

Extatica ®
THE WAY
TO AN
EROTIC, ECSTATIC LOVE LIFE

On the VoiceAmerica 7th Wave Network

Episode #15

Show Title: Feng Shui for Bedroom Bliss

Show Date: February 12, 2014

Guest(s): Karen Rauch Carter

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

Show Description:

Are you looking for love? Or perhaps you have a partner but have lost that loving feeling. Are you getting enough passion and enough rejuvenating sleep for your best love life?

You may be unwittingly committing feng shui faux pas that can fizzle out your love life! Not to worry — in this show with best-selling author and feng shui expert Karen Rauch Carter, you'll discover the bedroom feng-shui-for-love do's and don'ts that have proven to make a huge difference in the love department!

Karen takes a giant leap beyond traditional feng shui, incorporating Mind, Environment, Body, and Spirit for major shifts in your life. She'll discuss how to create a bedroom environment that not only supports a rejuvenating night of sleep, but also supports as much passion in real life as it is in your dreams. You'll learn the feng shui do's and taboos when it comes to what works in your favor to create the ultimate rejuvenation as well as maximize romance and re-ignite your sex life.

Guest Bio:

Karen Rauch Carter is a feng shui expert and best-selling book author of *Move Your Stuff, Change Your Life*. As a feng shui consultant and healthy-lifestyle designer, she is passionate about helping people create and live their healthiest and most vibrant lives.

Karen has over 20 years of experience studying Mind, Body, Spirit and Environment-changing methods and modalities that produce consistent, *and some say miraculous*, results. Karen's multi-dimensional background gave her the foundation to create and synthesize a unique holographic approach to change. This wisdom is the basis for her new book *Make a Shift, Change Your Life*; a comprehensive resource that creates supportive inner and outer environments capable of quickly transforming lives for the better. Karen's methodology integrates time-tested, researched, and sound practices for bodies, minds, spirits, and surroundings.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

Welcome to Extatica: The Way to an Erotic, Ecstatic Love Life. Your host is Ellen Eatough, the Soulful Sex Coach. Our program will take you beyond the sex you have been experiencing and open up a whole new world of intimacy. You've got a lot to learn today, so let's get started. Here is Ellen Eatough.

Ellen Eatough: Are you ready for an ecstatic love life? I am. Well, let me ask you some other questions. Are you looking for love? Or perhaps you have a partner but have kind of lost that loving feeling? And finally, are you getting enough passion and enough rejuvenating sleep for your best love life?

So today we're going to explore feng shui for bedroom bliss. You may be unwittingly committing feng shui faux pas that can fizzle out your love life. Not to worry. This show with the bestselling author and feng shui expert Karen Rauch Carter, you'll discover the bedroom feng shui for love do's and don'ts that are proven to make a huge difference in the love department.

Karen takes a giant leap beyond traditional feng shui, incorporating mind, environment, body and spirit for major shifts in your love life. She'll discuss how to create a bedroom environment that not only supports a rejuvenating night of sleep, but also supports as much passion and real life as it is in your dreams. You'll learn feng shui do's and taboos when it comes to what works in your favor to create the ultimate rejuvenation as well as maximize romance and re-ignite your sex life.

Now, before I introduce Karen, I'd like to mention a couple of things. First, if you're listening to the show live and would like to ask a question or offer a comment, you can do so in two ways. One is you can call in at 866-472-5795 and that will be repeated during one of the commercial breaks, or you can send me an email at radioshow@extatica.com and I'll be checking this during the show. It's radioshow@extatica.com. And just so you know, this email address is only active during the live shows.

Also, the replays of this show and all the Extatica radio shows are available streaming online or for mp3 downloads, you can carry it with you, at extatica.com/show. The downloadable transcripts of all the shows are also available at extatica.com/show.

I have a gift for my listeners. It's an hour-long audio and e-book called Beyond Orgasm: How to Have a More Deeply Connected Sexual Experience. And you can find that at guess where? Extatica.com and that will be on the homepage. Or to make it really easy, you can just go to beyondorgasm.com, and it will land you on the same place.

Now, one more thing, as many of my listeners know, feng shui operates in the realm of energy, and I also work with various energetic technologies. One of these I produced is special music for lovemaking infused with Auditory Pheromones. It's called Love Unbound. If your sexual challenges include low libido or cultural

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

inhibitions or feeling a bit out of sync with your partner or difficulty with female orgasm, you may be interested to know that customers who play this music in the background while they're making love consistently report enhanced libido and arousal rates, deeper intimacy, easier orgasms and often multiple orgasms for women for the first time, release of cultural and religious inhibitions for greater spontaneity, easier communication about sexual needs and desires and often a sense of spiritual union. So you can learn more about that at getabettersexlife.com.

