

NATURAL BALANCE



creating interiors that invite and inspire



GoodShui™ Your Way

Real life space challenges and practical solutions.

My sister's house is beginning to feel like a conservatory. She says you can't have too many plants, but I'm finding it hard to find a place to sit! What do you think? I'm betting on you. Please get me out of the jungle.

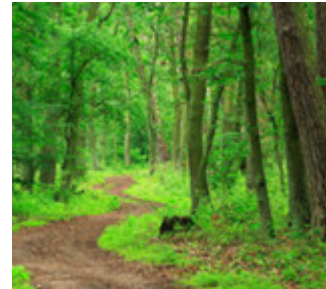
Get Me Out Of the Jungle,
Plants are living growing objects from mother nature that can help you ground your room and bring a freshness to it. They bring great life and positive energy to any space, as well as clean the air. But, if you can no longer find an open pathway for movement or a place to sit, the plants have taken over. Besides causing problems with room function, they are likely "hogging" all the energy. Can you see or focus on anything else? When it is no longer comfortable to be in a space, for yourself, or others, something has to change. Alas, you have won this bet. I gently recommend that your sister pick her favorite plants for each room (no more than 3; depending on size, one may be plenty) and give the rest to friends who will take good care of them. I say, out of the jungle and into the light!

THE GREEN GOODNESS

Common Sense and the Rules:

Your entry sets the stage for the rest of your home or office.

This is a solid rule to follow. I believe the phrase is, "First impressions are hard to erase." Most important, are your impressions of your own space. What do you want to see and feel when you're entering your home or office? What is going to invoke calm and personal inspiration for you? Natural, beautiful landscaping, a well lit meandering pathway to the front door and plants in beautiful pots are often great choices for a positive entry experience. Other options to personalize your entry are iconic statues, water features, or a beautiful set of chimes -- pleasant to your ear. Take advantage of this perfect time of year to prune and plant. Get inspired to give your entry a lift! If you would like guidance with your entry or a landscape referral, let us know: info@naturalbalance9.com



Color Talk

Plants make me think of green - not unusual. But, there are many shades of green, from Forest to Sage, to Apple, to Celadon. Green can be bright or earthy and is great for almost any room, depending on the shade. Some of my favorite shades of green this fall are from Benjamin Moore's new Affinity paint series: an olive green Agave, AF-420; a saturated green with brightness Jojoba, AF-460; and a rich blue-green Lush, AF-475.

Please email you feng shui design questions to:

dearfeng@naturalbalance9.com.

Let Us Introduce You

Our favorite featured colleagues and vendors (in alphabetical order):

AW Pottery, large ceramic and clay pot distributor in Lynnwood;

www.awpottery.com

Flower World, large retail nursery in Snohomish; www.flowerworldusa.com

David Berleth, Landscape Architect; boxwood321@comcast.net

Initial Tropical Plants, indoor plants for commercial spaces;

www.initialplants.com

Susie Thompson, Landscape Design; susielandscapedesigns.com

Wetlands and Woodlands, wholesale nursery in Everett; (425) 337-4985

Green, Green, Green

(sustainable products for your home and office)

David Smith & Co. imports beautiful Indonesian antiques and farmed teak replicas. Their imported accessories are also incredible. With a focus on plants this month, we wanted to highlight their recycled tire pots.



A Cool reused design! They come in 12" high by 8, 10, 12" diameters (\$25, \$35, \$45, respectively) and 24" high by approx. 20" & 30" diameters (\$75, \$95, respectively). Call or Visit their store: (206) 223-1598, 1107 Harrison St, Seattle, 90109.

Note: color changes with light, so make sure to test your choices where they will be used before investing on that gallon of paint.

Upcoming Events

Natural Balance is excited to officially launch our OfficeShui tm service next month. As part of our office focus, we will be giving a "do it yourself" class through Biznik, open to the public:

OfficeShui tm, practical powerful changes you can make to your office for inspiration and productivity;

Wednesday, October 24; 7-8:30 PM;
\$30 per person;

My Day Office at the SW corner of Broad & Elliot in Downtown Seattle;
Respond via biznik.com/events



We love to share our passion for integrated design using our organizing, feng shui, interior design and goal setting skills. If you know of a professional group or organization that would benefit from a

practical presentation on Changing Your Life, One Room at a Time, please let us know info@naturalbalance9.com.

On the Home Front

Natural Balance just finished a propping project at My Day Office. Combining pre-purchased artwork with our finishing touches we had a great time co-creating a unique work, meeting and presentation environment. Visit My Day Office at 2820 Elliot Ave, Seattle, 98121 or www.mydayoffice.com

Look for next month's topic:
INTRODUCING OfficeShui tm

Please send newsletter ideas or questions to:
newsletter@naturalbalance9.com

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Our mailing address is:
Natural Balance
6059 NE 61st St
Seattle, WA 98115

Our telephone:
206-660-0995

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