

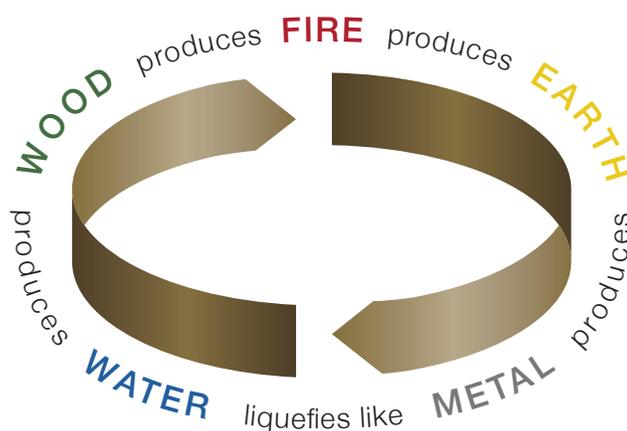
8 Simple Steps

TO A MORE BALANCED YOU



8 Simple Steps to a More Balanced You

Tips and Techniques to Help You Find
More Balance, Energy, and Peace



By Diana Garber
The Feng Shui Results Lady®

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Introduction

Take your pick of bad news coming at us today... global warming, terrorism, war, earthquakes, the economy, jobs, shrinking resources, overpopulation, aging population, endangered species, what to eat or not to eat, growing health concerns... you get the idea.

There are many stressors in today's world. We're driven by multi-tasking. We're left with the feeling there's so much to do and less time to do it. One example is technology ... our lives are supposed to be easier. Don't get me wrong, I love gadgets (being a former I.T. manager), but gadgets create their own stressors. When they work, they're great.

When they don't work, we realize how much we depend on them. Then there's the whole need-to-upgrade conversation.

Are you feeling me? Is this a conversation we could spend hours on?

Guilt ... darned if we do and darned if we don't. Try to be a good person in this situation and discover it was at the expense of that situation.

*So allow me to bring you back to the good 'ole days of single tasking.
Do you remember sitting to read a book or enjoying a guilt-free nap?*

This eBook was written to inspire moments of freedom. Change this and something good happens; the simplicity of cause and effect.

Wear your good energy colors and observe if your energy changes (more of it or you're perceived differently). Sleep toward a good direction and notice if you have a better attitude to face the day.

Now arises the question will you be present in the moment? Will you recognize something good when it happens? I sure hope so because many, many people have reported results from the simple changes in this book – some minor and some life altering.

So to help you be present in the moment (to recognize a shift of energy when it happens), document what you do and when you do it.

Journal whatever you notice – feeling better, something good happens, a sound night's sleep, someone you know has a shift of attitude or behavior... look for signs of change.

Think of it this way ... sometimes we walk by the same building every day, but today observe how people approach the building. There are so many stories those feet carry.

Observe your feet as you approach the building. Is there an interesting pebble there?

Did you find a coin? There's usually a gem waiting to be found... we just had to look for it. Today, look!

Contact Us

Would you like to create a life you love?

Traditional Feng Shui produces measurable results. Also known as geomancy (the study of geography and lines - in other words, man's impact to Mother Earth), this classic method of Feng Shui aligns energies of the structure with its occupants to minimize risk and maximize results. This is a science, and goes beyond decorating. Changes affect all areas of one's life: wellness, relationships, business, abundance, and overall satisfaction. *Empower yourself and your future!*

How can classic Feng Shui help you?

Would you like to experience more peace and joy? How can you attract loving and supporting relationships? What can you accomplish when financially or emotionally free? Would a more satisfying career produce more abundance? What might that career look like?

Do you set goals but fall short of attaining them? Is there room for improvement with your well being, self esteem, or patience? Do you want a successful business, to expand your influence, be more generous, and make a difference? [Our clients have results](#) *in all these areas and more!*

Call us today to schedule your [Feng Shui strategy session](#) (866) 689-6891.

