

# WELLNESS CENTRAL

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## Wellness Guru: Amanda Collins, Feng Shui Master

October 26, 2016 | Darryl Gibney

We're so excited! Our favourite festival of the annual calendar is this weekend, the [Mind Body Spirit Festival](#). This jam-packed festival is full of exciting talks, workshops and exhibitors that are all dedicated to the same goal as our website, that's increasing your Wellness. In lead up to the festival we've brought you a one-on-one weekly interviews with the Festivals main stars, and this week is no different!

This week, Amanda Collins is our Wellness Guru and is appearing at this years [Mind Body Spirit Festival, this October Bank Holiday \(29th to 31st\)](#). Amanda is a visionary leader, high priestess, author, world-renowned motivational speaker and Feng Shui master. She is founder of the [International Feng Shui School](#) and Inner Circle of Wisdom Online community, where she supports people to step into their joy, own their authenticity, connect with their hearts and their higher Selves. She guides others through ancient ritual and ceremony to create magic in the modern day world. She has worked with notable clients such as Bloomingdales and DreamWorks Animation, and regularly shares her wisdom through the mass media.

Below is a sneak preview on what to expect ....i can't wait!



### 1. Tell us about yourself, and how you got to be where you are today?

Amanda is a visionary leader, high priestess, author, world-renowned motivational speaker and Feng Shui master. She is founder of the International Feng Shui School and Inner Circle of Wisdom Online community, where she supports people to step into their joy, own their authenticity, connect with their hearts and their higher Selves. She guides others through ancient ritual and ceremony to create magic in the modern day world. She has worked with notable clients such as Bloomingdales and DreamWorks Animation, and regularly shares her wisdom through the mass media.

As a young girl, growing up in the Irish countryside, I began practicing Feng Shui unknowingly. I have always been deeply intuitive and connected with my higher guidance. My innate instincts and a profound love of nature guided me to rearrange family furniture and to bring stones, flowers, and other natural elements into the home. I'd ride my horse through the rolling green hills, singing and rejoicing in the splendor of the beautiful landscape, and these elements and experiences later informed her passion for the philosophy that Feng Shui, which involves harmonizing with the natural world. I trained throughout the world studying all different forms spirituality with Feng Shui masters, Shaman's, White witches, Druids, High priestesses. As a devoted scholar, studied sacred spaces and spiritual practices in Asia, Australia, Europe, and South America.

I help my clients to understand what their environment communicates about them. My individual and family clients routinely report positive results, including healings, meeting soulmates, pregnancies, promotions, and enhanced prosperity. Corporate clients report increased productivity, earnings, and morale. I have worked with such notable clients as DreamWorks, Hyundai, Bloomingdales, and Morgan Stanley.

I regularly share my Feng Shui wisdom through the mass media and have written for various media and appeared on television stations including FOX News, WB and RTE. I lead annual spiritual journeys around Europe, America and China. These international Sacred Journeys naturally grew out of my Feng Shui practice as clients requested that I lead them to the sacred sites that have inspired me. I am delighted to invite my students to visit my homeland where I feel a deep connection to the Celtic energies of the Emerald Isle.

### 2. Tell us how you spend your average working day?

I am so grateful for my life and love every second of it, even what some people might perceive as bad because for me it's all just experiences and 20 % of life is what happens to us and 80% is how we perceive these experiences.

I get up every morning and if I wake up before my family I go straight to my amazing meditation room and listen to the river flowing below me. I connect to my source, my higher self and my heart, and allow everything else to be still. Then I get up and go for a run through the forest and by the river and experience the sunrise and allow myself to be one with nature and the sacredness of the new day.

Then when the family is awake, we usually put on music and dance around the kitchen, make the breakfast, which includes a fresh green juice, free range eggs and some oatmeal with raw local honey and hemp seeds and always my warm water with fresh lemon. Throughout the day I drink lots of water and green tea and often some bone broth.

For morning exercise I start with yoga and a run and then alternate with Pilates and some weight-bearing exercises. Throughout the rest of the day I eat lots of veggies, I only eat organic, what's in season and really listen to what my body needs.

