

Ancient Wisdom meets Modern Psychology

Lou and Bruce Stewart have written a book on how to harmonize our internal and external spaces in order to reach our “highest aspirations and dreams for a better life. “Your Way Home – The Psychology of Place Inside and Out” is a book packed with information about how to get in touch with and act authentically from our Core, which they define as “the space where a person’s inner balance and intuition thrive.” Bruce provides his expertise in the field of Neuro-Linguistic Programming, while Lou integrates the principles of Feng Shui, taking the precept “As Above, So Below” to new depths. Here the interrelationship between our inner lives and our environment are made evident. With a wealth of principles and exercises, they suggest to us how to place our outer world, our “head and our heart in alignment.”

The book runs the gamut from the sacred to the profane, actually adhering to the idea that everything is sacred. It presents the principles of Feng Shui as a path to self-discovery, a way to “enhance your spaces and, in so doing, assure that you will learn how to better support your entire well being.” Lou, who studied with Grandmaster Professor Lin Yun, a world-renowned Feng Shui master, explains his approach as being “based on the spiritual understanding that as we generate harmony within ourselves, we cultivate greater harmony within our surroundings.” The book explores the ancient traditions that led to Feng Shui practice, but also gives practical tips on how to get rid of clutter.

In the same vein, NLP, “the psychology of human excellence,” could be looked at as a sort of inner Feng Shui. Bruce, a Master Practitioner of NLP, has filled the book with information on how to better organize your “mindscape.” The exercises help you to become aware of your own intentions in life and how to reach them. The chapters on how to improve communication skills are filled with wisdom that can apply to any area of life. As the authors state, “...the meaning of any communication is the response it elicits, regardless of the communicator’s intention.” There are tips on how to be a more effective communicator and a better leader, thereby creating a more harmonious environment.

In addition to principles and exercises, “Your Way Home” includes stories of people who have applied this knowledge to their lives. These illustrate the practical power of the ideas contained in the book and show that “Both NLP and Feng Shui embrace the view that our intentions and beliefs affect the whole person and our environment.” As Lou and Bruce say, “Whenever you intentionally arrange your environment with objects and compositions reminding you of the qualities you most value in your life, your surroundings simultaneously offer considerable support to both your conscious and unconscious mind.” This book gives you the tools to create an inner and outer space that interacts with the world in a spirit of understanding and love.

*Andree Cosby is a poet who lives in Mandeville, LA and teaches English at Southeastern Louisiana University.
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