Now, finally, I'd like to introduce you to my guest, and I got to get her middle name correct. She said it's like -- it's R-A-U-C-H but it rhymes with wow. I think we both think it's very cool. But it's Karen Rauch Carter. You got to tell me if that's wrong, Karen. Welcome!

Karen Rauch Carter: Thank you. That's just fine. Yes, it's one of those German words that we don't know how to pronounce over here in America. So you just make it up as you go along.

EE: There we go. Okay. Anyway, Karen is a feng shui expert and bestselling author of *Move Your Stuff Change Your Life*. As a feng shui consultant and healthy lifestyle designer, she's passionate about helping people create and live their healthiest and most vibrant lives. She has over 20 years of experience studying mind, body, spirit and environment changing methods and modalities that produce consistent and, some say, miraculous results. I love that. I love miracles.

Her multi-dimensional background gave her the foundation to create and synthesize a unique holographic approach to change. This wisdom is the basis for her new book *Make A Shift, Change Your Life*. As I understand, that just came out in January. Is that right?

KC: Yep, you're right.

EE: Excellent. Anyway, it's a comprehensive resource that creates supportive inner and outer environments capable of quickly transforming lives for the better. Karen's methodology integrates time-tested, researched, and sound practices for minds, bodies, spirits, and surroundings.

So Karen, I'm so delighted to have you here. I would love to know, in what ways you work outside the traditional feng shui box to help -- and you mentioned this holographic approach. So please tell us about that.

KC: Well, I know I'm known as the feng shui consultant because I wrote the bestselling feng shui book *Move Your Stuff, Change Your Life*. But I have studied many other things. I'm a landscape architect by college training so I have a design background. I've studied Ericksonian hypnosis, neural re-patterning, personal space work, and environmental psychology, and all kinds of different things and, of course, yoga, tai chi, all the eastern type stuff and pranic healing, blah, blah.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

So it just has shown me what I call a holographic world of the whole is in the part, the part is in the whole. Some people read spaces. Some people read palms. I read houses. I read three-dimensional space and help support people through mindful arrangement of their physical environment.

So there is just many ways to slice the cake, and I like to use what I know of as the shortest distance between doing something and getting a result whether it's traditional feng shui or not, you know, all the Bau-Biologie. I'm a Bau-Biologie practitioner, holistic healing coach. If it's a food change, an environment change, a healthy home change, like the Chinese dry wall that melts pipes, there are certain things that, you know, offgassing and so forth, electromagnetic fields, et cetera. So there's all kinds of things that are creating results out there that people don't connect the dots with.

So everybody knows the obvious, don't lay your baby at the edge of the pool because it's probably going to be a bad outcome for him to take a nap there. It's not a good napping space. But where does obvious end and subtle begin. So the things that I deal with are in the subtle realm where people have not made that connection like, "Duh! Don't do that." It's something that no one has ever thought of as portending to something negative outcome. That's the realm that I deal with.

EE: I love it. I love that you've taken it so much farther than traditional feng shui because so often -- I mean just like doctors who specialize in one realm, if they don't really know the full realm or even like even connecting dental and medical, separating our mouths from the rest of the body, it's so disconnecting and there are so many interfaces.

But back to you, I hear that the most popular reasons people seek feng shui advice are love or money. So what are some of the common problems people bring to you in the realm of love or sex?

KC: Well, this is a really good show. I can tell by your introduction, this is a really good show to tell you what we have at one particular time a working title for Move Your Stuff, Change Your Life and it was called Good Pay, Good Lay Feng Shui.

EE: That's great.

KC: But that was in -- that book came out with in 2000 and literally when I wrote it in about 1997, '98, people didn't even know F-E-N-G S-H-U-I was pronounced feng shui.

EE: Oh, so you probably should have used Good Pay, Good Lay.

KC: It wouldn't rhyme to people. They go, "Good Pay, Good Lay what?" They didn't even know how to say it back then. So the mass consciousness has caught up with me, which I'm so thrilled about, and I think just about everybody knows about feng shui now.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music,
go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

EE: We will use that title someplace, yeah.

KC: Yeah. I'm determined to get that in print somewhere.

EE: What are the most common problems people bring to you in the love or sex department?

