



Evolving Your Environment

**177 Ways to Create the
Conditions for Success**

by

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Foreword

This tips guide started as a way to jumpstart my client's energy – to disrupt their status quo, get fresh new energy moving and feel more connected with life and happiness. Over time, the list kept growing until what you see now.

First you will discover an introduction about the power of your environment; this alone can be a life-changer because you will learn that the environment is your external body.

From there, you will explore how to invigorate and refresh your various environments: physical, mental, emotional and spiritual / energetic.

You can read these tips straight through or pick a number and read that one as guidance for the day – whatever works for you.

In any case, it's an honor to be your catalyst in harnessing the power of your environment in new ways. Thank you.

Your Environment Is Your External Body

Our environments are our mirrors. What we see around is a result of decisions that we've made in the past, which were based on our thoughts at the time and with the resources we had in that moment. These environments may or may not reflect who we are now, and may or may not pull us forward into our success. If you look around and do not connect with your environment, or it feels stale, or reminds of bad memories, or has other challenges like broken appliances, burned out bulbs or clutter, it is time to evolve your environment for your success.

In order to get different results, it is important to "program" our environments differently. Our environments contain the power and the energy to help us attain our goals. For example, if a bedroom is decorated in bright, bold, "loud" colors, it isn't likely to help us attain our goal of getting solid rest. If we tone down the colors (without even addressing other possible changes!), it is likely that we will sleep more restfully.

Being aware of the energy in our environments is the first step to positive transformation. After all, if we don't know what is happening where we are, it is more difficult to *change* where we are to get a different result. Understanding what is NOW helps us to consciously create our FUTURE.

Many of the following suggestions relate to both home and office environments. As you read them, pay attention to how you feel or react when you read them. If it "pings", or smarts a little, that is one to consider in entirety. If it doesn't feel like the right suggestion for you, it's not. And if you are drawn to it instinctively, that should be a priority item for which you follow through.

You may want to read this straight through, or you might want to pick a section that relates to your day today, or you might want to read just one insight each day. This ebook is designed for your maximum flexibility so there is no "right" or "wrong" about how you can use it to make the most of the information it contains.

“Energy always moves along the path of least resistance and any change you attempt to make in your life will not work if the path of least resistance does not lead in that direction.” ~ Robert Fritz

Physical

1. Maintain a clean and neat environment; it's your external body. Caring for your environment is caring for your body. It's the temple that nourishes your physical body and soul in living and fulfilling your purpose. It is what protects everything you do because it shelters you from the elements. Honor it through cleanliness.
2. Eliminate clutter. Clutter is the energetic build-up of plaque on your arteries.
3. Maximize natural light. Natural light has the full light spectrum, and artificial light can only come close to imitating it. (Interior light bulbs should be full spectrum bulbs, by the way.)
4. Have everything in working order. A broken part is like having a broken body part; it needs repair (or replacement). If you find you have a lot of broken / non-working items, it may be interesting to look for the thread. For example, if you find your light bulbs burn out all at once, it is fire / creative / illumination energy. So, what in you needs a spark, to be given life, to bear the light of illumination?
5. Organize for frictionless functionality. Life is meant to be easy, and if something is not easy in your environment, it causes you to have to work around it, which takes time and energy. So make it easy.
6. Eliminate energy drains / tolerations. If you are compromising with work-around solutions (for example, taping notes to the wall instead of having a whiteboard or bulletin board, or, scribbling phone messages on envelopes instead of having a

notebook or designated system, or, only opening a door partway so it won't squeak, or....) or know that there is something draining your energy in your space, take care of it. If you are being limited or having to do something that isn't natural to you in some way in how you live in your environment, there is an energy drain there. You make the choice as to where you put your energy – why not have it be to the positive?

7. Have aesthetically pleasing décor (fresh/clean paint, art, good lines). If something hurts visually, it is damaging to your energy body. It is important that you are comfortable while being in a space.

"You wander from room to room hunting for the diamond necklace that's already around your neck." ~ Rumi

8. Have healthy balance of design elements. If everything is the same, it is monotonous, providing lack of stimulation, and therefore, encourages narrow thinking. Play with textures, colors, shapes and sizes for variety and optimal mix.
9. Nothing should be overwhelming, dominating or overwhelming. If something is intimidating, it takes up more than its' space. The result is that everything around it is minimized, repressed or oppressed.
10. Minimize noise pollution. Hearing is the highest sense, so your auditory environment is very important. Consider noise reducing headphones, a white noise machine, pleasant music or a water fountain.
11. Use moving energy to generate action. Working with the law of momentum (an object in motion stays in motion), consider items such as fountains, aquariums, mobiles, chimes, fans, burning candles to liven and move energy.

12. Place inspiring images in your space. We think in pictures, so having images that pull us to new places and help us remember the good things is a vital component to feeling inspired on a regular basis.
13. Avoid monotonous colors. Too much of one color is, well, too much. Think peppermint pink walls and you'll have a guaranteed reaction. Spice things up by using different tones, shades, and hues.
14. Have live energy in your space. Living energy, such as plants or pets, keeps life force energy vibrant.
15. Use mirrors to bring the outside indoors, as well as draw energy through your space. Avoid using mirrors at the foot of your bed, as they may encourage a sense of fatigue.

“Electromagnetic pollution (EMF) may be the most significant form of pollution human activity has produced, all the more dangerous because it is invisible and insensible.” ~ Andrew Weil, M.D.

16. Make sure the space is large enough to accommodate your possessions. As a rule of thumb, 50% of the space or less should be used for furniture “density” (or furniture vs. open space).
17. Keep the floors clear. The floor is the foundation from which everything else grows – why put obstacles in your own way deliberately?
18. Use natural elements in decorating such as stones or wood flooring; avoid wallpaper and carpet. Natural elements encourage feeling grounded and minimize toxicity in your environment.

19. Listen to your inner voice on what is pleasant and supportive for your space. What works for someone else may not work for you, so pay attention to what your inner voice says to you.
20. Keep the space under your bed clear. When we are at our most vulnerable, during sleep, our defenses are down so we absorb whatever is immediately proximate to us during that time. If you must use under the bed storage, make it be linens or other sleeping items.
21. Always have a full bowl of fruit and vegetables (and eat them!). This supports abundance in all ways – and good health!
22. Remove shoes before entering the home. Removing your shoes leaves external world energy at the door where it belongs.

