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6 TIPS FOR MIND/BODY BOOKSELLERS

From Ann Marie Holmes, author of **EARTH SPIRIT LIVING: BRINGING HEAVEN AND NATURE INTO YOUR HOME**

1. Refresh the store.

Open all of the doors and windows. Turn on all the lights. Open and close the cash register. Turn on any water faucets and burners on stoves. Flush any toilets. Clap your hands together in all the corners. Imagine or visualize the store completely renewed. Invite the employees to participate, if possible. Carry on for 10 or 15 minutes and then proceed to close the doors and windows; turnoff all the various elements and imagine the store brimming with beauty, balance, order, and harmony. Feel personally abundant and you and the store filled with the revitalizing breath of nature. Enact the "cleanse" at new moons, times of big changes in the store or just because it feels good.

2. Place the cash register on top of a red cloth.

If the store has a money drawer, insert the red cloth, (usually red felt) into the drawer. Make the cloth as big as the money storage area and even a bit larger. It's best if one can see a bit of the red cloth. Red symbolizes strength, power and vitality. As you place the cloth, visualize abundance for the store and the customers as well as protection for the cash and checks. The color is a visual reminder of these intentions as one either places or withdraws money. Also, make sure you have a good view of the entrance as you stand at the money storage area.

3. Use your body radar- a first impressions exercise to "read" the energies in the store.

If you are feeling overwhelmed with all that needs to be accomplished at the store or need a "fresh look," use your body radar. Body radar pays attention to how your body feels, gives your brain a rest and opens new ways to solve or recognize problems.

Walk out of the store and walk briskly for 10 minutes, ideally for 15 minutes. Breathe deeply; let go of "to do" lists; open to your 5 senses and allow your 6th sense more breathing space. Come back to the entrance of the store and let go now of phone calls, people talking. Begin walking the site totally focused on what you feel. Ground yourself. What do you see, smell, hear, feel? Notice if the sensual cues are pleasing or disturbing to your body. Body radar feedback includes muscle tension (either relaxing or tightening), a change in breathing, body aches, a wave of joy, a mood shift. All of these sensations can help you calibrate the energy around you. Walk the site briefly this way, maybe 5 minutes. Taking longer activates your thoughts and your energy begins to blend again with the atmosphere of the store. Afterwards, take note of the areas that are not quite right. Most of the time, it is a simple act to correct the imbalance, maybe arranging flowers, moving a piece of furniture or buying a plant. Once this is done, overwhelm can melt away as the environment is in balance again and clarity prevails.

4. Place the managers office behind the center meridian of the building.

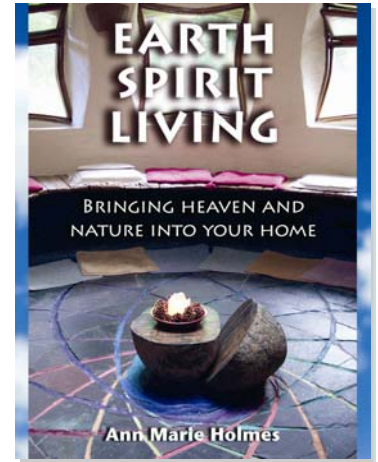
This placement is conducive to better concentration and fewer distractions with a better overview of all the activities. This can contribute to a better mood for the manager as well.

5. Honor the center of the store.

Ideally the center should be a still point, a place for anchoring or grounding. The center is similar to the eye of the hurricane in a building; it maintains the structure by the constant repetition of the chi or life force moving around it. Some ways to accomplish anchoring the center in a store are: reserve the center for a sitting area; place the main counter in a circular fashion in the center; set a round table with statues, stones and plants. Hang a beautiful light fixture or place a round rug in the heart of the store. Visualize you are anchoring serenity and a healthy pattern of chi movement in the store.

6. Create a daily circle for an attunement.

An attunement is a way of harmonizing with your surroundings and each other. It is a way of settling into a place, like calling a meeting with a site's tangible and intangible energies. As the store opens, all workers come together in a circle and ground with the earth; invite the nature allies inside; acknowledge the being of the store, the employees, and the customers. See everyone work as co-creative partners with the visible and invisible elements and allies here, interweaving with existing patterns, enhancing both old and new. Come in gratitude for the abundance of money, synchronicity, support and guidance coming to everyone today. This level of intention affects the emotional and energetic tone of the store and can magnetize more happy customers.



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