About the Author

I was a medical mess. I had 20 surgeries and died twice. Several of my children did not survive, so survival was defining my life. No coincidence I had a highly successful corporate career in risk management and disaster recovery. However, my life and career were, in fact, killing me. But I have no tolerance for victimhood — I'm not a fan of living with regret. Acknowledge it, break through, and keep moving.

So I needed to rethink my path. When I was a kid I wanted to be an artist or scientist. Feng Shui lets me do both. I started practicing 30 years ago because I wanted to truly live. Now, as a Feng Shui Master, I help others do the same. Whether it is a cell in our body, our surroundings, the building we live or work in, or the geography ... a healthy environment supports its hosts; an unhealthy environment doesn't.



Known as The Feng Shui Results Lady®, today with a desire to find balance in an increasingly fast-paced and seemingly chaotic world, I offer a premier approach and comprehensive Feng Shui strategy. Our clients report improved well-being, better relationships, greater achievement, financial freedom, more self esteem, and business success.

I'm a classically trained international Feng Shui consultant and was credentialed in 2005 as the Feng Shui practitioner for The Ohio State University, am a former Director of Education for the International Feng Shui Guild; and a member of professional organizations in the U.S., United Kingdom, and Australia.

I have blended my unique and diverse backgrounds in disaster recovery, information technology, health care and corporate finance, with more than 30 years of advanced Feng Shui study and experience to build a highly respected practice.

Examples of clients' goals being attained:

- 1) A CEO realized an additional \$250m within a year, even though the net worth of \$750m took decades to accumulate!
- 2) Several clients in late stages of cancer [even terminal diagnosis] went into remission.
- 3) A client's Grand Mal seizures stopped. Find this intriguing? [Visit our website for more information.](#)

We're happy to announce that Intuitive Concepts received an award for best Feng Shui website, being content rich and free to the public. You'll love the [informative blog](#), our [YouTube channel](#) (featuring documentaries and case studies), and tips provided via social media.

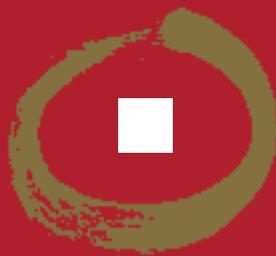
Discover what Feng Shui can do for you! Join us at an [upcoming workshop](#), and stay tuned for announcements about our practitioner academy. Don't delay, Feng Shui today!® Call us now to schedule your strategy session [for the current year](#), for [relationships](#), and [career options](#) at (866) 689-6891.

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Manage your
environment
consciously,
or it unconsciously
manages you.®



Determine Your Energy Number

Your energy number (also known as Kua number) has to do with your birth date, and indicates the natal star at the time of birth (example, 3 for Zhen). In Chinese geomancy (known classic or traditional Feng Shui) the Kua number starts 'flying stars' in motion.

Flying stars are based on a numeric formula where a base number (known as a star) determines how other numbers move (or fly). When you know what your base number is, you can determine your comfort level (or lack of it) within a structure. Your energy number can also help you to understand your compatibility with others, impacts during a period of time, and so on.

The energy number determines one's trigram (similar to a horoscope sign), which is based on yin/yang (female/male) influences. These patterns of energy and their transformation are referenced in the *Yijing*, or *Book of Changes*. Eight trigrams are the fundamental building blocks for 64 hexagrams, and each express patterns of movement and change. I look at this as another layer of the onion, so to speak.

There are many factors that influence who we are: Genealogy, where we grew up, schools we attended, family, friends, health history, events that happened along the way, and the list goes on. This approach (or layer of the onion) is simple but as complex.

Once the energy number (and resulting trigram) is identified, you can look at personality traits and determine if they are on point. There can be physical conditions you are predisposed to; elements and colors that support you more than others; healthy relationships to seek; good sleeping directions; directions (or areas) to avoid; and, additional useful information to help you live a more empowered life.