“We shape our buildings and afterwards our buildings shape us.” ~ Winston Churchill

23. Create a transition space between your entry point and inside your home to drop keys and other items from “outside world” activities. This could be a table, a shelf, or a basket. Whatever it is, it is a very important part of delineating the outside world from your personal space.
24. Keep work items out of the bedroom. This includes computers, desks, books, papers, files and anything else that would prevent you from enjoying the sanctuary of your bedroom.
25. Clean out your closets. Closets are amazing places that store everything from memories to holiday decorations. However, if they are not honored through conscious storage (boxed, with labels, in order), it is an energy drain or block in your environmental body.

26. If you have photographs of people in the bedroom, have only pictures of you and your sweetie. This insures that only the two of you are in your relationship. (And, yes, that includes children...your bedroom is your romantic retreat.)

27. Sleep on a good quality mattress. You spend a third of your life in rest and rejuvenation – it should be a quality experience. Remember that it should not sit directly on the floor, as air should be able to circulate completely around you for optimal recharging.

"The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself." ~ Mark Caine

28. An old adage still holds true - don't go to bed angry. This energy will not allow you to have a good night's rest, and angry energy will be absorbed into your mattress, pillows and linens so that you re-experience that emotion when you rest again.

29. Avoid cooking when angry. Wash your hands and forearms with cold water to release negative energy. Nourishment is about love, supporting the body and feeding the soul. If the nourishment preparation process is contaminated, you are taking in toxic energy.

30. Position your bed and desk to be in the room's command position. You want to see what's coming, have a wall behind you, and be out of the direct line of the door. The idea is that chi, or life force energy, flows in your space like a river. If you are sitting in the middle of the river, you cannot react, observe or be in peace. So get out of the middle of the river and into the command position!

31. Avoid TV in the bedroom. The bedroom is for rest and relaxation (for you and your sweetie) – that's it. The TV invites outside world energy into your inner sanctum

and, therefore, relationship. Your bedroom is the one place you should be able to go for peace.

32. Each room has a single function. That is, you don't cook in the dining room and you don't eat in the bathroom. Honor each space for the function it serves.
33. Have a dedicated meditation or contemplation space. It is important to be able to decompress and connect in your own environment. As a dedicated space, it will retain higher consciousness "vibes" and allow you to tune in more quickly and easily.

"I am what is around me." ~ Wallace Stevens

34. Use moving music to shift state. When you need to "snap out of it", crank on the tunes and feel revived! Sound is one of the most healing vibrations that exists, and music has the power to help you hear and move to your own internal rhythms.
35. Everything should have its own place to feel settled. Having adequate, organized storage is a key to stability. Just as you experience stability when you belong, so is it for your possessions. They need to belong, or they are just clutter.
36. When bringing in something new, release something old. One thing in, one thing out. Not releasing something means you are not circulating energy and it is more difficult to attract the new in because there is not enough room.
37. Eliminate all items of distraction and/or old, stuck energy. If it was a gift that has no sentimental or practical value, release it to someone else who can appreciate it. You'll know if it's something to release if it causes you to have a "sting" or a "ping" or say "ouch" emotionally. Thank it for the time it served you and get it gone to keep positive energy moving.

38. Learn and use aromatherapy. Our noses are the connection to the most primal sense of all – smell. Activate that primary sense in the most positive way through beautiful, clean scents.

"What you are, so is your world. Everything in the universe is resolved into your own inward experience. It matters little what is without, for it is all a reflection of your own state of consciousness. It matters everything what you are within, for everything without will be mirrored and colored accordingly." ~ James Allen

39. Incorporate nature as much as possible in your space. Make sure your windows are clean and clear, have favorite images of nature, treasured objects like stones, plants or flowers in your environment for a fresh feeling. We are a part of nature, and by maintaining a connection with nature we are maintaining our connection to the whole of creation.

40. Practice mindfulness in placing objects. You are creating your mirror, your external body, through conscious design. Take as much care as you would in choosing what to wear and how you look for a big event; this is the same ritual for your environment, only the big event is your life.

41. Notice symbolism that is reflected in art or objects and choose them to be meaningful and relevant to what you are creating. If you have symbols in your environment that do not contribute to your goals, it is time to move and/or replace them. You'll know if something has personal symbolism for you based on what you feel when you are in proximity to it. That is, if a sculpture catches your eye or makes you stop and take note of it or takes you to a special place in your mind, it is a piece that is speaking to you.

42. Have chairs / seating available for guests or colleagues (unless you don't want them). To have community, you must have a place to honor and accommodate it.

43. Honor your physical body (clean, fit and well-groomed); it's the vehicle through which we achieve anything. With wellness, you can do just about anything!

44. Your car, like your body, gets you where you are going; keep it clean, serviced and well-maintained.

"Surrounding yourself with energy generators is the highest form of self-respect."

~ Stuart R. Levine

45. Have a symbol related to your spiritual beliefs visible. It does not have to be anything that another person would recognize. However, it does need to be something that has the power to connect you to your personal relationship with your higher power.

46. Have your mission statement visible. Your mission statement is a guiding compass to direct you through your life and/or business. It should be simple enough to be recited by memory, and include what you do, how you do it and who is served by what you do.

47. Have the first thing you see in the morning when you awaken be overwhelmingly positive; it sets the tone for your day. If the first thing you see is a pile of dirty clothes and your alarm clock, you are likely going to feel behind your whole day as you chug through your chores. Start your day on a high note by having your first sight be something that feeds your energy.

48. Maintain a good relationship with your neighbors. The people around you will affect you, and your neighbors can make or break your environment. By knowing your neighbors, you are creating compassion and respect for each other's worlds.

49. If you have a fireplace, you need to use it. If you aren't using it, you are restricting generation of life force energy in your space. Keep it energetically activated by burning candles, placing fresh flowers or growing plants on or near your fireplace.
50. Use creative/dramatic lighting, especially with sloped ceilings or dark corners. This will lift the energy which could oppress the energy in the space.
51. Eat natural foods. Pay attention to how you feel after you eat – if you feel light and refreshed, you ate foods that work with your body. If you feel heavy, sleepy, or slow, you probably ate too much or the wrong foods for your body.
52. Cutting corners only disrespects you. Work diligently to get the ideal - settle for nothing less.
53. Your environment shows you where your opportunities are; therefore, your environment shows you where the blocks are in your world as well. Take time to consider what is in your space right now – is it blocking you or sending you a message about your potential?

