



Dr. Katherine's

# Life & Space Tips

Comfortable Mastery of Your Life and Your Space

www.InspiredSettings.com • Washington, DC, & NYC

## Katherine Morris, PhD

- Ph.D. in Depth Psychology
- M.A. in Counseling Psychology
- Professional Feng Shui Certification
- Coach U Graduate
- GO Systems Trainer

Dr. Katherine has been counseling, coaching, and teaching since 1993.

She finds out what you want and helps you achieve it in a way that works best for you—coaching, Feng Shui, psychology, and/or spatial organizing.

When clients engage her services they gets results.

She works on-site and in-person with clients in NYC and Washington, DC, and elsewhere by phone and Skype.

### SERVICES OFFERED

- Life Coaching
- Feng Shui Space Consultation
- Psychological Space Consultation
- Organizing/Clutter Clearing

Contact Dr. Katherine today to schedule a complimentary session to explore your life or your space.

By phone: 301-654-6640

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## What is Your Living Space Telling You?

The spaces in which we live and work “talk” to us. When people listen, surprising things can happen. Lisa took her diplomas out of the closet and hung them up in front of her desk. She was more confident in herself when she called prospective employers.

Dave put a small table near his front door on which to place his keys and mail. He no longer spent frantic minutes each morning searching for his keys. And he no longer paid late charges as a result of misplacing his bills; they were all in one place.

Susan said she wanted a romantic relationship. Her home said something else: it featured photos of single people or singular items. She replaced these photos with pictures of couples and pairs of things and ‘happened’ to find Mr. Right the next month.

A quick and effective way to improve your inner life is to improve your outer environment—your bedroom, your desk, your closets, your workspace, etc. Our moods, fears and fantasies, thinking, and behavior are all triggered by what we see, touch, hear and smell in our environment.

To find out what your space is saying to you, do this:

### Take pictures of your space.

Leave your space as it is and photograph it. Under the desk, inside the closet, on top of the cabinet...make sure you get every inch of it and every angle. After you’ve taken all of them, look at each one separately. Expect to see things you never saw before.

What does the space in the photo say to you?

“When I look at the sofa I think of my mom; it used to be hers.”

“I see the pile of books by my bed and fear I’ll never have enough time to read them all.”

“I’m proud that my desk shows how organized I am now.”

### Make small changes over time.

Make a list of the areas that you’d like to change. Make only three changes or less each week. A small number of changes will:

- feel effortless to make
- make tracking results easy

### Use Feng Shui.

Draw the space you want to change, e.g., your office, your bedroom, etc., and label the furniture, windows, and doors. Then draw the Feng Shui Bagua (use a tic tac toe box) over your drawing. Label according to the

Fortunate Blessings/ Power Purple/Blue	Future/ Dreams and Goals Red	Relationship Pink
Family/ Community Green/Blue	Health Yellow/ Earth Tones	Children/ Creativity White/Pastels
Self- Knowledge/ Wisdom Blue	Career/Self Black/ Dark Tones	Helpful People/ Travel Silver/Grey

diagram shown here. Align the main entry door to the space with one of the three bottom boxes (self-wisdom/knowledge, career/self, or helpful people/travel.) Notice what you have

in each area. Which section of the Bagua is your bed in? Your desk?

To learn more about using the Feng Shui with your space visit my website: [www.inspiredsettings.com](http://www.inspiredsettings.com). ●

## Top 10 Things We Can Control

We can’t control the weather, death or another’s thoughts, much as we might like to. Here are 10 things that we actually can do something about.

- 1. Our actions.** We alone are responsible for what we do.
- 2. Our words.** Spoken or written, the words we choose impact our lives and the lives of others.
- 3. Our beliefs.** If we believe that others should take care of our needs, then we will be frustrated when they don’t. We can change our beliefs.
- 4. Our values.** No one else can tell us what to value. It’s up to us to make choices based upon our values.
- 5. Our work.** We do actually get to choose what our work in the world is.

**6. Our friends.** We can choose friends who support us or who bring us down.

**7. Our input.** We can select our sources of news, turn off the TV or computer, ignore advertising.

**8. Our time.** Although it doesn’t always feel like it, we choose every day how to use its 24 hours.

**9. Our basic health.** While we cannot control our genetic make-up, we can choose to exercise, sleep enough, eat healthy food, get routine check-ups, etc.

**10. Our legacy.** All that we choose while alive—our actions, words, etc.—will become the gift we leave when we die. ●

# Self-Quiz

## How Much Joy Can You Stand?

Everyone has a dream. Nurturing and pursuing that dream, without rigid timelines, generates a fine joy like nothing else. Are you pursuing your dream? Test your joy quotient with this Self-Quiz.