It's important to note that the following information is generalized for the public. It does not take into account your personalized analysis (based on the moment of birth) that involves specific yin/yang energies; where you are in your life cycle, balance/imbalance of individual elements; etc.

Your energy number is a great place to start, and there's so much more to YOU and how Feng Shui can help you minimize your risks in life and maximize your opportunities. Here how your energy number (known as ming gua) is calculated. calculated. You are also welcome to use the convenient and free [calculator on our website](#).

Solar Calendar:

The Kua number is based on the Chinese solar calendar; therefore for those born before the 4th February, deduct a year. Example, birth date is February 4th, 1950, calculate your Kua number as 1949.

FEMALE:

Calculate Kua number by totaling the birth year. Example, birth date is June 13, 1978.
 $1+9+7+8=25$.

Divide by 9 ($25/9=2$, remainder 7).

Add 4 to the remainder ($7+4=11$) to arrive at a single number ($1+1=2$). The Kua number is 2.

MALE:

Calculate Kua number by totaling the birth year. Example, birth date is June 13, 1978.
 $1+9+7+8=25$.

Divide by 9 ($25/9=2$, remainder 7).

Subtract the remainder from 11 ($11-7=4$).

If the final number has two digits, reduce it to a single digit (see example under female) to obtain the Kua number. For this example, the male's Kua number is 4.

STEP 2:

Locate Your Supporting Directions

Now that you know your energy number, you can determine your supporting directions, and acknowledge directions that do not support you.

Have an auspicious (good) direction behind you when possible. In other words, the back of your home should be a good direction, sit at work with a good direction behind you, etc.

Your good directions help you when you sleep. When you are lying in bed, have a good direction at the crown of your head (where your headboard is). People tell us this has helped their sleep patterns, and they awake more energized.

There's confusion about facing and sitting directions...a lot of what's written says face a good direction. 'Facing' is based on yin Feng Shui (used for burials). 'Sitting' is based on yang (living) Feng Shui.

I don't know about you, but I want those who love and support me to watch my back. When I see problems and issues coming on I can deal with them. It's those that come out of no where that cause the most damage. Here's a *simplistic* rule of thumb... supporters behind you, and face your accusers.

In the following chart, directions are listed in order — most active to least active. In other words, the most active direction is good when working or studying. The least active position is best for sleeping. There is more information about directions that support you and directions that do not support you [on our website \(see bottom of that page\)](#).

Kua Number	Auspicious (good) Directions (most auspicious first, then in descending order)	East or West Group person
1	Southeast - East - South - North	East
2	Northeast - West - Northwest - Southwest	West
3	South - North - Southeast - East	East
4	North - South - East - Southeast	East
5	Men: Northeast - West - Northwest - Southwest Women: Southwest - Northwest - West - Northeast	West
6	West - Northeast - Southwest - Northwest	West
7	Northwest - Southwest - Northeast - West	West
8	Southwest - Northwest - West - Northeast	West
9	East - Southeast - North - South	East

STEP 3:

Discover Your Element

Still referencing your Kua number, determine your element in the chart below. You'll discover which elements support you and those that deplete your energy. This is true of people, homes, and offices. Some support us more than others.

As an example, on a good day not much bothers you. On an off day, people who don't support you (their element depletes your element) are more likely to get on your nerves. It's not that the relationship won't work, it just takes more work.

Kua Number	Your Element	Supports You	Depletes Your Energy
1	Water	Metal	Wood, Fire, Earth
2	Mother Earth	Fire	Metal, Water, Wood
3	Hard Wood	Water	Fire, Earth, Metal
4	Soft Wood	Water	Fire, Earth, Metal
5	Earth	Fire	Metal, Water, Wood
6	Hard Metal	Earth	Water, Wood, Fire
7	Soft Metal	Earth	Water, Wood, Fire
8	Mountain Earth	Fire	Metal, Water, Wood
9	Fire	Wood	Earth, Metal, Water

Distinguish Your Personality Traits

ONE (1) water types are known as Kan people. They bring nourishment to others, and aid beauty (inside and out). When in balance they have strong willpower and are flexible, loving, adaptable, insightful, self-sufficient, and gentle. They are creative and multi-dimensional as well as knowledgeable and gifted in many areas.

