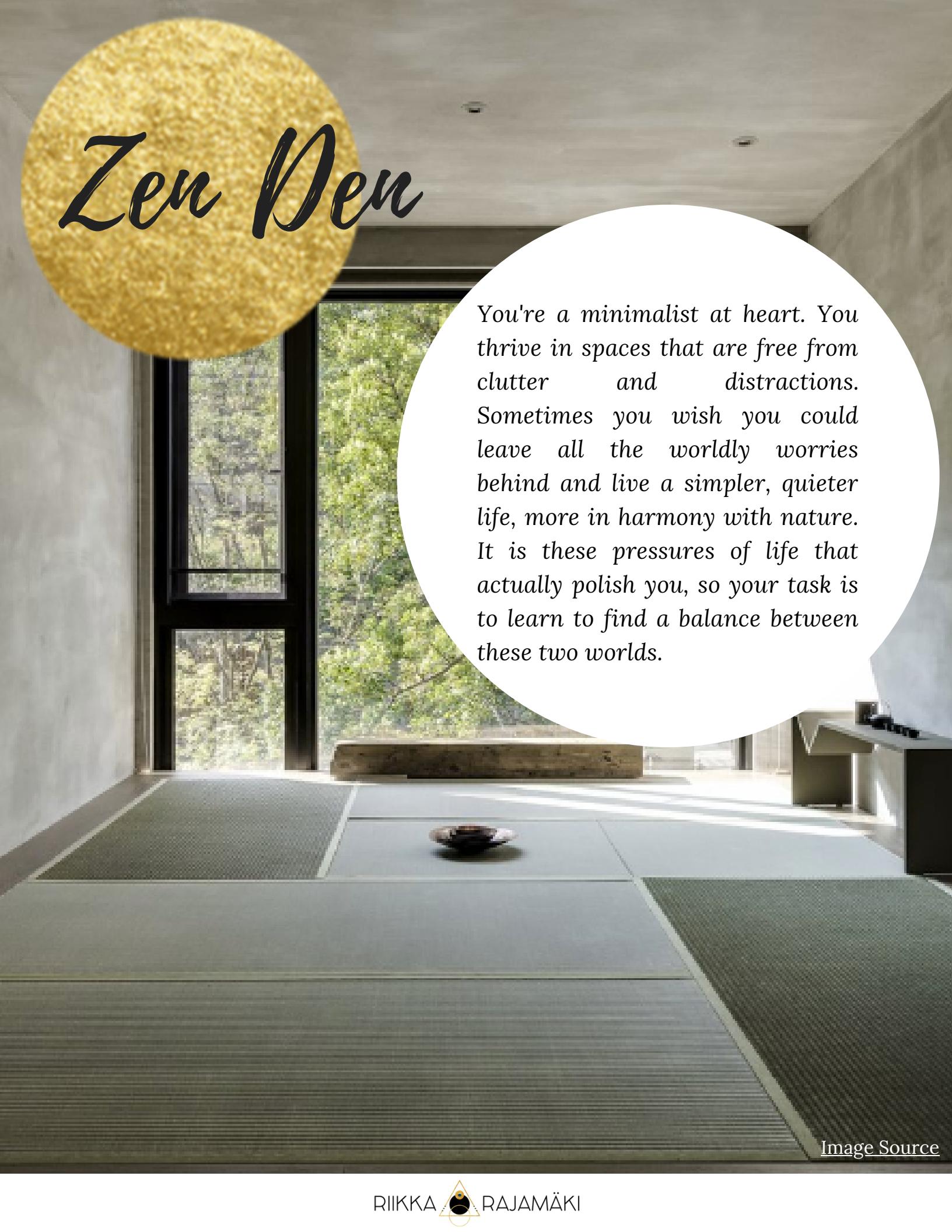


# Zen Den



You're a minimalist at heart. You thrive in spaces that are free from clutter and distractions. Sometimes you wish you could leave all the worldly worries behind and live a simpler, quieter life, more in harmony with nature. It is these pressures of life that actually polish you, so your task is to learn to find a balance between these two worlds.

[Image Source](#)

# YOUR ESSENCE: *Metal*

**Alchemist, yogi, problem-solver, strong, self-reliant, refined, esoteric, perfectionist, serene**



## CLOCKS

The sound of a clock symbolizes the precisionness of the Metal element person.

When the outer noise becomes too chaotic, you know how to return back to your inner rhythm and practice.

Do you know what I'm talking about?

**It is this self-reflection that a Metal person finds their true spiritual power.**



## WHITE SPACE

The color for Metal element is white, also silver, and colorless crystal.

It's in this open clear space a Metal person relaxes.

Too much white can lead to overthinking, so break it up a little, perhaps with some earthy yellows and browns. Earth supports Metal, so **make sure you feel nourished in your clarity.**



## GEMSTONES

Gemstones symbolize endurance, and stability.

Other items that add Metal element to your home: antique furniture, polished stones, round or oval furniture, marble, metal sculptures and jewelry.

*Chinese Proverb:*

*Real gold is not afraid of the melting pot.*



Now that you have identified what your dream space says about your essence, I'd like to help you go deeper into building **your entire life** around your core essence.

Introducing... The School of Living Light – a program that will help you

- Identify where in your life are you not living according to your essence.
- Become a clear vessel for your innate gifts – and no longer be discouraged by the next coach or boss making you feel like you are not doing it right.
- Know when to say “no” – and when to say “yes”. Powerfully. In life, in business and in bed.
- Accept and adore every inch of YOU.
- Feel less overwhelmed – you no longer carry the world on your shoulders.
- Transform your current living space into your dream space.
- Make your home a sanctuary instead of a burden – home that brings the best out of you, every day.

There's one main goal: To remember who you are. **When you do business, love and life from that place, you can not fail.** You are living your purpose – the reason why you came here.

[\*\*TELL ME MORE\*\*](#)