KC: Oh, my gosh! Well, everything from one is interested in sex and the other one isn't, all the way to fertility problems to really basic communication, get it started problems kind of a thing.

EE: Okay. Well, let's get to those a little bit. During the course of this call, let's be sure we get to those. Okay.

KC: Sure.

EE: Of course, I want to speak to something else that you have on your website and your books, of course, and that is that -- and I agree that rejuvenating sleep is really an important foundational ingredient for a great love life since it also happens in the bedroom and because without it, we just aren't our best self. Can you speak to how feng shui can help us get more and better sleep so that we can get more and better sex?

KC: Absolutely, yes. One of the needs that is so underserved mostly like I would say women complain about this the most, just don't get enough sleep. And so the last thing they feel like doing is giving, giving, giving when they're just like need to take some time for themselves and get some sleep. So really getting an environment that supports you as in getting what you need. Whether it's sleep time in nature, appreciation, affection, volleyball once a week, whatever, make an environment that works for you.

If you're what's called -- I call it urban campers or people that just float around their house and don't ever land anywhere and they never feel like they have a time for themselves, they usually don't have space for themselves either and so creating the space to feel like you're fulfilled in a creative pursuit or something like that might be helpful, just to get those needs met but also creating that bedroom space. There are so many ways to go with this.

The traditional feng shui, put your bed in a good position, like literally the bed in the right place in the room is important and I call it the command position or the armchair position and I do have -- like if you go to moveitwithkaren.com, you can watch a whole webinar on that. So I won't waste a lot of time on that. Just watch the webinar, moveitwithkaren.com. But it's really about getting support. So the best headboard position would be to have a headboard, for one. Have a nice solid headboard up against the solid wall with no window or door along that wall to be

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

able to see who's coming in the door but not the inline, not have your bed straight on in line with that door.

EE: So basically, if you're lying in bed and you lift up your head, you want to be able to see the door?

KC: See who's coming in the door.

EE: But not directly at the foot of your bed across from it.

KC: If it's directly at the foot of your bed, that's considered the absolute weakest position and it's got the nickname the death position or coffin position, some people might say.

EE: Do you want to explain why? I know why, but do you want to explain why?

KC: Well, traditionally, that's the way they carry you out foot first if you die in a room.

EE: Not a great image.

KC: Yeah. If you have that position, I would probably take any other position in that room rather than that one. But most people just don't understand that what's going on in their life is going on in their house or wherever they spend the most amount of time. If you can make the connection like the baby by the edge of the pool, not good. So if we make the connection between our furniture positions, how things are arranged, colors, symbols -- I think we're going to be talking about symbols a lot in this particular talk -- you can start to connect the almost comical connection between what's going on in your life and what's going on in your house.

So for example, I had one couple who literally called me and they said, "You know what? We're going to sign the separation papers tomorrow. We've tried everything and you're the last one." I love it.

EE: Last hope.

KC: They never called me first. They called me last. Let's give feng shui a try. I'm like, "Oh, my goodness!" So I go there. I go to their house, and there is in the feng shui world a map of feng shui where I know just like reading your hand where everybody knows the lifeline and whatever.

So if you know how to read a palm, you know where certain things are, where to look. So there's a map in feng shui in your house and you just know here to look and the back right-hand area of the house from the minute you walk across the threshold, the farthest back on the right, is the relationship and love area. And in that particular area, they had their game room and they had tons of board games and they had just everything to do with games in there.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

I said to them, "Do you feel like you're competing with each other one-upmanship playing games?" And they said, "That's exactly how we would describe our relationship."

EE: Wow!

KC: It's not like I'm being psychic. I'm reading what I'm seeing, so to speak. And then when I went to their bedroom, their headboard was on the same wall that the door coming into the room was on, so you have to sit up and turn around backwards to look who's coming in the door. That's a very weak, subservient type position, almost like why people don't like to sit in cubicles in their office with the door behind them. It feels like you're exposed, you're vulnerable and you're weak.

When you think of who claims respect and power would be somebody who has a very tall chair back, a throne, a judge, a king, a priest a pope, people who have that giant chair, the chair back is bigger than them and you just immediately respect them and you don't even know them personally. So put yourself in that position. If the door is behind you, you can't speak up behind the judge. You can't sneak up behind the king. They would never put themselves in that weak position.

So they had their bed in that weak position. She had her own little gardening business and so her desk for her business was in the room. She had mirrored sliding closet doors all the way across the foot of the bed on the other side of the room which, number one, double the size of the room; number two, added two more people into the room called them in the reflection and made the room too big. So work is in there. He had a little reading lounge area that had a chair and a lamp. The room was just too big.