Emotional

54. Identify the top attitude and behavior changes you want to make in your life; set a goal on achieving at least half of them in the next 12 months.
55. Make a list of your tolerations and where you are investing wasted energy; work to change or eliminate them. Start with the top five and when those are addressed, take a look at the next five.
56. Clean up all the important relationships in your life to positively maximize your energy. Make your best effort; the other half must come from the other person.
57. Set and maintain your boundaries. Your boundaries are your business and others will respect them if you do.
58. Let people know how they can support you. While it would be nice to think that the people in our world know what we need, that would mean they are all your mother. People want to know what they can do, and it is up to you to let them know what you need most and what they can do to help you.
59. Have a personal mission/purpose statement. It is important to have a bigger picture pulling you forward. You have a purpose here and if you don't know it yet, it's time to discover it. Find what makes your heart sing, the singular thing that you do better than anyone else, and write it down. Then put it in a visible place to keep you moving in the direction of your best self.
60. Choose a powerful figure from history as a mentor (Mother Teresa, Eleanor Roosevelt, Richard the Lion-Hearted, John F. Kennedy, Buddha, etc.). Consider how they changed history by living fully in their world. It is how history, and the future, is made. You have the capacity to affect the world now and forever.

"You can find on the outside only what you possess on the inside."

~ Adolfo Montiel Ballesteros

61. Get to truly enjoy your own company; sometimes others are unavailable to you.

You are your own best friend, and having a solid relationship with yourself is the first step in truly being a friend to others. You will be happier when you recognize and meet your own needs.

62. Feel all things fully; what you resist, persists. Part of why we are here is to feel life in all ways. If you are unable or unwilling to feel things fully, they will become suppressed or repressed and then express in a bigger and unpredictable way. If you don't acknowledge a feeling, it will come out eventually and often that takes a physical form in illness. You will need to feel and address it in order to live your life fully.

63. Notice where your thoughts and actions are out of sync (i.e., saying you want a relationship and not accepting party invitations). If there is a gap between what you say, what you do and who you are, you have an opportunity to gain clarity and close it. Integrity in all ways is the key to living a stress-free life.

64. Do what you can to create the conditions you desire; then release your attachment to the outcome. If you love something, let it go...if you hold on too tightly, "it" (whatever that is) cannot breathe. You must allow for new things to grow.

65. Surround yourself with people who love and believe in you. If you hang out with sick people, you will eventually get sick. If you hang out with people who love and support you, who treat you with respect and mirror the honor you have for them, you will be more fulfilled and more capable of living your true purpose.

66. Avoid people who pull you down, even if they are friends or family members. While they may love you, these types of people are toxic for you. It is impossible to soar when there are big anaconda snakes hugging your ankles.

“Feeling good indicates your connection to clarity, wellness, and an abundance in all good things. Feeling good is your most natural core belief.” ~ Abraham

67. Express your true self all the time. Hiding and shrinking from who you really are is debilitating. Turning down your personal energy in order to make others more comfortable is a disservice to both of you. You are not being authentic, and they are relating to someone who is not real.

68. Develop a deep understanding of fear and all the ways it can help you achieve. Fear is a message that isn't real. However, the messenger of fear is sent by a positive intention. You might be missing something, or have an opportunity to re-write an old program that no longer works. Whatever it is, acknowledge what is behind the fear and let it propel you to your next step.

69. Be honest about your natural motivations. Your motivators are very personal – for some, it is a new home and for others, it is to have time to play silly video games and for still others, it is to be able to date more or hang out and do nothing. Whatever it is for you, be truthful and let it work for you.

70. Don't hold back laughter or tears. Anything that isn't expressed gets held in your body. In either case, you need to let it out and there are likely people in your world that want to share it with you.

71. Dramatically increase the number of times you laugh each day. Laughter is the best medicine – it makes everything lighter. Besides, it's good for your abdominal muscles!

72. Carefully define success to include your emotional life, not just your physical one. If you achieved everything you desire in life without consideration for how you will feel, you will likely not achieve true success. What good is it to have a beautiful home if you are unhappy, lonely or depressed? Create your emotional success as carefully as you create success in the other areas of your life.

"Vision is the art of seeing things invisible." ~ Jonathan Swift

73. Eliminate caffeine; it creates mood swings and results in more fatigue, not less. It is an addiction, evidenced by symptoms of withdrawal when you don't have it. You will feel better by not having an attachment to caffeine.

74. Eliminate artificial sugar; it creates energy swings. It is toxic for your body. Recent studies show that most Americans eat up to ten pounds of raw sugar annually. Eating sugar creates cravings – it is an empty food that gets you virtually no positive return on your investment.

75. Recognize that moods come and go, like the weather. As the observer, you can monitor what is happening without attachment to meaning. If you have a "mood", look at it, do something that will help you in the moment and move on. There are better moods coming.

76. If you really need to talk to a therapist about something, do it. Get your "stuff" handled. If you have something holding you back, you are not moving forward in your full potential.

77. Act as if. Fake it 'til you make it. By doing this, you are showing the universe you are ready to accept the actuality of what you are acting out.

78. Take nothing personally. It's SOOOOO not about you. Most of the time, people are so caught up in their own stuff that they don't even realize that they are impacting you in some way. If you do take it to heart, you are accepting what isn't yours, therefore taking space away from what you are creating, AND you add life to a story that isn't real.

79. Make your word your oath. If you say it, own it and back it. Words come from thoughts and create action. If you have the energy to say it, you are creating an action which will produce an outcome. Have integrity with what you say, so that your results are what you intended.

"If we let go of what we're trying to get more of, which we really don't need, it frees up reserves of vitality to make a difference with what we have. When you make a difference with what you have, it expands." ~ Lynne Twist

80. Tell the truth, all the time. To some degree, truth is what we make it – it is based on our subjective knowingness in the moment. However, speak what you know, in the moment, appropriately to the people who need to hear it and you will find that your life becomes simpler.

81. Be emotionally resilient. Resilience measures your flexibility, your ability to flow with vs. resisting what IS. Successful people are able to bounce back more quickly. Practice being more resilient to get back on track more quickly.

82. Develop your emotional intelligence about your own life. No one can know your life better than you and your emotional intelligence is a tremendous "knowingness" tool. Feelings are felt in your body, and emotions are processed through your mind. Your emotional intelligence is one of the keys to being present and making good decisions.

83. Work to develop empathy to have a better understanding of what's happening with others. Empathy is a feeling form of compassion. Compassion is what helps us to be kinder to others. Being aware of what is happening with others keeps us connected to our world - and to ourselves.