TWO (2) Mother Earth types are known as Kun people. They are the essence of life beginning and returning. When in balance they are loyal, family and community oriented, compassionate, exploring, imaginative, sensitive, spiritual, and kind. They are also extremely creative, multi-dimensional, and love music, song, and dance. Kun men of the baby-boomer generation or before, were likely not nurtured for who they are. They likely had to stuff their sensitivity to survive.

THREE (3) hard-wood people are known as Zhen (also known as Chen). They have the strength of a tree, and gentleness of a flower. When in balance they are patient, artistic, clear thinking, open minded, capable of leadership, intelligent, able to thrive under pressure, and a good organizer. They can grow any business, are open to change, the arts, and new ideas.

FOUR (4) soft-wood people are known as Xun (also Hsun) types. When in balance they are patient, artistic, clear thinking, open minded, capable of leadership, intelligent, able to thrive under pressure, a good organizer and pragmatic. They are hungry for knowledge and information, and loyal to home, family and friends.

When a **FIVE** (5) Kua appears, it is uniquely handled and represents the center (or sum of all). Similar to the tai chi symbol which has a speck of black yin in the white yang, and a speck of white yang in black yin, the center represents coexistence. A female that has a five Kua, takes on a male Ken (8) trigram. A male that has a five Kua, takes on a female Kun (2) trigram. Please refer to those descriptions. The five Kua number does not change.



SIX (6) hard-metal people are known as Qian (or Chien) types. They are precious, and can be a thing of beauty or cut like the blade of a sword. When in balance they are organized, focused, analytical, insightful and wise. They are a brilliant trail blazer, extremely creative and original in their thoughts and ideas, and are powerful leaders.

SEVEN (7) soft-metal people are known as Dui (or Tui) types. When in balance they are refined, organized, focused, analytical, and can create order out of chaos. They are creative and visionary, exude clarity, optimism, and charm, and are very social and spiritual in nature.

EIGHT (8) mountain-earth people are known as Gen (or Ken) types. They are the essence of life beginning and returning. When in balance they are visionary, creative, centered, and steadfast. They grasp big concepts and hurdle any obstacle in their path to achieve a goal. They can excel in math, science, technology, and/or cyberspace.

NINE (9) fire people are known as Li types. They bring forth light, warmth and happiness. When in balance they are charismatic, lively, enthusiastic, charged, competitive, vivacious, quick to react and move, and very passionate about what they like and dislike. They exude energy.

Evaluate Signs of Imbalance

We all have our positive side (when happy, fit, and relaxed); as well as our negative side (when sad, ill, and stressed). If you are displaying your type's negative traits below, take this as a sign and bring more balance into your life. Steps 7 and 8 offer suggestions on how to restore balance.

ONE (1) water types can be overly emotional, easily hurt, emotionally needy, temperamental, self-indulgent, critical, secretive, fearful, and depressed.

TWO (2) Mother Earth types can be self-absorbed and self-centered, stubborn, adverse to risk, uncomfortable with change, moody, manipulative, worriers, and overthink situations.

THREE (3) hard-wood people can be demanding, fault finding, arrogant, judgmental, impatient, addicted to doing, or depressed. They stuff their emotions until they erupt with anger.

FOUR (4) soft-wood people can be demanding, fault finding, arrogant, judgmental, opportunistic, impatient, always on the edge, addicted to doing, and prone to depression.

When a **FIVE** (5) Kua appears, a female takes on a male Ken (8) trigram. A male takes on a female Kun (2) trigram. Please refer to those descriptions.



SIX (6) hard-metal people can be defensive, withdrawn, picky, arrogant, self-absorbed, emotionally unavailable, isolated, detached and sorrowful.

