

COMING HOME

Coming home suggests something greater than four walls. It is a place where we can rest our heads, nourish supportive relationships, and heal ourselves. Whether we're returning after a long day's work or a leisure outing, our home influences our lives every day. For some, home provides a peaceful haven, while for others it may offer different opportunities.

Evidence all around shows us that we are experiencing more rapid change than ever. In these times of changing standards, perspectives, and values it is all the more important to have a safe and supportive place that we can call home. But the name is not enough. We need to create a residence that nourishes our physical necessities, promotes emotional bonding, encourages open mindedness, and uplifts each person spiritually. We call such a place your *Core home*.

Creating your *Core home* allows the home inside you to thrive. How can you support this *Core home* within and around you? Our wish is that through the processes explained in this book you will discover and uncover essential truths about your self and your surroundings. By doing so you will bring a greater sense of balance and well-being to your life.

Upon opening the door to your *Core home*, you can freely enter into a world of inspiration and creativity. You create an opportunity to balance inwardly, and this equips you to fully express yourself outwardly in the world.

Along this journey home, we invite you to explore what is most important to you. It's this adventure that allows us to comprehend how we can live more balanced lives while attracting our highest aspirations. We have found that while it is essential to gain training and knowledge, the source and home of true wisdom lies deep within each of us.

Coming back to a *Core home* has intrigued generations of humans. From Homer's *Odyssey* to millennia later, the famous psychoanalyst, Carl Jung, proclaimed that dreaming of a house symbolized a person's inner self. What is this elusive inner self spoken of in so many cultures? *Core*, as Webster's Dictionary defines it is "the center or inner part of anything; figuratively, the essence or most important part of a matter." We are using the term *Core home* here to mean an environment that is sensitive and responsive to what is most essential in your life.

In our fast-paced and ever-changing lives, we find an increasing need to keep perspective of those things that are most nurturing and supportive for our body, mind, and spirit. Yet many unanswered questions remain. How can we accomplish what we need to while creating more harmony within and around us? How can we proceed when we don't know what to do next? The strategy we propose is to start simply by laying a strong foundation of interactive awareness. That way, you build internal and external structures that are strengthening, pleasing, and uplifting.

Knowing what is most important to you as a unique individual enriches this foundation. This seemingly small step helps focus any endeavor you pursue, whether it be refurbishing your home or office, renewing a relationship, or restructuring a positive frame of mind.

At the base of our inquiry resides a motivation for enlivening creativity. What if you found yourself surrounded by all the resources you needed to succeed in life, and suddenly had a wealth of wisdom available to sustain your new choices? Would you find this acceptable? All through this book we encourage you to trust the wisdom of your creative mind and its ability to assemble meaningful insights. For your benefit, we have synthesized integral principles and processes into an inventive journey that leads you deep within yourself. With this deeper awareness, you can gracefully interact with your environment.

Our investigation begins with Feng Shui, the ancient Chinese art of placement and space enhancement. As you will quickly discover, Feng Shui involves much more than merely moving your furniture around or buying some lucky bamboo. This practice calls upon your mind, body, and intentions to inspire change in your life. Consequently, we investigate more closely how our minds can help guide us to use Feng Shui more effectively. Neuro Linguistic Programming (NLP), a contemporary study of the psychology of human excellence, provides perfect tools and methods for understanding the mind's influence.

Together we will explore fields that overlap and at times unify all these worlds. Due to the vast scope of Feng Shui and NLP, it was not practical for us to include all the techniques that each practice offers; however, we have included a solid foundation of the basics of both practices. Many excellent books have been written about both subjects and our intention is to add something more by linking the psychological influence to the practice of Feng Shui.

Along the way we will span the bridge between Feng Shui and NLP in an endeavor to uncover their mutual benefits. You are about to take a journey through time and space and back into your inner self – into places where your consciousness blends with areas that are essential to fulfilling who you are and who you want to be. Our experience shows that this partnership between living in the world and fulfilling your highest aspirations can take place with greater ease than you may first imagine.

As you begin this journey, we will guide you through an assortment of paths that will help you identify what is most essential in your life. We will explain how to reinforce your physical, emotional, mental, and spiritual environments. You will also learn how to balance your beliefs and how to activate effective strategies for realizing specific results. Meanwhile, you will learn how to align your internal perceptions with your external surroundings. When you nurture these spaces, you can stabilize and energize your life.

Our intention is to help novices grasp the basic principles of Feng Shui and NLP by applying them in very practical exercises. Keeping a journal is a definite benefit, enabling you to capture many meaningful insights. For experienced Feng Shui and NLP enthusiasts, we encourage a deeper use of your own intrinsic guidance. This, in turn, will broaden your understanding of how to elicit stronger results from your efforts, thus benefiting you and your client's lives.

We have found that certain fundamental NLP techniques empower Feng Shui solutions with positive language, focused perspectives, and powerful emotional reinforcements. Feng Shui principles, in turn, promote NLP strategies by intentionally placing meaningful objects which elicit specific states of mind. Reciprocally, Feng Shui enthusiasts can enjoy NLP's special abilities to organize information, while NLPers may appreciate Feng Shui's capacity to build a supportive psychology into their environments.

What kind of skills or determination does all this require of us? Have you ever noticed the persistence of a child's curiosity in pursuit of some fascination? See how fully absorbed the child gets while watching a bug crawl across a leaf or a friend fly a kite. They become so deeply enthralled that it's hard to disturb their deep focus. As adults, we carry this same ability to immerse ourselves in any endeavor, whether we're working, enjoying

sports, or cooking a favorite meal. There is a certain composure that focused, purposeful endeavors generate.

Today we still see evidence of the spark that ignited Life with its original glow. Why else would everyday events appear so important to us, riveting our attention like a bee to a flower, a bird to its song, one lover to another? History supports the unlimited possibilities each of us has for finding resources to help us and our families grow as human beings. And each day we may find new and creative ways to acquire resources that will help us achieve our highest aspirations.

As you join us in this journey, you will discover how to mobilize your beliefs and activate effective strategies for realizing the specific results that you envision from the inside out. We trust you will enjoy reading and applying the contents of this book to your daily life.