84. Learn what inspires you – ideas, nature, art, subjects, dance – and feed your soul with it as much as you can. Being inspired is much different than being motivated. Inspiration comes from the inside out and is much bigger than mere motivation. Use the “muse” in whatever form it shows up to inspire you to becoming a greater person.

“Life is like an ever-shifting kaleidoscope – a slight change, and all patterns alter.”

~ Sharon Salzberg

85. Be in a community of like-minded people; do not spend time with the “wrong” people. When you are surrounded by friends and associates who are manifesting as you are, you will be capable of creating even more. Any negative energy drains your life force energy. People who understand and live as you do support you in being authentically successful.

86. Start being more creative, especially in processing your own emotions. Work to understand every one of your emotions and respond to them maturely. Creative emotional response leads to new ways to see and relate with your world. For example, when you have a negative interaction with a customer service person, you can learn something from it rather than being reactive and stuck in the drama. You can have patience, compassion, see yourself in them. You can choose whether to keep this situation alive by recounting it to everyone you talk with throughout your day. Or you can choose to help that person to help you, and let it go when it is done.

87. Have a physical “anchor” for what you choose to create. It should be something imbued with a stable emotional state for those times when you need to experience it, such as an object or talisman you can touch or hold, or a physical gesture you can do, to achieve that desired emotional state.

88. Give yourself a break; sometimes we don’t understand what’s going on and clarity comes after the fact. A confused mind says no. And if we can’t say yes, then it has to be a no until we have enough information to make a different decision. Waiting is not a passive activity - be kind to yourself in the waiting time.

“Follow the grain in your own wood.” ~ Howard Thurman

89. Be passionate about your life/work. If you are not passionate, you are not living. We are here to experience life all the way, and a big part of that is the work we choose to do. If you feel passion about your life and work, go with it. If you aren’t feeling passion about your life and work now, what do you need to do differently? And if you’ve never felt passion about your life or your work, consider this the wake-up opportunity to start exploring.

Mental

90. Choose what you are taking in / exposed to via radio, music, TV or printed news to be in harmony with your desired way of living. For example, if you are working on living self-sufficiently, avoid music that sings about not being able to live without someone. If you want only positive energy in your world, don't watch the news. Be aware of the "memes" coming into your world – make them count.
91. Study subjects that interest you. Expanding your knowledge is an investment in your future. If something is of interest, follow where it leads you – you don't know what possibilities are waiting for you until you do.

"Change your thoughts and you change the world." ~ Harold R. McAlindon

92. Look for synchronicities. There are no accidents or coincidences. If something appears and it strikes a chord in you, look at how it resonates with the rest of your life. Pay attention to the messages that show up in alignment with where you are in your life.
93. Learn to distinguish opportunities from options. Just because you can, doesn't mean you should. An opportunity is always an option, but an option is only a choice among others, and not necessarily an opportunity. An opportunity helps you grow in some way, while an option doesn't.
94. Define and articulate your intentions; affirm them daily. Knowing where you want to go is the first step in setting forth to get there. When you know what you want, the universe conspires to give it to you.

95. Upgrade your language so you express only the biggest and best thoughts and ideas you have. Your words are an outward expression of your thoughts and beliefs. Eliminating the small talk eliminates small actions.

96. Use positive self-talk; replace the negative. There is constant inner dialogue happening all the time, and it creates “mind grooves”. Over time, these “grooves” become “ruts” and if they are negative, you will think, speak and act accordingly. Ensure you are your best self by using positive self-talk consistently.

97. Practice using imagination. It is through dreaming that we initiate the creative process. Imagination is the virtual creator that we can call on at any time. Let it roam freely and see what comes – there is no other entertainment available that could yield such potentially big rewards.

98. Be an expert in your field; learn more than commonplace knowledge. In fact, create your own language! Becoming an expert means distilling, applying and sharing knowledge in new ways in your field. Sometimes the existing vocabulary doesn't express what you know to be true.

“Where you live is what you become. Your home mirrors the challenges, opportunities and direction of your life.” ~ Gina Lazenby

99. Exercise your mind regularly; learn something new or contemplate daily. Without consistent activity, any muscle will atrophy – including your mind. Make sure to take it out for a spin regularly.

100. Ask “what else can I see here?”. Look for something new, an emerging possibility, a fresh view on what is before you. Energize yourself with being open to new discovery, regardless of whether you use it or not. Tease yourself with new vision.

101. Expand your vocabulary. Every year, Webster's Dictionary adds new words – why shouldn't you? Words capture the expression of our deepest thoughts and desires, and are the most powerful tool you use daily. A greater vocabulary enhances your ability to avoid contretemps. (This would be your first new word to explore...)
102. Determine your optimal times of day for intellectual energy; do your intense thinking projects then. Working with your natural rhythms means that you will produce greater results more effectively with less effort.
103. Create a map to attain your desires. Using a visual tool to show where you want to go is a powerful way to communicate with your unconscious mind – the seat of our creative manifestation power. I wouldn't start driving to the other side of the country without one, would you?

"We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today." ~ Jim Rohn

104. Read great literature; learn to appreciate poetry. Masters of the written word have found a way to communicate tremendous ideas clearly and effectively. Exposing your mind to the conversations of authors is a terrific way to implant new ideas in your world.
105. Be incredibly curious about people, ideas, events – whatever is of interest to you. Curiosity is the mother of invention. Questioning what is in the world around you is a great way to get answers – in fact, the very definition of getting an answer means starting with a curious question!
106. Stay current in your knowledge (about life, your work, your studies, your preferences). What worked for you twenty years ago, or ten years ago, or last month was based on who you were THEN. Who you are NOW is what matters. Build on what worked for you then, but stay up to date on everything in your life as it is today.

107. Understand your beliefs, habits, and patterns; replace what doesn't work and strengthen what you want more of. Not knowing your core, or having an outdated core, robs you of your ability to create today proactively and intentionally. You must know yourself and release whatever isn't supporting who you are in the moment. If there is an inkling of something you want more of, find ways to effectively support the growth of that. If you don't understand yourself, the world cannot understand you.
108. Learn from others; become an exceptional listener. If you are doing the talking, you are not taking in new information. It is possible that you are learning from what you are saying, however, for new information to come in, you cannot be doing the talking. People are willing to share their life discoveries nearly all the time, and you can take the "short cut" based on their experiences. Listen and learn...
109. Do more in conversation than regurgitate what you know. Actively participate, seek new levels of connection, and stimulate new thinking. Be present to your conversation partner and to what is happening. Be in the moment of connection through conversation.