SEVEN (7) soft-metal people can be obsessive-compulsive, caught up in doing, defensive, withdrawn, and picky. They can be arrogant, emotionally unavailable, isolated and sorrowful.

EIGHT (8) mountain-earth people can be stubborn, adverse to risk, uncomfortable with change, greedy, manipulative, withdrawn, into their self, and detached from feelings.

NINE (9) fire people can be excitable, combative, quick tempered, easily bored, over indulgent, exuberant in public, and depressed when alone.

Establish Wellness Goals

When we are out of balance, we can predispose ourselves to the following problems areas. If you're experiencing issues in these areas, look at Steps 7 and 8.

ONE (1) types can experience malfunctions of the bladder, blood, ears, kidneys, and with regeneration.

TWO (2) types can experience malfunctions of the abdomen, immune system, digestion, organs, and bowels.

THREE (3) types can experience malfunctions of the feet, throat, thyroid, and energy when out of balance. Also malfunctions can cause anger and problems with children.

FOUR (4) types can experience malfunctions of thighs, hips, respiration, and buttocks when out of balance. They tend to move around or travel a lot.

A female that has a **FIVE** Kua, takes on a male Ken (8) trigram. A male that has a five Kua, takes on a female Kun (2) trigram. Please refer to those descriptions.



SIX (6) hard-metal types can experience malfunctions of the head, lungs, male areas, and loneliness.

SEVEN (7) types can experience malfunctions of the mouth, chest, skin, and teeth.

EIGHT (8) types can experience malfunctions of the hands, fingers, back, and joints.

NINE (9) types can experience malfunctions of the eyes, heart, circulation, and self esteem.

Improve Your Personal Balance & Energy

Let me first say that what is good for you personally, may not be right for your home or office. It's common, as an example, for an earth person to decorate their entire home, office, or bedroom in earth and fire tones.

Your home has its own energy. Its needs should be addressed. What is good for you may or may not be good for it. Think of it this way, not everyone has the same tastes as you. If you force your wants and needs on others, is that in their best interest?

When you're feeling good, aren't you more inclined to help others? When you're not feeling well, you're less inclined.

The same is true of your home and office. When it's feeling good, it rewards you. When it isn't, it draws your energy because of its dependency on your increases.

This 'help your structure and it helps you,' theory distinguishes classic Feng Shui from other forms. They approach Feng Shui from a human-centric approach (focusing on doors, shapes, decorating, and placement—man's impact).

This is what I call packaging. Human-centric questions: 1) Do you want to be evaluated purely on your packaging? 2) If a tree falls in the forest, does it only make a sound if a human is there to hear it? The answer to both of these questions ... of course not!

Classic Feng Shui takes a holistic approach by evaluating the land, land formations, structures, yang and yin influences, presence of nature (i.e., animals), people, and many more factors. It is the only method that takes into account the time and space continuum.

What does that mean? The influence of the seasons is based on time. The elements are all linked to seasons. Another example: In classic Feng Shui, the age of a building or person is a big factor. Why? As we age, our bodies break down. As our homes age, more things go wrong and need repair. History and trends are influenced by time.

Regarding space, the pull of the sun and moon affects gravity and magnetic influences (compass). Land and land formations have to do with space.

So in this section, consider colors and shapes to compliment your personal energy. Again, these are for you personally and may not be what's right for your home or office.

Colors and shapes mentioned here are good for clothing to wear, sheets for your bed (not the bed covers), food to consume, or your automobile. They can also be geographic considerations (where to live) or where to take vacations.

Examples: A water person typically likes the water. A wood person typically likes trees and forests. Fire people are drawn to warm places. An earth person likes settings where the geography has character (hills, mountains). A metal person typically likes to be near a city, or the action. Get the idea?

So, this conversation is regarding energy management. Our physical body may look better in other colors due to hair, skin, or eye color; but wearing energy colors can help us to retain more energy (and prevent others from taking it away). If your energy colors don't compliment your physical colors, think under garments.

