Attract Clients or Mentors Travel or Relocate</p> <p>Metal White • Gray • Metallic</p>

----- Entrance -----

As the holidays approach, we enter into that time of the year that traditionally involves family gatherings. With this in mind, we are focusing on the FAMILY gua. From the entrance of your home, this gua is located in the middle of the left side of the bagua. As with all aspects of Feng Shui, there are many benefits to intentionally improving the

feng shui of this area of the home. By consciously making changes in this area, you will begin to see different improvements in such as better decision making, finding balance in your emotions, creating a feeling of security in your life, improved family relationships, and experience harmony in family matters. Imagine how that will bring you a relief from holiday stress and provide you with a new confidence.

Keeping in mind what you want in regard to your family and community relationships (and not what you don't want), include in the Family gua the following:

- Wood
- The color green
- Thriving plants
- Pictures of water
- Rectangular items

Remove items made of metal because in Feng Shui, metal in the Family sector is a destructive material and will start to present problems in family matters. Metal can destroy wood. Since wood is the main element of the Family gua, you do not want objects that can destroy this element. Metal shows up as literally metal items, the color white and round or domed shapes.

Use Feng Shui to create harmony in all aspects of your life, even during the holidays.

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 BIG NEWS

Tori has been teaching the "Your Best Year Ever" class in Peoria for the past year, and it has been a huge success. People's lives are changing and they are experiencing more of what they want in powerful ways. One of her students, Jan DuBre-Schloz, decided to create and manifest an learning cruise on which emerging teachers could bring their messages to a broader audience. And so, the "Journey to Your Best Year Ever" was born!

Tori has joined with Nutrition and Self-Care Trainer, Michele Johnson to create an extraordinary, life-changing program that is unlike anything we've ever seen before.

Tori has said "Your outsides reflect your insides," so how your clothing, car, home and business look, feel and function reflect your emotions, resentments, fears, joys, hopes and dreams. As a Transformation Life Coach, Tori has seen time and time again that when clients change their mindsets and let go of their limiting beliefs, these new ways of being are instilled more deeply and permanently when supported by changes in her client's environments. It's all about energies!

Michele's work is also about energy, specifically, the energy of the

body. Utilizing her training as a Nutritionist, Massage Therapist, and Energy Worker, Michele teaches people to embrace, befriend and listen to their bodies. The result is renewed and vibrant health in all areas of life.. The "Journey to Your Best Year Ever" program will help you to achieve:

**Increased earnings**  
**Unexpected income**  
**Inspiring relationships**  
**Conquer limiting beliefs**  
**Accelerated manifestation**  
**Vibrant and Radiant Health**  
**Sanctuary in mind and home**  
**Clarity of Purpose and Career**  
**Dramatic and permanent weight loss**  
**Healing and releasing of resentments and anger**  
**Finally stepping into the life of your dreams, not someday, but NOW!**


The highlight is the Caribbean Cruise, which will be on the Royal Caribbean cruise ship, Liberty. Leaving Miami on February 27, we will cruise to Belize, Coast Maya and Cozumel!

The program is designed to support you at the level that works best for you. Packages range from the cruise alone, or a complete year of coaching. To learn more about all of the details, please join us on a free, informational call on Wednesday, November 17 at 7 p.m. CST. To register for this free call, click here:



**To learn more about the program, read on and go to  
[the: Journey to Your Best Year Ever web page](#)**





As you can see, Savvy Solutions is going through a make-over of it's own. I am so excited to step into what is possible for myself and for my company and to face the fear (**F**alse **E**vidence **A**ppearing **R**eal) and do it anyway. I am crystal clear that my mission in my life and in my work is to use my experience, gifts and blessings to make a difference in the lives of others. I thank you for being a member of our mailing list, for inviting us into your lives in whatever capacity that might be. I thank you, too, for being a part of what's next.

I am moved to tears of gratitude for each and every one of you.

*Blessings,*



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