When you get three functions in a bedroom, it's too big. So the two functions that are allowed in the room are get your sleep for your health and rejuvenation and personal energy, and then passion. If anything is in your bedroom that does not speak to support those two functions, it belongs out of the bedroom. I can't tell you how many times I see the ironing board, the pile of clothes, the laptop, the guitars, the iPad, the stack of books, the bills, the medicine cabinet on the nightstand -- everything that does not speak to health, rejuvenation and passion.

EE: Okay. Well, we're going to have to take a short break. When we come back, I'd like to ask you how you can people resolve this issue who might live in very small spaces as people are getting more and more cramped in their homes.

So right now it's time to take a short break. You're listening to Extatica. This is Ellen Eatough with my guest, Karan Rauch Carter. When we come back, we'll get to that topic. So stay tuned for more on Feng Shui for Bedroom Bliss.

[Commercial Break]

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough on Extatica with Karen Rauch Carter, feng shui expert and bestselling author of *Move Your Stuff, Change Your Life* and her new book *Make A Shift, Change Your Life*.

So we don't want to leave you with a cliffhanger, so we were discussing this couple that was just about ready to file their separation papers and Karen comes to their rescue. She was describing all the things that were wrong in their environment. So how did it turn out?

KC: Yes. So my suggestions were literally I said, "Where is the smallest guest -- do you have a guest bedroom?" "Yes." "Let me see it." "Fine." It's just a little bedroom that has a bed and two nightstands in it, no giant mirrored wall, et cetera, et cetera. I said, "Guess what? This is your new bedroom. Upstairs in that giant room, that's your do everything else room but this is your bedroom now."

They were like, "What? We bought the house for the ginormous master bedroom, blah, blah, blah." And I'm like, "Yeah. And how is that working for you?" Give them a little Dr. Phil. It's not because when people are in giant spaces, when you're close to somebody, it feels like they're breathing down your neck. But in a very small space in that same position, it feels appropriate. So depending on the space around you -- everything is relative. People like to do it in an elevator, not in a parking lot at the stadium like in the middle of --

EE: Ah, interesting.

KC: Everybody likes to be cuddly and cozy. When you think of the Chinese wedding bed that's almost like a little room the shape of the bed. It's got the walls or, you know, and you're just trying to get this small little space and that's a yin space in feng shui. So we're trying to go for more yin and a giant yang, a bedroom, is not conducive to people literally nose to nose so to speak.

EE: Very interesting. So then relating this to sleep, how does that relate -- well, I can, of course, imagine that too many things going on in the room are going to be distracting for sleep, but what else specifically can -- can you just give us one or two points that would help you get a good rejuvenating night sleep?

KC: I would say currently with the contemporary things that people are adding to their bedrooms, I would say unplug. Unplug everything that you can in the room. There are too many electromagnetic fields from things that are plugged in creating electromagnetic radiation basically is what it is. If you're wired all night, my brain just doesn't turn off. When you start to hear the language of what you're saying turn off, something is turned on that's keeping you going like the electricity.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

So if you're wired, turn off your wireless thing because what used to be in a wire in the wall, now your entire house is the wire when it comes to these wireless modems. That little that pulse that that wireless modem pushes out is quite often the thing that is keeping people awake all night. Of course, poor symbols in the room. Oh, gosh, kids have action figures, right? Action figures and sleep don't go together. Bulldozers and things like Metallica posters with swords and dinosaurs and just all these kind of things aren't good symbols for sleep and, of course, all the things that keep us busy, busy, busy like reading and working, stuff like that.

EE: So when you say unplug, you mean literally not just turn off like if it's a television, not just turn it off but physically unplug it?

KC: Not only what I suggest that. If you want to try it, I would shut your house like go to the circuit panel and shut it down. You know like sometimes the electricity goes out just because -- I mean I'm not saying for people who are in Atlanta and they're freezing right now, whatever, back east a lot of snow and stuff. But if you want to notice how much electricity is affecting you while you sleep, take a chance and shut down all the spaces around you, if not the whole house. I mean maybe just keep the refrigerator is on or something like that, but I've even had pole just shut everything off and they're like, "Oh, my God! The silence, the deafening silence, it just felt so different.

People spend thousands of dollars to go to Bali to have a room that doesn't have a phone, that doesn't have a TV so they can just look at each other and just rejuvenate their marriage.

EE: And that's one of the reasons, yeah.