"Every human has four endowments--self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom . . . The power to choose, to respond, to change." ~ Stephen R. Covey

110. Learn to think creatively and boldly. Innovation comes from insights which comes from thinking in new ways. If what you think about feels uncomfortable in some way, you're probably on to something.
111. Learn from the great business leaders. Business leaders are generally people who are on the cusp of their industry, who are proficient in future visioning, communicating that to make it a reality, handling crisis, and trusting their staff team to get it done. They've learned to negotiate adversity to the point that they recognize chaos as the

fertile environment to create new life. Learn from those who have been there and back.

112. Look at and confront your mistakes honestly and apply that intelligence to new situations. You have to “own” where you’ve gone wrong, although it’s really part of experimenting to find what’s right. Once you know what you did to get what you didn’t want, you can use that information in new situations to get more of what you do want.
113. Stretch your mind by contemplating koans. A koan is used by Zen masters, and is a phrase or unanswerable question used to shock the mind into awakening or spiritual insight. A famous one is “Two hands clap and make a sound; what is the sound of one hand clapping?” Koans stretch the mind in possibility.
114. Engage in true dialogue. True dialogue occurs when there is a meaningful exchange between two or more individuals with the intention of exploring through connection. Honest dialogue creates a bigger context for a conversation.
115. Learn what the founder of your line of work believed and did; compare it to what the foremost thinker of the day believes and does. Then apply new wisdom to your work. See where you could close the gaps in your own knowledge and application.
116. Come to see the immeasurable intelligence in a child’s answer to your simplest question. Children are “closer to the veil” because they haven’t been conditioned to forget yet. How a child views the world is based on natural source intelligence, and can be a great source of universal wisdom.

"All achievements, whether in the business, intellectual, or spiritual world, are the result of definitely directed thought." ~ As A Man Thinketh

117. Forget other people’s answers and come to your own. As Shakespeare said, “to thine own self be true”. No one outside of you can give you your answers. Well-

intentioned people want to contribute, and can offer their perspectives, but, in the end, it comes down to how you think, feel and act. They are not accountable for your answers – you are.

118. Stop asking “how?” and start asking “why?” The how is irrelevant if the why makes sense. The why is the bigger picture and pulls you forward; when you are acting from a larger perspective that has meaning, the how will show up as you go.

119. Contemplate what problems you could solve if they weren’t considered unsolvable. There is a story of a young man who was late to math class and saw the two math problems to be solved on the board. Assuming that they were his homework, he spent the next night working hard to solve them. When he turned in his “homework”, the professor’s jaw dropped, because he had written them on the board as the only two supposedly unsolvable math problems faced by professionals through the ages. The student had solved the problems because he didn’t know he wasn’t supposed to be able to solve them. Enough said.

“The universe is just the way we think it is – and that’s why.” ~ John Woods

120. Come to understand how mundane tasks contribute to the big picture. Every task has meaning in some way. There are many cultures where intense training begins at the very beginning – taking out trash, cleaning rest rooms, or doing laundry – in order to appreciate how they fit into the bigger meaning of life. Doing something repetitive is also a vehicle to access a higher consciousness, much like driving on a freeway allows for meditative thought time. Notice how not doing mundane tasks can affect your life. Honor the mundane as the building blocks of greatness.

121. Create a learning environment at home, especially with children. Teach children to think, surmise, wonder, imagine, guess, postulate, hypothesize, conjure, conceive, discover, notice, question – not just think.

122. Look at the lessons that present in everyday life. Our collective higher purpose is to learn, discover and grow from being here. We get opportunities to do just that every day in the smallest way. They often are disguised as problems, issues or challenges. Remember the last time you learned something, and how different it would be if it came up again for you now – the only lesson there would be applying what you already know. Consider what lessons you could be poised to learn today.
123. Strategize the best, not necessarily shortest, way to achieve your desired outcomes. The shortest route might cause you to miss very important places along the way, although the longest way may cost you in lost opportunities as time passes. The best route takes into consideration all of the factors present, allows for a strategy to evolve into a workable plan, and will produce measurable results. And it will allow some flexibility if you need to venture off the path for some reason.
124. Learn about chaos theory. The very nature of chaos is that everything is there but in an unsystematic way. It is the primordial soup that can birth something amazing. Investigate how you function when in chaos to learn how to handle it most effectively.

"A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral." ~ Antoine de Saint-Exupéry

125. Examine how your thinking is restricting your thinking. The same mind that created a problem cannot necessarily solve it, but the seeds of solution are inherent in it. All of which sounds like a koan but try seeing your thinking could be limiting your creativity.
126. Learn about the world's great inventors. Inventors invent things just for the sake of inventing, whether the invention is usable or not. Consider the fascinating way the minds of great inventors and their work, how their inventions came to the light of day and how they changed history. Is there something waiting for you to invent? Even more, will you or the world be able to use it?

127. Learn about the connection between intuition and intellect. In-tuition implies the inner student who learns from messages, and in-tellect implies the mind giving messages. One is inner guidance, and one is outer application of knowledge. This is only one way to view that connection – what's yours?
128. Experiment with following your intuition. When your intuition gives you a message, play with what you do with it. See how it feels when you ignore it, when you honor it, when you put it into action. Watch for synchronicities around you as you put your intuition into action. Notice how the messages show up for you (visual, auditory, feeling, etc.), notice what happens depending on what you do with it, notice what works and what doesn't. Approach your life as an experiment in intuition and, chances are, if you pay attention, your life will get much easier.

Spiritual/Energetic

129. Meditate, or contemplate, regularly. Take time to allow yourself to communicate with your source. Let your mind take a vacation. You might be surprised at what comes in with some intentional connection.
130. Do an energetic space clearing with sage at least once a month. Energies will imprint in a space and collect over time. Release those energies so that you are back to a neutral space that is all about your best self.
131. Have trust in a higher power. Knowing that there is a greater force at work in the universe is very comforting. Even more, you are part of the whole. When you don't understand the force at work in your life, trust that there is something bigger happening that will be revealed in right timing.
132. Practice overt gratitude for the abundance you already enjoy. Much like a child who doesn't get dessert when they don't eat their spinach, when you are in gratitude and enjoy what you have, more abundance is attracted to you. Say it often, loudly and to whoever needs to hear it – even more, feel it in your heart.
133. Feel your own energy; make decisions based on it as opposed to only thinking through something. Some people consider the energy body to be visible as the aura. Others say it extends around your body about the length of your arm held straight out. Your energy body is what tells you that you will bump into the table in a dark room. Your energy body feels before your physical body. When you make a decision, ask your energy body to give you feedback. This feedback may come in the form of physical sensations, a change in breathing, your mood, or in intuitive messages. Make decisions from a holistic perspective rather than only on what makes logical sense or you could be shorting yourself on important information. It would be like moving only your ring finger on your hand – what about the rest of your hand?