True False

1. Creativity doesn't just belong to artistic types living in loft studios. It belongs to me and to every human. I AM creative!
2. I think of myself as someone who doesn't just want what I want, but as someone who is going to get it.
3. I keep blank notebooks in several places for jotting down my ideas and inspirations, and a tape recorder for recording observations.
4. No matter how "uncreative," sensible, logical and otherwise unimpulsive I might consider myself, if I have a pressing idea—a core desire—I'm going to express it.
5. My family, my community, my world all benefit from my pursuit of my dream.
6. Feeling vulnerable and insecure is part of the process of creating any dream. To see me through
- those times, I call on those whom I know support my project, not those who might discourage my efforts.
7. I quiet my mind regularly, and when I do, creative ideas and inspirations often show up seemingly out of nowhere.
8. I look around my world—city streets or nature's paths—for creative inspiration and sources of joy.
9. I anticipate unexpected twists of fate, chance encounters and unorthodox solutions.
10. It isn't up to me what the world thinks of me. My job is to work on my dream and send it out there.
11. I make a regular habit of connecting with my wishes, and I'm not afraid to wish for too much. But rather than wish for personal success alone, I link my wishes to how they serve people.
12. I use affirmations—positive statements phrased in the present tense and repeated often—to calm any fears I identify as holding me back.
13. I make it a habit to do one scary thing and to do one thing differently every day.

*If you answered "false" more often than "true," you may be plugging up your joy channel. Please don't hesitate to call if you would like help clearing it and reconnecting to your joy.*

### Feng Shui On-Site Basic Package

Rearrange your space using Feng Shui to attract harmony, balance, & abundance into your life:

- Feng Shui analysis of your floor plan
- Your 3 elemental numbers personality type
- 1-1/2 hour on-site consultation in your home or office
- Complete list of recommendations
- Action steps for good home/office Feng Shui
- Before photos
- Phone follow up

**Feng Shui Basic On-Site Package: \$350.**

*Both packages are for Washington, DC, and NYC homes or offices.*

### Feng Shui On-Site + Soul Enhancing Package

Rearrange your space to attract harmony, balance, and abundance into your life AND feed your soul with psychological insights:

- Feng Shui analysis of your floor plan
- Your 3 elemental numbers personality type
- 2-1/2 hour on-site consultation in your home or office
- Empowering psychological insights
- Complete list of recommendations
- Action steps for good home/office Feng Shui
- Before photos
- Phone follow up

**Feng Shui Plus Psychological Insights On-Site Package: \$525.**

***"If you ask me what I came into this world to do, I will tell you: I came to live out loud."***

*—Emilé Zola, French writer, 1840-1902*

# Taming the Monster

## When Envy Rears Its Ugly Head, Listen to What It Has to Say

When William's neighbor drove up with a new Mercedes sports car, William suddenly felt "less than." Spoiled little inheritance baby, William thought. At least I work for my money.

Frances wanted to be happy for her friend—who had just landed a lucrative book publishing contract and had a new boyfriend—but inside she was ticking off all the reasons her friend didn't deserve either.

Envy isn't pretty, is it?

News of someone else's good fortune can send us spiraling into a pit of bitter—though silent—accusations and self-righteousness. It poisons our confidence and undermines our sense of worth. Given enough energy, envy can balloon into outright hate.

But facing this green-eyed monster, looking it in the eye without flinching, can tell you powerful things about yourself—what you really want, what needs to change and what you need to let go. Seen this way, envy is information. It points us to what we long for and also to our belief that it is out of our reach.

Funny thing, it's not the movie star or the seven-figure executive we envy, but those closest to us, the people we imagine ourselves to be like.

Frances was working in a low-paying office job, with no love in her life, when her friend called with her good news. Frances examined her envy and discovered that it wasn't about her friend, but that she was really feeling unfulfilled, stuck and lonely. And underneath that, she believed that fulfillment and love could never happen for her.

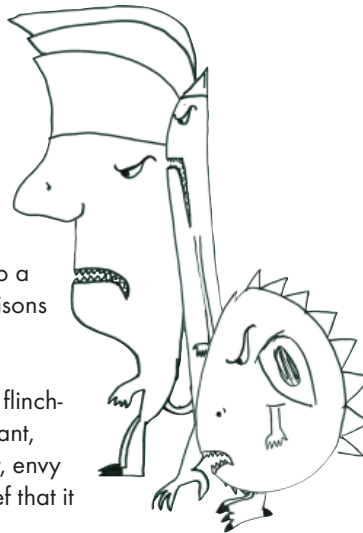
Thanks to the guiding light of envy, Frances reflected on what she really wanted in her life and eventually decided to start her own business and join a singles group.

For William, entitlement fed his green monster. He compared his long hours of physical labor with what he perceived to be "the easy life" of his neighbor. If anyone deserved lots of money, William did.

