



FENG SHUI

KARMA CHALLENGE





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Karma is a sanskrit word meaning action. In karma, every *action* must have a *reaction*. Your negative actions result in suffering, and positive actions result in happiness.

When it comes to Karma, your intent and approach is directly related to the end result. How things show up in your life and business, is a **direct** result of your karma.

In my school, Professor Lin Yun taught:

"It is not your time or your effort that has value, but it is your karma that is most valuable."

When it comes to business the real joy, pure abundance, and happiness is a result of the intention you put forth. Think about your daily contribution to the world. How is your business different? Are you approaching it with an egoic mind? Or a kind heart?

Your kindness, empathy and compassion are what matter most. How you treat others will be done to you so begin and end your business day with love and remember to always bring good to the bad.

I have put together a quick-start guide to follow and create good Karma. Take the challenge today!

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WAYS TO ATTRACT GOOD KARMA

Feng Shui Karma Challenge

- *Stop worrying & consider if this thing will matter 6 months from now*
- *Stop watching TV*
- *Include 5-15 minutes of movement outside everyday*
- *Drink more water*
- *Work in 90 minute segments and then go outside*
- *Eat 4-5 small meals*
- *Meditate every day even if for 5 minutes*
- *Get a minimum of 7 hours of sleep*
- *After 9 PM no electronics*
- *Prayers and gratitude for the day every morning and evening*
- *Send healing energy to one person every day*
- *Accept your limitations*
- *Always hold a heart of faith and hope*
- *See the good in everything*
- *Enjoy what you have and stop yearning for your wants*
- *Be selfless*
- *Serve others with good intent*
- *Be generous*
- *Be patient*
- *Find humility*
- *Find grace and ease*
- *Go to yoga*
- *Learn to let it go*
- *Learn the art of non-attachment*



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KARMA MANTRA

Buddha was asked, "But what will you gain? Nothing, but here's what I lost: anger, impatience, fear, anxiety, depression, insecurity."

Loving Mantra:

I honor the place within and inside me. This is where the Universe lives. I respect this place within me. This is the place that seeks truth, finds love, holds light, and sees only peace. When I am here we are all one. Love and blessings.

Namaste

QUICK-START GUIDE

Feng Shui Karma Challenge

Too often as entrepreneurs we get caught up in the race of doing more, making more and being more.

But where is this imaginary goal post we've created coming from? The ego. Thanks to social media and this concept of FOMO, or the fear of missing out, we have become a society of more. Striving for nothing less than empty calories. But what will you gain? Nothing.

Your gift to the world is more than what you do. It's who you are, what you give and how you serve. Approach everything with joy, compassion and heart. To do so awards you great Karma.

A few years ago when I started working under my current Grandmaster Katherine she taught me the art of karma and business. Your imprint, and your intentions matter. What you put forth comes back to you tenfold. What good deeds are you doing everyday to improve humanity? What are you doing to heal your karma? How are you reinventing the way business should be done with the imprints you create? This is more than business as usual, your past is simply a place of reference not a place of permanent residence, so change your address.

Want more? Have comments? Email me! Letschat@thegatescompany.com, I'd love to hear from you,

xx Amanda



WHO IS AMANDA GATES?

Amanda is a professionally trained Interior Designer, Feng Shui Practitioner, podcaster and award-winning blogger. She has been seamlessly marrying interior design and Feng Shui for over seventeen years to help her high end clients create designs that are energy aligned, to give them the home and life they want.

Interested in learning more? Head on over to our website, gatesinteriordesign.com for additional free resources!

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