KC: Why not spend that money and put it in your bedroom now and have that 365 days a year? So unplug, I would say, is a huge component of not sleeping right now. People have their iPads on, their iPhones sitting there charging, their smartphones; and people just don't give it up. Those pulses, it's not run by magic. Something goes from the cell tower to your phone. People think it's nothing. It is something. It is a wave, and it is a wave that pierces through your body, through your cells, through your skin, and please through your baby in your body like, uh, these pregnant people. I just saw this picture of these little kids sitting there with their iPads on their lap playing. And I'm like going, "Uh-oh." There are these children with their sexual organs blasted right now from the get-go with their little iPads on their lap.

EE: So would just getting the device out of your bedroom space help enough or do the signals are still coming from all the neighbors as well as your own --

KC: Right. That's what I do. I go to people's houses with the meters and actually test that kind of stuff to see how bad it is for you. I would say if you have arthritis or anything like that, you're definitely in some fields. I've never found arthritis without electromagnetic field problems. So there are specific things like that. But, yeah, I

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music,
go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

would say the number one thing currently going on is people are just too wired up and the wireless has just exponentially created havoc with our brains and sleep.

But if you want to add the sex life to it, wow, let's talk about what we can do in this bedroom for upping the sex life. Warm colors, start with warm colors. The cold white apartment walls; that really isn't working for the sex life. Anything in the cold realm is usually too cool of a vibe so to speak.

EE: Yes, blues, violets, even -- as you get into the turquoisey greens is that warming up enough?

KC: Yeah. Even a white in the warm family, a warm white would be better than a cold white, the cold colors. Quite frankly, those satin sheets that feel cold and kind of slippery and slick, they're a little cold. I probably would not recommend them. So I'm looking at very specific things in bedrooms. I'm looking for colors, I'm looking for texture, I'm looking for the acoustics. Is it echoey and loud like a wooden chair on a concrete floor, that sound that's kind of echoey versus an upholstered chair on carpet? A whole different sound. If it's echoey, people tend to feel exposed as well.

EE: Okay, so things like adding linens with texture and adding rugs to the floor if you have hardwood floor or tile floors or adding tapestries to the wall, these kinds of things can warm it up?

KC: It can take up that acoustical, that sound thing that nobody thinks of. It's like so subtle, that little sound. And it's so subtle but it's so like, ooh, it feels kind of hard and cold in here. I want to just not -- you know, too hard, too cold. So the color red, I use red even, I use red like a traditional little sneaky little feng shui thing that we do is we put red in between the mattress and box-springs.

EE: Oh, really? When you can't see it, huh?

KC: You can't even see it. And I would actually use that cure if you have one of those king size beds that has the two box-springs and the one mattress on the top because you're kind of sleeping on two different beds in a way and so that red covering that crack between you can be helpful energetically to signify that this bed is one bed.

EE: Great. Yeah, I love it. Now, red in the bedroom, I understand that warm colors like terracotta and warm browns and such would be great, but can red, if there's too much red in the room, be too stimulating for sleep?

KC: Everything I say is relative, yeah. So the same color blue in one room could be extremely like two yin and too obnoxious. In the other one, it might be just the thing that makes it all balance out. So everything I say is relative to what else is in that space.

EE: Good point. So whatever happened to this couple? I want to get back to that.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

KC: Oh, yeah. So they actually got so much clarity from. They said, "It's amazing. When we sleep in that stupid little guest bedroom," she goes, "the kids don't come in here.' There's no reason. There's nothing else to do in that bedroom. There's no TV in there. There's just nothing to do so nobody goes in there. So it has become their getaway, true getaway within their house because nobody bothers that room, and it just becomes that function of we're here to sleep; we're here to look at each other, talk to each other. So that's what starts to pull everything back in the other direction. She was like, "I am amazed." She goes, "The kids don't even find us in here."

EE: But they still keep all their clothes and everything in their master bedroom?

KC: Yes. That's their get dressed, do their office, read, workout, whatever, that's their do everything room.

EE: So when the guests come, they get a little crazy because they have to go back and sleep in the --

KC: Exactly, exactly, yeah.

EE: So did they stay together?

KC: You know what? Last time I heard, yes.

EE: Excellent. I love that kind of story. So how long does it usually take to see some kind of result when you make changes in your environment like this?

KC: Well, it all depends. I have seen things happen while I am still there changing things.

EE: Like what?