William later learned that the neighbor had inherited his money when his entire family died in a plane accident. When William looked at his life, he realized he loved his work trimming trees and felt blessed to have a healthy family. Acknowledging that goodness and grace were abundant in his life helped free him from envy's grip.

Here are some steps you could take to tame envy and increase your happiness.

- **Let the envy inform you.** Let yourself fully feel the needs, desires, longings and yearnings behind your envy. Seeing it is the first step toward opening yourself to the good that you seek.
- **Ask yourself: What brings me joy?** Be specific about what fulfills you in key areas of your life (finances, career, health, relationships, etc.). What actions can you take to create the life you truly want?
- **Tell the truth.** What have you done to further your own dreams and goals? Or, are you, perhaps, aspiring to goals that really aren't yours?
- **Destroy all your yardsticks.** In other words, don't compare. How do you feel about yourself and where you are? If you're happy, then it doesn't matter what someone else has or does. If you're not, then take steps toward what you want in life.
- **Count your blessings.** When we feel envious, we often discount the good that is in our lives already. Notice what fortune life has bestowed upon you and express it. Do you have use of all four limbs? A warm bed to sleep in? Make a gratitude list to post around the house or keep in your wallet.
- **Let go, when necessary.** If you are 5' 4" and have curly hair, you will never be 6' 2" with straight hair. This kind of envy is a true waste of time. Put it where it belongs: in the "waste" basket.
- **Trust life's abundance.** Envy often stems from the unconscious belief that when someone else gets something good, there's one less for us—one less wonderful man or woman, one less good job. Every time you feel envy, remind yourself that there is enough good in the world for you to have your share, too. ●



## BEYOND the BOX

The following questions are designed to broaden perspectives, to open vistas, to widen the lens. There is no one right way to approach them. You can journal about them, talk to friends, create art, ponder them while driving, talk to your dog, dance them—whatever helps you explore "outside the box."

1. How can I honor the rhythms of the seasons of my life?
2. What does it cost me when I don't try new things?
3. What seeds are calling for attention in my life right now?
4. How high is my inner "wanter" dial turned up? What would happen if my "wanter" were turned up fully?
5. What is creativity? How many different (and creative) ways can I define it?
6. What is the alternative to living a joyful life?
7. Where am I experiencing envy in my life right now?
8. What assumptions am I making when I feel envious?
9. How is this a useful concept: There is no failure, only feedback?
10. There is no failure in falling down. The only possible failure is in not attempting to get back up. What is the gift in falling down?
11. Where in my life am I mislabeling life experience and learning as failure?

## Enough Not Being Enough!

**N**ot smart enough, not pretty enough, not strong enough, not talented enough, not loving enough, not disciplined enough, not brave enough...

If you're caught in the "not enough" trap, nothing about you ever seems quite good enough. Successes are rarely enjoyed, for you always feel you must do better. Perceived failures are magnified. Life becomes a quest for utter perfection—like the carrot dangling in front of a horse, it is chased but never truly experienced.

"If I'm 98% perfect in anything I do, it's the 2% I've messed up I'll remember when I'm through," begins a little ditty. The problem begins when we allow the real or perceived opinions of others—family members, our spouse, friends, popular culture—to define who we are or are not. Unfortunately, these roots of self-image often stretch back into childhood, when negative messages received from parents and others imprinted us with a feeling of being stupid, fat, lazy, weak or otherwise inadequate.

As adults, however, we can choose to truly accept ourselves—with all our strivings, quirks, faults and shortcomings—as being enough right now. The more we do that, the less vulnerable we are to the opinions of others.

The next time you get that feeling of not being enough, stop to examine the standard you are using to compare yourself.



A playful way to look at the power of comparisons is this: Compare your own physical measurements to those of a person who embodies contemporary ideal physical beauty. Dwell on the differences.

Then list all the achievements you've accomplished up to your current age. Be extra thorough. Now compare your list to that of composer Wolfgang Amadeus Mozart at age 12. By that time, Mozart spoke 15 languages and had composed numerous major pieces of music, including an opera. Dwell on the differences.

If you're miserable now, notice how negative comparisons affect your energy for work, family, relationships—and for yourself. How do they block the real you from showing up?

Here are some more questions to ponder:

- How is it that if something is not perfect, then it is nothing?
- Is it possible to accept myself and treat myself in a loving and caring manner regardless of my accomplishments or lack of them?
- Why must I be outstanding or special?
- Why does failing at something transform me into being a failure?
- What would my life be like with more humane standards?

Life is a never-ending process of learning and growing in skills, experience, wisdom and compassion. And each one of us is worthy to live lives of contribution, caring and value. ●

*"There is a vitality, a life force, an energy, a quickening, that is translated through you into action. And because there is only one of you in all time, this expression is unique. If you block it, it will never exist through any other medium and will be lost."*

—Martha Graham

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