"Let us not look back in anger or forward in fear, but around in awareness."

~ James Thurber

134. Discover your life philosophy. The answer to why you do what you do is found in your life philosophy – it is your values, beliefs, and viewpoint. Knowing your life philosophy is vital to understanding how you are showing up in the world. It helps you know your “why”.
135. Explore the similarities amongst the world’s spiritual traditions. Throughout the ages, people have faced the same questions, have come out with different methodologies to answer them, and seem to arrive at some of the same conclusions. What is a higher power? What is love? And how do we/you connect with them?
136. Explore current theories about energy. Everything is energy, from your body to your table to your money to your home – it’s just in different forms. Consider the energy required to make even one item – from the idea to the manufacture, to the distribution, to sales, to you. The energy of the whole world is represented in your immediate environment right now. Understand the latest in how energy works, how you can harness it, and where research in quantum physics is going to understand the energy manifestation process.
137. Connect to earth energy consistently. We are here on this planet to experience life force energy. Earth energy is grounding – it’s the balance to heaven energy. To feel more solid with your being, connect with earth energy by walking barefoot on grass, holding a stone or enjoying photos of mountains.
138. Experiment with various meditation and divination tools. The answers you seek are inside you, but it can be difficult to access them for yourself. The key to unlocking your own knowledge can be found in meditation or divination tools, such as tarot cards, pendulums, dowsing rods, scrying, or any other number of esoteric forecasting tools.

Play with various tools and see which works best to receive important information about what is coming up for you.

"We don't see things as they are, we see them as we are." ~ Anais Nin

139. If you're religious, really study the religion you practice to know more than the fundamentals. Society today is moving so quickly that we don't have, or make, the time to really delve into our world. One of the most neglected can be personal religion. If you follow a religion, it is imperative that you understand what that means – it's not just going to service, it's about where you are putting your energy on a fundamental level. Know that you are committed to something that really makes sense for you.
140. Learn about a spiritual tradition you know nothing about. There are times when we learn more about our own spiritual awareness by studying something we know nothing about – it's called learning by opposition. It gives you something to react against, to test your beliefs against what you learn. Such study shows you there are other ways to reach potentially similar beliefs, that there is a bigger world, and can be illuminating about your own beliefs.
141. Wear clothing that reflects your inner spirit. Your clothes are your outer expression, how you choose to be seen in the world. If your clothing is out of style, old or worn, or isn't something you like, chances are you are not in your power when circulating in the world. Let your inner spirit be seen through clothing that reflects it.
142. Contemplate this idea: Behind every behavior is a positive intention. People are inherently good, but it sometimes comes out in a warped way, depending on their ability to communicate, their filters, their personal comfort level, and more. That goes for you too. It may not be easily apparent, but the positive intention is in there. Think

about the last time you said or did something that was interpreted differently than you intended at the time... and understand how easily it can happen for other people too.

"The fact is, a person is so far formed by his surroundings, that his state of harmony depends entirely on his harmony with his surroundings."

~ Christopher Alexander; "A Timeless Way of Building"

143. Understand what your connection to the "divine" feels like. Becoming aware of the higher force that is at work in your life is both a humbling and awe-inspiring revelation. Feel the "divine" in your life, how it seems to be working, and what you can do to align more closely with it. If that's not possible, start by considering what it's like when it's not there to discover your connection point.
144. Look for seemingly random or synchronistic confluences of events, people, ideas or situations in your life. These are "seemingly" because there are no accidents. Everything in your world reflects where you are in your journey. There are messages contained in synchronicities. If you are having challenges, such synchronicities can be warnings or even how to handle them. If you are in the flow of your life, synchronicities can validate your receptivity to, and dance with, life.
145. Create sacred space or a contemplation corner for yourself, including an altar or mesa if appropriate. Having a place to connect with your higher self is helpful. It reminds you of the need to honor your higher power, your ability to connect, and supports you in doing so with less effort.
146. Infuse a physical talisman, or other objects, with spiritual energy as an energetic anchor to your higher self. Native American Indians used to carry their medicine pouch with them wherever they traveled, filled with objects that became sacred connections to their homeland. Create your own sacred touchstones to have in your space and/or take with you to remind you of the power of your higher self.

“Trusting your intuition means tuning in as deeply as you can to the energy you feel, following that energy moment to moment, trusting that it will lead you where you want to go and bring you everything you desire.” ~ Shakti Gawain

147. Use a natural crystal ball for reflection as a guide to the inner cosmos of your spirit world. Crystal is an energetic amplifier. A natural crystal ball has windows, faces and inner life to reflect your own with contemplation. When choosing a crystal ball, notice which one speaks to you – you will know it when you find it because it will choose you. Then let it help you speak to your spirit regularly.
148. Pay attention to your dreams for messages. Dreaming time is when your higher self continues to function on the astral plane and brings back messages to your conscious mind. If you haven't been able to dream for awhile, you will probably find a lot of “gunk” that doesn't make sense – in that moment, it's the purging of backup information. Then there is also lucid dreaming, where you know you are dreaming, are controlling the actions of your dream, and are aware of what is happening. But there are those dreams that wake you up and whisper what you need to know as you move through your life – symbols, pictures, people, colors, scenes being played out. Those are powerful guideposts to what is coming and what you need to know to make better everyday choices.
149. Protect yourself from others' negative energy daily, through grounding, visualizations and/or avoiding them. Negative energy is a drain – it's as simple as that. “Ground” negative energy (anything that doesn't serve or belong to you) out through your feet, and call in your own power through your seventh chakra (top of your head) to fill you back up with your own energy. Visualize what needs to be released and replace it with positive energy. Or simply avoid exposure to anything that doesn't serve and support you. Be aware of your energy with different people, environments and activities – if it doesn't feel good, it probably isn't.

150. Share positive energy wherever and anywhere possible. What you focus on, expands. If you are sharing your positive energy, you are essentially creating space for more positive energy to come into your life. Who wouldn't want positive energy? Sprinkle it, give it, share it wherever you can – you are changing the world one "share" at a time.

