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STORY TOPICS

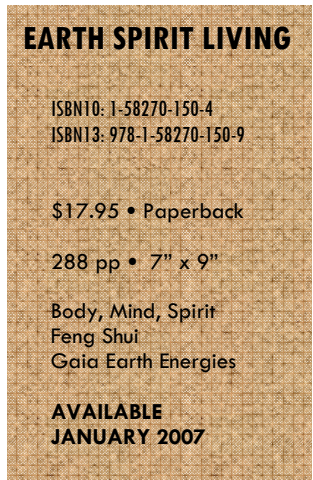
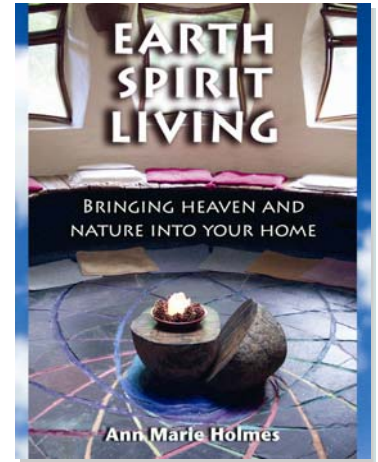
For **EARTH SPIRIT LIVING: BRINGING HEAVEN AND NATURE INTO YOUR HOME**

Earth Spirit Living is a revolutionary approach to lifestyle design and personal space that focuses on creating connections with the earth. The author, an expert on earth energy systems, believes that by picking up subtle cues from the natural world, we can create healthy, enjoyable, and sustainable living spaces.

Potential story ideas for Ann Marie Homes & *Earth Spirit Living*:

- A New Trend in Lifestyle Design: Tune in to the energy and wisdom of nature around you and make your living and working spaces more productive, harmonious and even help improve the weather!
- How you can fight global warming—in your own backyard
- 9 tips for cutting time and money from your remodeling and redecorating projects, while staying environmentally compatible
- How to find and eliminate some unusual blind spots in building and redecorating that cost you money!
- Learn why many of the indigenous elders (Mayans, the Native Americans) tell us it is very important to develop our sensitivity to the earth in these times—our lives depend on it!
- Use your body radar, a user friendly body technology that everyone can develop, to improve your health and create a productive and harmonious indoor environment. You will also expand your belief about the role of nature in your everyday life.
- Open to your senses and thrive in these times. Learn the earth language around your indoor environment—winds, the bird songs, clouds floating by, for instance. The more you open to your sensual self, the easier it will be to receive the riches of these times.
- What is local knowledge? In Hawaii, there is an old saying, Eli Kulahao `Aina `ike (“Here is a person with a deep awareness of the earth knowledge; we deeply respect this human.”) In our modern times we have lost contact with this important ‘local’ knowledge. Find out why this is so important now to regain. Everyone can do this. The second part of the saying goes: Aina `ike is a wahi pana (“Look for the place, not a physical place but look within to the depths.”) Find out some simple ways to look for ‘local’ knowledge.
- How to take stress out of your re-modeling, redecorating and building projects. The hammer drops. You keep losing items. Materials get lost at UPS. Find out ways to turn around the chaos and move back into meeting deadlines and completing projects on time.
- Need help in selling your home? It’s been on the market for months and you need it to sell now. With this volatile real estate market, get some help from Environmental Intuitive expert, Ann Marie Holmes and she will give you ways to sell the house straight away.
- You might have a vortex in your backyard or a ley line running next to your bedroom or even moving through it. Learn about the energy web around the earth and how it impacts you, physically emotionally and mentally.
- Improve your health by looking at your environment. Do you have any water leaks or light bulbs that continually go out, or birds that are eternally squawking? All of these influences can impact your body and good health. Find out why.

Holmes is a former contributing member of the renowned Findhorn Foundation in northern Scotland, and a recipient of the UN-Habitat Best Practice Designation. She has been a master consultant and pioneer environmental intuitive for over two decades. She lives with her husband in Lihue, Hawaii. *Earth Spirit Living: Bringing Heaven and Nature Into Your Home* (Atria Books/Beyond Words, a division of Simon & Schuster) is her first book. For more information about her, visit her website at www.annmarieholmes.com.



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