

Room by Room

Feng Shui Secrets for a Happy Life

MEDIA PRESS KIT



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About the Book

Discover the never-before-revealed intimate family stories that led Moni to write this book about how our lives shape our homes and our homes shape our lives.

Moni grew up in a Third World country where she experienced many contrasts and saw many ways to live.

She witnessed the luxuries with which her friends in her privileged upper-middle class and upper class upbringing lived, and also the children begging for money and food in the streets of Quito, Ecuador.

As she visited many different types of homes, she made note of how the homes mirrored the beliefs and expectations of the people who lived in them.

Most notable were the differences she noticed between the way her grandmother and her parents arranged their homes.

Moni tells stories that happened, room by room, in the homes of her maternal grandmother, her parents, and the home where she is consciously raising her family today.

In this book, Moni teaches Feng Shui through the telling of family stories that span three homes and four generations, room by room.

- The Foyer
- The Living Room
- The Dining Room
- The Kitchen
- The Hallway
- Children's Bedrooms
- The Master Bedroom

What You Will Learn From This Book:

- How each of the main rooms in the home is related to an area of life.
- The basics for creating beauty, harmony and comfort in each room in the home.
- How to create happiness in each area of life by improving the home, room by room.

**Our lives shape our homes.
Our homes shape our lives.**

Ancient Feng Shui secrets to live a healthy, abundant, and fulfilled life, revealed through the intimate stories of three homes and four generations, as shared by renowned Feng Shui expert Moni Castaneda.



Monica P. Castaneda, Moni, is a Feng Shui consultant, author and teacher.

Feng Shui is about living in harmony with our surroundings. Moni has integrated modern Western architecture with ancient Feng Shui knowledge to create the Nine Steps to Feng Shui™ System, a step-by-step method to study and practice this art.

Moni helps clients turn their current homes into dream homes, where they may live happy lives.

**Heal your life,
room by room.**

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Description

Over twenty years of practicing Feng Shui, I had written much on the subject – eight textbooks and hundreds of blog articles. Most of what I had written addressed the how of Feng Shui, but I had not written much about the why of Feng Shui.

I wanted to write a book that would present the reader with irrefutable proof that spaces mirror our beliefs, but that they also influence those beliefs. I decided that family stories were the best way to convey the basics of why Feng Shui is important.

There is a relationship between what we keep in our homes and how well we are doing in the different areas of life.

How we arrange our furniture, how we decorate every room, the photos and images we choose for our walls – they reveal the conclusions that we have arrived at about the world. Some of these conclusions can be detrimental to our well-being.

If we are not constantly influencing our home for the better, then our home is influencing us for the worse!

Questions

- What was it like to grow up in a Third World or developing country?
- Growing up you were exposed to many different types of homes. What were some of your earlier observations about the relationship between a person's life and the way they kept their home.
- You had many friends who lived in mansions or at least very large, high-end homes in Quito, Ecuador. Why do you say that visualizing a mansion as a dream home is wrong for most people?
- In your book, you talk about something called the Seed, which is a core concept in Ancient Asian medicine, and that Feng Shui is actually a branch of ancient Chinese medicine. Can you tell us a little bit about that?
- When you were growing up, and as a young woman, did you feel the power of the Seed guiding your choices?
- I am sure you experienced some culture shock when you came to live in the United States. What would you say struck you about the way people in this country keep their homes? What are we doing different, as a culture, from what you had seen growing up?
- How do you feel today about the state of homes and family life in the United States, and how does that tie in to writing this book, Room by Room, Feng Shui Secrets to a Happy Life?
- What do you hope for people to learn or realize from reading this book?



Biography

Monica P. Castaneda (Moni) was born and grew up in Quito, Ecuador, in South America. From a very early age she had a strong interest in space and how space environments affect the people who live or work in them.

Moni graduated as an architect from the School of Architecture in the Central University of Ecuador in 1995. Just a month later, she moved to the United States to join her husband.

For over 20 years Moni has been studying, researching and testing Feng Shui advice and techniques to find out what works and gets the best results today.

The most common complaint of people wanting to learn or use Feng Shui is that they get confused. Moni set out to end the Feng Shui confusion by developing a method to learn and practice Feng Shui which is synergistic and by-the-numbers. This method is called the **Nine Steps to Feng Shui® System**, and it is very easy to learn and apply.

Moni uses the **Nine Steps to Feng Shui® System** for all her Feng Shui Consultation Services, her online courses and her text books.



Mission

Moni's mission is to help women (and men who have a strong nesting instinct) to turn their current homes into their dream homes, where they can live their dream lives and realize their full potential.

There are many things in the world that are out of a person's control. The home is not one of them. The home is the place where what a person says and does matters. By constantly working on improving the home, people can gradually improve their perception of their own lives, and eventually the quality and level of happiness in their lives.





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Monica P. Castaneda

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