"The outline of a stone is round; the power of the stone is endless."
~ Lakota Sioux teaching

151. Acknowledge and follow your spiritual instinct as your truth. Trusting your spiritual instinct is trusting the guidance of your higher self. Your own truth, if grounded in your higher self, will only take you in the best direction for you. Honor your truth and allow it to help you live your best life.

152. Create and perform rituals to celebrate achievements, milestones and transitions. Our culture is so fast-paced that we often move to the next project on our to-do list before celebrating our achievements. Through honoring and celebrating our progress, we pull ourselves forward in achieving new things with positive reinforcement.

153. Understand how your body works as a tuning rod for what's really happening; it won't lie. Our bodies hold the result of our thoughts, feelings and experiences. Our bodies are primarily water, the main element of energetic conduction. Your body will not lie about where you've been nor where you are – it is a primal tool in interpreting what is happening in your world.

"By understanding the self, all this Universe is known." ~ Upanishads, part of Hinduism

154. Explore alternative fields of knowledge (astrology, numerology, tarot, palmistry, face reading, runes, etc.). These alternative practices have been around for a very long

time, which would not be likely if there weren't *something* to them. Discover what that is for yourself.

155. Get completely comfortable with total silence. Being in stillness allows you to hear what is happening for you at a core level. Silence can be deafening if you have a lot of internal dialogue – at that moment, it is imperative to stop and listen. When you are comfortable in silence, you are in communion with yourself. When you are in communion with yourself, you are one with your source. Which is the point, isn't it?

**“Thirty spokes share the wheel’s hub;
It is the center hole that makes it useful.
Shape clay into a vessel;
It is the space within that makes it useful.
Cut doors and windows for a room;
It is the holes that make it useful.
Therefore, profit comes from what is there;
Usefulness from what is not there.” ~ LAO TzU**

156. Go on a retreat as a personal vision quest or rejuvenation time. Taking time from your routine to “juice up” is healthy. It allows you to see beyond where you are and fill your tanks up again.
157. Learn the difference between power and force. One implies control and one allows for natural manifestation – which is which?
158. Understand what colors resonate with you and what they mean for you. Colors reflect the world back to us. Notice the colors that make you feel good, that you tend to wear, that you prefer in your environment, that you dream about. Each of them has a meaning for you and can provide clues as to what is occurring for you daily.
159. Study native / aboriginal spirituality. Primitive spirituality has a feeling of direct, uncomplicated simplicity. Studying such practices may help you understand your own spirituality more simply.

160. Learn about animal wisdom / totems. Animal symbology is powerful in conveying information about what is present in your life. Discover what each animal spirit brings to you by showing up in any number of ways – when you're taking a walk, see a piece of art, get an email with pictures, or outside your window. For example, hummingbirds are the harbingers of joy and happiness. Cultivate a relationship with your power animals for clarity.
161. Introduce yourself to your spirit guides and masters; invite their wisdom. We are each blessed with our own personal spirit guides and masters in compliance with an agreement that initiates before our time here. Take some time to get back in relationship with these beings whose only purpose is to help you learn your lessons and have a better quality of life.
162. Learn about the ancient and relevant wisdom of the chakra system. Originating in India, the chakra system is about our personal energy centers. Making sure that our chakras are all operating at optimal capacity affects everything from our mood, to digestion, to making decisions, to colors which attract us. Discover how to harness the power of the chakra system for yourself.
163. Experiment with a sweat lodge. Ridding your body of toxins through sweating is an ancient technique that works. Toxins are leftover waste that take up space and don't allow you to bring in new energies clearly and easily. Go out and get your sweat on!
164. Have your aura fluffed – pay attention to your responses. Your aura, or energy body, extends around you up to about three feet (depending on a variety of factors). Work with a healer who is familiar with energy work, and notice how you feel when a knowledgeable practitioner works with your aura. More important, notice how you feel afterward. For example, the air may seem sweeter, colors may be brighter, images clearer and you may experience a heightened sensitivity. With all the "junk" out of your energy body, you will experience more "feeling" room.

165. Explore ancient sacred sites, such as kivas, missions, Stonehenge, Indian grounds, Ayer's Rock, etc. These sites are all about people connecting to divine consciousness. The energy of all that has come before you is stored at such sites, and you may be surprised at the power you feel by being in such places. Your own sacred nature may come to the surface in new ways.

166. Explore the realm of imagination. The mind's eye can see further than physical sight. Meander, travel, and discover the refreshing brilliance that your dreamer's mind brings to every day. Your imagination will allow you to travel to the ends of the cosmos and back again in mere seconds... allow yourself a serious recess and wander the bounty of your rich imagination with only pure curious enjoyment.

"At such moments one imagines that one stands on some spot of a small planet gazing in amazement at the cold and yet profoundly moving beauty of the eternal, the unfathomable. Life and death flow into one, and there is neither evolution nor eternity, only being." ~ Albert Einstein

167. Experiment with tantric sex. Tantric sex is meditative, spontaneous and-in-the-moment intimacy. It is the study of bringing conscious awareness to the physical act with purity and prolonged pleasure. For many, this is a portal to divine connection with their divine complement through their partner.

168. Look for spiritual messages in everyday events. The world is abundant with cues and clues as to what is happening to us and everyone around us. Ask to receive and understand the most relevant message at this time for you, and then watch for what comes up. It may be a billboard, a bus poster, an advertisement or overhearing a conversation that seems meant for you. Get the message and lift it to your best and highest good in interpretation to distill the full meaning from it.

169. Investigate with the deep meaning of compassion. Compassion is the awareness of the interdependence of all living things. It is the ultimate measure of emotional

maturity. It is active empathy which focuses on alleviating pain and suffering of others. The next time a situation with another person irritates you, delve deeper into the truth of what is occurring with the filter of compassion from the heart. As you show compassion, it is likely you will find it more often in your own life.