My children then go off for their morning at their sweet Waldorf School. These are the hours when I work. I don't really feel like I work as I love so much what I do. I call it my purpose, my passion. I share whatever guidance I get from my meditation with my clients and students through video, webinars and coaching. Some days I may practice rituals, ceremonies, space clearings and home blessings. Or I may go into people's homes and businesses to support with the power and magic of Feng Shui.

I work on my book, create materials for [my Online trainings](#). I am blessed to have support from my VA's Virtual assistants as I truly believe we should really only do in life what brings us joy and feels good in our heart and souls otherwise we should not be doing it so administrative tasks that I do not love doing I get help with my Virtual assistants that love doing that kind of work so this way abundance is flowing and we are all in our joy. Which we know leads to a much higher vibration for all.

I love being of service and improving people's lives and my main intention is to raise the vibration of the planet, to guide people into oneness, to connect with their hearts and higher selves. In the afternoon my children Patrick and Neave and I go on some magical adventure. We can all be found skipping through enchanted fairy forests, hiking the picturesque mountains, digging in the sand, jumping in puddles on a rainy day, and just plain laughing no matter what we are doing.

If I ever feel like having a special treat in the afternoons I will make superfood special dessert made with banana, avocado, cacao powder, raw cacao, dates, almonds, brazil nuts, cashews and almond milk oh my goodness it's delicious.

In the evening my husband and I have special time to connect with each other. Most nights before going to bed we do a simple meditation together and always a gratitude ritual at the beginning and end of each day. Each day is unique and offers different gifts, which I embrace.

### 3. What inspires you?

Nature, my connection to Source, my children, and my husband, my clients and my soul family—all inspire me. Other source of inspiration are being of service, and witnessing the magic and miracles that are happening every second of every day.

### 4. What's your goal in life?

My goal is to stay happy, healthy and on my path, to be the best mother and wife to my husband. I also wish to change people's lives for the better and raise the vibration on the planet. Truly to be the best version of me I can be.

### 5. What does wellness mean to you?

Wellness means feeling peace and love in body, mind and soul.

### 6. Tell us about your business?

I am grateful that I am able to work with beautiful souls all over the world because I do a lot of my work with online trainings, by phone and just energetically.

I travel throughout the world doing inspirational talks, trainings and leading goddess retreats. At present I live with my family live in Wexford, Ireland at the base of a sacred mountain, with a river running by our home with rolling green hills all around.

### 7. Tell us about what you'll be doing at the Mind Body Spirit Festival this year in the RDS?

I am so excited to be sharing at the festival and I will be at stand 14 Saturday and Sunday. Saturday at 3:45pm I will be giving a free presentation on Enhancing Relationships With Feng Shui. Healthy relationships, like areas in your home or office, depend on positive energy flows. This presentation will reveal the Feng Shui principles necessary to create relationship harmony with family members, friends and co-workers.

Sunday at 3pm I will be doing a free presentation Feng Shui for Financial Freedom. Learn the Feng Shui secrets to create Financial Freedom in your life. You will walk away with easy-to-apply Feng Shui principles for your home that creates a space that manifests the life you desire.

### 8. Tell us your Top 3 Tips for Wellness?

1. Follow your heart and intuition.
2. Say yes when you mean YES, say NO when you mean No.
3. Self care is a necessity, not a luxury

### 9. So what's next in your career and life?

Life is always evolving with magic and I am open to becoming whatever I need to depending on how the universe wants me to serve. Every day in my meditation I say to God "Use me, it is my honor to serve." I listen to what people ask of me and if it feels good in my body, then I honor it and co-create with the universe.

Among my activities are these:

- Leading the Inner Circle of Wisdom, an online community for Spiritual Guidance and Feng Shui.
- Creating Amanda Collins TV, a lifestyle show
- Completing my book on Rituals by the end of the year
- Having fun and playing in the universe of life
- Always enjoying the bliss of life

Please enjoy my sites [www.AmandaCollins.com](#) and [www.InternationalFengShuiSchool.com](#)