ONE (1) water belongs to the North (moving water; and the colors black and/or blue), and is fed by metal (gold, silver, copper, etc.).

TWO (2) belongs to the SW (stone and earthenware; or the colors brown, beige, and yellow), and is fed by fire (fire; or red, pink or purple).

THREE (3) hard wood belongs to the East (living wood and plants; and the color green) and is fed by water (moving water; and the colors black and/or blue).

FOUR (4) wood belongs to the SE (living wood and plants; and the color green) and is fed by water (moving water; and the colors black and/or blue).

FIVE (5) types are earth (stone and earthenware; or the colors brown, beige, and yellow), and is fed by fire (fire; or red, pink or purple).



SIX (6) hard-metal belongs to the NW (platinum, steel; or the colors gray or white), and is fed by earth (stone or earthenware; or beige, yellow, or brown).

SEVEN (7) soft metal (gold, silver, copper) belongs to the West, and is fed by earth (stone or earthenware; or beige, yellow, or brown).

EIGHT (8) mountain-earth belongs to the NE (stone and earthenware; or the colors brown, beige, and yellow), and is fed by fire (fire; or red, pink or purple).

NINE (9) fire belongs to the South (fire; or colors red, purple, and pink), and is fed by wood (living wood or plants; or the color green).

Are you thinking, "I have a little of many of those in me." That's true ... we are a blend of elements but for the purposes of this book, we're providing a starting place – a preference. This is one slice of the onion. You are more complex with many unique layers about you. A personal analysis will reveal more layers.

Do Something That Lights You Up!

ONE (1) water types do well in travel, health, and communication.

TWO (2) Mother Earth types may be attracted to agriculture, building, catering, pottery, personnel, textiles, and the service industry.

THREE (3) hard-wood people may be drawn to leadership roles, publishing, media, horticulture, and craftsmanship.

FOUR (4) soft-wood people do well in the creative arts, marketing, publishing, media, horticulture, and craftsmanship.

FIVE (5) Kua people convert: A female that has a five Kua, takes on a male Ken (8) trigram. A male that has a five Kua, takes on a female Kun (2) trigram.



SIX (6) hard-metal are leaders in business, accounting, banking, mining, design, engineering, and metal equipment or appliances.

SEVEN (7) soft-metal people are drawn to accounting, banking, mining, design, consulting, engineering, and metal equipment or appliances.

EIGHT (8) mountain-earth people may be attracted to agriculture, building, catering, pottery, personnel, technology, the service industry, and textiles.

NINE (9) fire people might like marketing, chemical-related fields or research, fashion, law, advertising, and public relations.

Before I was 50,
I prayed for miracles.

Now that I am 50,
I am living them.

Diana Garber



Recap

8 SIMPLE STEPS FOR A MORE BALANCED YOU

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Step 2: Locate Your Supporting Directions

Step 3: Discover Your Element

Step 4: Distinguish Your Personality Traits

Step 5: Evaluate Signs of Imbalance

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About Intuitive Concepts

Intuitive Concepts was founded in 1998, following an epiphany in the recovery room after one of Diana's surgeries. Seeking clarification from The Source, the name was presented. While researching the name on line, Mr. Garber said, "I see." "You see what?" I asked thinking he saw an animal or something. "I. C. – the name of the company. You, Diana, see things in ways others don't. It's perfect." Thus, Intuitive Concepts was born.



During a Feng Shui analysis, we utilize over a dozen sciences to evaluate influences internal and external to one's living and working environments. Diana Garber, President and CEO, has several decades of experience in environmental energy and risk management; and is a business executive, senior project manager; former Certified Business Continuity Professional (CBCP), and Feng Shui expert.

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**May you be exceedingly,
generously, and joyfully blessed®**

Diana Garber

Creative Environment Officer®

Feng Shui Master

The Feng Shui Results Lady®