

COTSWOLD Living

MARCH 2018

COMPLIMENTARY

Wonderful Whatley Manor

QUINTESSENTIALLY
BRITISH

EASTERN HARMONY

FENG SHUI FOR
YOUR HOME

A SHADE ABOVE

EMBRACE PANTONE'S COLOUR OF THE YEAR



EASTERN HARMONY

Sarah Phaedre Watson looks at the extraordinary life of Sarah McAllister, a globetrotting master of the ancient Chinese art of feng shui

It seems unusual to find a master of feng shui who somehow manages to couple an in depth knowledge of the challenges of commercial business, with a deep-seated intuitive wisdom.

But Sarah McAllister, of the Feng Shui Agency, somehow manages to achieve just that.

Leading her clients to describe her as a visionary change catalyst, a motivator and crucially, an individual with real business intuition.

Feng shui is the ancient art and science thought to have developed over 3,000 years ago in China.

"Feng" means wind and "shui" means water.

In Chinese culture, wind and water are associated with good health, thus good feng shui came to mean good fortune.

It is a complex body of knowledge that teaches

us how to balance the energies in any given space in order to assure good fortune for the people inhabiting it.

A fascinating and complex discipline, it can take years to become a true master. Extraordinarily Sarah is one of only three feng shui masters in the world who specialises in urban planning.

What makes Sarah McAllister's story even more fascinating is that although she travels internationally to work with a wealth of clients, she found her inspiration in a leisure centre in a small Cotswold wool town.

Although she now finds herself advising household names such as Red Bull, or overseeing the academic corridors of St Hugh's College in Oxford, her personal path to self-discovery

began in her father's judo classes in Stroud, Gloucestershire.

She's naturally sporty and as a pupil of the Stroud High Grammar School Sarah played netball for Gloucestershire, but credits the classes with awakening a fascination for the Far East from a young age.

In fact by the time she had reached her teens Sarah was already accomplished in karate and had chosen to study kung fu in both Bristol and Hong Kong.

Sarah was one of the lucky few who excelled academically, as well as in the world of sport, and after leaving the acclaimed girl's school, she won a university place in Bristol.

However, a severe personal trauma and a series



of devastating losses during her student years saw Sarah choose to make some dramatic changes to her life that completely changed her future.

She began a physical and emotional journey that would eventually help her to dispel the anxiety that she had been experiencing for many years, and along the way find an inner peace which she now uses to help people all over the world.

Selling her house in Bristol, and jettisoning the majority of her possessions, Sarah set off on a literal voyage of discovery.

And it was during her nine-month exploration of Australasia and the Far East, Sarah found a spark to further ignite her interests in eastern philosophies and practices, and fire the emotional energy within her.

During her travels, Sarah became deeply immersed in shamanism, an ancient healing tradition and way of life, as well as tantric full body de-armouring, which looks deeply into the vibrational frequencies within us.

Looking through Sarah's staggering list of interests, experiences and qualifications one might be excused for forming a preconceived idea about her personality.

But contrary to the stereotypes that we may have about people who embrace alternative lifestyles or philosophies, Sarah is very much grounded in the real world.

Indeed she rallies against the current trend of putting practitioners and gurus on a pedestal.

A down-to-earth attitude, which is both sincere

and caring, coupled with quick wit and a wicked sense of humour, makes her a real breath of fresh air to be around.

A recognised innovator and trailblazer in her field, the feng shui master has lectured in far flung places such as Iran and Saudi Arabia.

But what is it that has led to this incredible woman forging such a remarkable career?

Perhaps it's her impressive, if slightly unconventional, business background that sets her apart from others in the field.

Her career has spanned jobs working in the City of London as part of the banking and insurance industry, time spent caring for people with learning difficulties, and even some time spent as a self-employed translator.



Whatever the contributing factors behind her success, there's no doubt that her impressive level of feng shui mastery and exceptional business acumen, has led to Sarah being one of the most sought after consultants in the world.

She boasts a commercial portfolio that spans eco-build projects, luxury townhouse refurbishments, the modernisation of commercial buildings as well as residential and international leisure resorts.

It's unsurprising that she is so sought after, not only as a business consultant but also in her work with people on a personal level.

You see Sarah also uses her exceptional powers to teach people to get in touch with their space, and the energy around them, waking them up to the unique qualities inherent in themselves and the spaces they occupy.

Having experienced the discomfort of being out of alignment with hopes and dreams, Sarah

is able to listen to others with great empathy and intuitive wisdom, offering perspectives that are startlingly perceptive and accurate, and always useful.

She leads her clients and students on a process of self-discovery and offers firm yet patient support at every step of the way.

Clients report that after spending time with Sarah, they have benefitted from better sleep, enjoy more harmonious relationships and have achieved more in their professional lives too.

And what is particularly exciting is that Sarah will be in Gloucestershire in March to offer a very select group of individuals the benefit of her knowledge, experience and charismatic character.

During a day-long workshop the feng shui master will interweave Chinese astrology based on year, month day and hour of birth, with each participant's 'master elements', which she

playfully refers to as 'superpowers'. These master elements are water, wood, fire, earth or metal. Sarah's highly perceptive approach, based on proven eastern philosophies and principles will enable those lucky enough to secure their place on the workshop to gain an incredible insight into their lives.

At the end of the day those present will have a much deeper understanding about their personal energies, and how to use different elements to make the right decisions for a happy and prosperous 2018.

Sarah McAllister will be offering her wonderful course *The Heart of You - Master the Key to All Your Relationships* on March 7, at Cowley Manor Spa Hotel near Cheltenham.

W: fengshuiAgency.com/blog/heart-of-you