“Only let the moving waters calm down; and the sun and moon will be reflected on the surface of your being.” ~ Rumi

170. Use a singing bowl, chimes, prayer bells. The power of sound vibration resounds in our reptilian brain, in our cells. Invoking sound waves to ripple through your environment, and your body, is a direct way to get to your essential being.
171. Contemplate not doing anything – just being. We are not human “doings”. It is imperative that we take time to simply “be” in our lives, without judgment, action plans or criticism. Doing nothing is doing something important for our spirit.
172. Nourish all parts of your being healthfully. Just as your body requires food for fuel, all your other parts and energy bodies need nourishment. Be present to your cravings, because that can be exactly the deficiency that needs to be addressed. The physical body is the last to show the stress and strain of unmet needs – energy must pass through all the energy body layers first, and that generally takes some time. By the time your physical body has “requirements”, you know that something has been an issue for some time. It’s just as easy, and much more rewarding, to pay attention to yourself healthfully as it is to consistently follow not-so-healthy habits.
173. Buy a pair of rose-colored glasses. Looking around you in a kinder, softer way may yield big returns in happiness, compassion, and optimism.
174. Approach the world with love, generosity, and open arms; you’ll be amazed at what happens. The only person who suffers when you are not loving, generous and open is

you. Don't hurt yourself, or hold yourself back, any longer...the world loves those who love it.

"It becomes more and more difficult to separate any part of the universe from the whole." ~ Fritjof Capra

175. Know when your spirit needs rejuvenation and feed it. In American society, taking a spirit health day is unheard of, because the closest we get is to calling it a "mental health day" – something totally different. When your spirit becomes worn, tired, thin, restless, agitated, lackluster, cold or any state that is less than what it can be, it is time to give special attention to revitalizing this too easily taken-for-granted part of yourself. Slow down and be kind to the part of you that probably won't complain until it is to spiritual "911".

176. Trust that others are operating from the highest vibration they can access; that is, they're doing the best they can. If it's not on par with where you are, that's ok. It just means you're in different places on the path. Keep centered in the fact that if they could do better, they probably would.

177. Extend grace and compassion to others, and yourself, when mistakes happen. Forgiveness is a key to inner lightness of being; it is not about others, but about yourself. Having compassion for those who make mistakes, whether they mean it or not, shows your capacity to be in alignment with your higher self. It would be easy to get sucked into lower vibration energy; the true test is when you can extend grace when you are under stress due to an error.

"To the enlightened man... whose consciousness embraces the universe, to him the universe becomes his 'body', while the physical body becomes the manifestation of the universal mind. His inner vision an expression of the highest reality, and his speech an expression of eternal truth and mantric power." ~ Lama Gouinda

In Closing

As you evolve your environments, you are also upgrading your energy sources. You will likely find that there is a new space - a breathing space - that might feel like a void. That is the residue of having shed the chaos or energy that didn't serve you any longer. Despite the dysfunction, it was familiar.

Now you need to learn to breathe with the alignment that is yours... to fill the vacuum consciously and intentionally with what you want. Focus on being from the inside out, to be in flow with your essential life force energy.

And notice how your consciously evolving environment(s) helps you to achieve more of what you want in your life by evolving YOU.

One More Thing to Create More of What You Want...

- Did you find these insights helpful?
- Do you consider yourself to be intelligent and capable, but still feel like something is “missing”?
- Is it clear to you when you’re all alone that you can be doing something more/different but you need some guidance and support?

If you answered yes to the above questions, it’s likely time for you to go beyond where you are, beyond your family and friends, beyond what you already know and step into your full potential.

The same energy that created a situation cannot resolve it – makes sense, right? How do we ever solve a problem that is beyond the scope of what we already know? We have to go outside the familiar and find a tool to help us leverage what we know / have to get new results. Ideally, the tool is one that’s suited to our use and can be customized to fit our situation. In the case of personal growth, that tool is Creative Catalyst.

If you want to see how ready you are to create change in your life, please download my free Change Readiness Self-Assessment as my gift at LynnScheurell.com/new-ready.

The law of momentum suggests you take advantage of that free gift sooner than later because an object in motion stays in motion - the faster you take action, the faster your new results!

What My Clients Have Experienced

In the words of just a few of the most recent of thousands of clients I've worked with since 1998...

"Lynn is the epitome of "feel, good, safe energy" ~ no matter if she's doing feng shui, astrology, numerology or just a reading this woman makes you feel good and provides clean clarity! She has powerful, positive insight and is completely right on. She's loving, kind and without judgement – awesome!!!!!!"

~ Genz Z, Real Estate Broker

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*"Lynn performed a Feng Shui cleansing at my company on a Sunday, when there were no employees in the building. Without being told, she intuitively knew information about some of our employees. For example, she 'felt' a difficulty in breathing in one, cramped, shared office. One of the women who worked there had had a lung transplant (and has since been moved to a private, airy office). At Lynn's suggestion, we hired a consultant who mentored all of our managers, including the C.E.O. As a result, we have gained efficiency, productivity and increased sales. We've outgrown our former building and moved to a newer, larger facility where we continue to grow."*

**~Julie Greenspan, Business Owner**

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"Lynn Scheurell has feng shuied my professional office, my husband's office and both of my children's bedrooms. As for the offices, I can't articulate how wonderful the energy is in both of them, and how transformed they became based on her work. Almost 100% of my clients comment on how good the space feels. As for my kids' rooms. My daughter had moved her bed against and blocking a door, and in the same time, her teenage life had fallen apart! Lynn had her shift several things, and what was broken became whole again. My son says many nights of the week when he's doing homework, "Don't you love the way my room feels?" This work is for real! Thank you, Lynn!"

~ C.B., Psychotherapist

About the Author



“Your external environment is your outer body; it is that which manifests as an expression of your inner self in outer physical form. Everything around you represents your most consistent vibrational frequency. All that you see in your space reveals how you understand your connection to universal energies. What’s in here is out there (and vice-versa)... to experience a life upgrade, consciously evolve your environment.”

~ Lynn Scheurell

Lynn Scheurell is an acknowledged authority on getting dramatic results quickly through clarity, working with natural energy and harnessing the power of the environment to create positive change. Having worked with thousands of people over her career, she has developed a unique perspective on how to achieve personal breakthroughs through consciously evolving environments. Blending Feng Shui, intuition and what IS in someone’s environment, Lynn’s insights support people in getting an energy infusion to catapult them to getting more of what they want in their lives.

By definition, a catalyst provokes significant change. Capitalizing on nearly 20 years of entrepreneurial and mainstream corporate experience, as well as intense personal development (including innovation and systems thinking, high sensitivity cultivation and metaphysical training), she is a practical visionary, idea generator, soul-driven business mentor and facilitator of positive transformation in key life leverage areas.

Lynn is a current member of the International Feng Shui Guild, having received her Feng Shui training from such masters as Sharon Stasney, Seann Xenja, Jean Haner and countless other knowledgeable teachers and generous colleagues through many continuing education hours since 1998.