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Lessons from the Ultimate Declutter

By Vicky White

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The Chinese say if you want to make big changes in your life, move 27 things in your home.

Imagine the change you can create by moving thousands of things. You can use the potentially stressful situation of moving house to consciously design your new life.

1. If you want to simplify your life, move to a smaller home. You will collect things to fill the available space. Moving to a smaller living space inevitably means making choices about what is going with you.
2. You always have more stuff than you think. When you start to fill boxes to move, you are certain to not have enough boxes. Be prepared to be horrified at the amount of stuff you have. There is a saying in Feng Shui "there is no hiding from Feng Shui eyes". There is also no hiding from the view of everything you own sitting in boxes in front of you. Now you know what has been affecting your life.
3. Even if you've been vigilant with clutter, you will still be surprised by how much you have. All those nooks and crannies that don't usually register on the clutter radar screen will burst forth to grab your attention when you move.
4. Packing and moving stirs up all your emotions – you need to be kind to yourself. Sleep well, eat well, take time

for renewal. Moving house is ranked right up there with divorce and unemployment as top stress creators. If more than one of these happens at the same time the effect is multiplied.

5. Part of the moving process is celebrating all you're grateful for in what you are leaving behind. All the gifts, the lessons, the environment that has sheltered you and been such a big part of who you are, and were....

6. It's like the New Year - it's a great opportunity to reassess your priorities and get rid of all sorts of

physical and emotional baggage. Moving house to another area gives you the opportunity to decide who you want to give your new phone number to, and what you want to carry forward into your new life. It's also a great opportunity to begin new self care and work practices.

7. Moving is a cure-all for Feng Shui challenges as long as you don't choose a home with similar energy blocks. You will create an environment that will support you in whatever is next for you in your journey.

8. You won't get rid of all your clutter as you pack – that's too many emotions flying around to expect yourself to be objective. You are certain to transport clutter to your new abode, and you need to be vigilant about dealing with it once you've settled in. Don't let yourself get used to those boxes of clutter in your environment. After all – this is a great opportunity to make a new start.

9. Let others support you in painting your new home, moving from your old one, and taking you to lunch to celebrate this transition. Celebrations mark life's milestones.

10. Making Feng Shui changes fast leads to major energetic shifts. Moving brings about more changes than most people can comfortably deal with. Often we're moving because of other changes in our lives. Go easy on yourself. You won't always be your 'nice' self and you will sometimes feel exhausted when it seems you haven't done much. The more you can make space for what you're feeling, the easier this transition will be.

Bonus Tip: At the end of moving day, pour a glass of your favorite beverage, order a meal to be delivered, put your feet up and take a deep breathe – it's time to celebrate - YOU have arrived!

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Vicky White is a Certified Feng Shui Consultant and LifeCoach who works with clients both locally and internationally. Get your FREE 7-part e-course "Your Secret Weapon: Powerful Feng Shui Tips To Give Your Business The Competitive Edge" at <http://www.LifeDesignStrategies.com/>

Learn Golf Techniques Without Leaving Your Home

By Luke Cameron

How would you like to learn golf in your spare time within the comforts of your home? I'm sure that you would like that very much. Imagine, learning the techniques without having to go out just yet! If you are a newbie, maybe you would like to see and grasp concepts by yourself before you head out into the golf course and seek training from seasoned coaches. If you are an experienced golfer, maybe you would like to be able to know about the latest and most effective techniques that you have yet to acquire. Well, all the information you need to learn is just within your reach. Online golf lessons are available. Some websites about golf offer free lessons and articles. There are some who charge a very minimal fee. But free or not, online golf lessons are available for your personal use and enrichment!

It is very easy to look for a website that offers online golf lessons. They are just a click away when you use search engines. You may also like to join communities of golf enthusiasts and be able to get recommendations from them. If you are active in online golf communities and forums, you will also be able to gather new methods or techniques from other members of the community. This would positively contribute to your present skills.

Online golf lessons, like real time lessons, are designed in a structural way. Lessons are also prepared depending on the needs and the level of experience of the learner. For beginners, lessons like stance and swinging techniques are provided and given more focus. Articles, photos, videos and other forms of media may be available in order for you, the learner, to grasp the concepts such as swing analysis. Some lessons will also include how golf is played within the setup of a tournament.

It can be said that golf is not only a physical sport. A player's mental aspect is also very important – the determination to challenge and win against his competitors, as well as against himself. Online golf lessons and articles will be able to help you understand these deeper concepts in order for you to be able to get even better in the sport.

There are some online golf lessons that require a minimal fee. You may find these lessons a bit more tailored, precise and personal. The lessons may be offered by downloadable media that you can store

in your computer so that you may be able to go back again and again to certain topics that you might want to peruse a little bit more. These downloadable files may be in the form of e–Books, flash presentations, photos and video files.

Of course, such online golf lessons are not the end–all and be–all of learning how to play. These lessons are there to help you begin learning, improve your skills and augment the things you are learning hands–on at the greens with a real–time trainer. These online golf lessons are also able to let you enrich your knowledge in the sport at a leisurely pace. No pressure, no hassle.

Luke Cameron is owner of Sports Blog Inc. – an online magazine offering news, tips and articles on Sport related topics. His website can be found at:



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