KC: Oh, my gosh! My favorite one for the "Oh, my gosh, I can't believe it happened" was there was a gentleman that was working on a deal like some kind of -- he was working on closing some contract. I think it was with Motorola or something like that. He said he was working on it for nine years, and he just couldn't get the thing done. He had written a book and so he had stacks of his book everywhere. It was a high-rise apartment in Chicago.

I said, "You know, I'm just going to have to show you what I mean" because I was trying to get him to understand that space equals opportunity and he had too much stuff in his -- there was not enough space. So I was literally taking stuff out in the hallway of this condo, in this high-rise. I'm just putting stuff in the hallway like chairs, stacks of books, and things. As we were doing that --

EE: Were you getting it out of his home office?

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music,
go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

KC: I was literally pushing it out of his apartment like literally in the hallway that --

EE: Oh, the hallway of the building?

KC: Yeah. And I'm like, "We're going to have to figure out what to do with that stuff, but I just want to show you what enough space is. And you're going to have to figure out what you're going to keep." Literally, as we were getting that amount of space, this fax came through and he goes, "Oh, my God! It's the signed contract."

EE: Holy moley! Wow!

KC: I mean it was hysterical. I mean what are the odds? He goes, "I wasn't expecting it. It wasn't like today is the day, come over feng shui, and let's get it done." It was like, "I've been working on this for nine years. You can do anything. Great." So it's comical. It gets really comical. So literally, that day, the next day, it could totally happen. So I hold the space for there's no such thing as time anyway. It's just a fabrication.

EE: That's what Einstein said, yes.

KC: So I'm in the metaphysical world when I do this stuff.

EE: Wow! So okay, let me ask you about some other problems that people often have. One is the slugging libido. What can you say about feng shui in support of people's libidos especially as they get a little older?

KC: Right, right. Well, the getting a little older thing, when you're young, you don't have much and you move to a space and you sit on a floor for dining. I mean you'll have much stuff and then two Target bags, two Nordstrom bags, two Bed Bath & Beyond bags. You just keep bringing it in and when you hit a certain tipping point, "you're old." I see people slowing down due to the volume of stuff in their space. I've actually seen people get dingy and forgetful and things like that, and it's because of the volume of stuff in their space. When you clear it out, they get clear. It's amazing. Your stuff and your space and you are all connected.

So literally, I look at the amount of stuff. But when it comes to libido and things like that, I've seen -- I would say symbols are very key to what's going on in that bedroom. When you have Jesus and Mary and Joseph and Buddha and Gandhi and Krishna and whoever, when I see religious symbols in the bedroom, there's a little bit of a hiccup there in the lovemaking department.

EE: Yes, because so often people are already inhibited, not only due to cultural inhibitions, but specifically religious, whether they were raised with it or things they had taken on as adults, that can cause somebody to be less spontaneous and responsive sexually.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

KC: Right, not supportive in the bedroom. If you have dried flower wreaths above the bed, I say the sex life is as dried as the wreath above it.

EE: Ooh.

KC: Yeah. You need supple, you need alive, you need moist; those kinds of energetic patterns. Dried, crispy, crunchy potpourri is not helping support the team here. I've seen the snowy pictures of the lone wolf -- not supportive. Single pictures of yourself by yourself in the same picture; you don't want to be alone in a frame sitting there. You don't want to be alone. That's really supporting you being alone. Oh, what was another one I was going to say? Well, single subjects certainly anywhere.

EE: Even if you're a couple but single subjects can --

KC: Yes, especially yourself as a kid -- oh, or just pictures of the kids in your bedroom.

EE: Oh, really? Of course, I never would have thought of that.

KC: Here's the rule: nobody else's eyes but those who are sleeping there. So whether it's Jesus or your mom or your kids or your grandma or some inspirational person, get them out of there. They don't belong in the bedroom.

EE: Yes, especially your mom and grandmother.

KC: Oh, I've seen it. Oh, my gosh. I actually had one man who had a boudoir picture of his ex-wife in the bedroom.

EE: Oh, no!

KC: And the lady -- I said, "Who is this?" And she said, "His ex, and he wouldn't get rid of it." And can you imagine the contentious kind of relationship that was going on there?

EE: Oh, yeah.

KC: He looked at it at this point as a piece of art. She looked at it as the ex-wife is still in the bedroom.

EE: Of course.

KC: Yeah. So amazing symbols. Oh, and of course, weapons. I've seen every kind of weapon in the room. Here's a little feng shui for health tip. Don't have anything, any sharp metal around your bed, in your nightstands, under your bed because if there's sharp metal around your bed, people usually get cut as in surgeries. So sometimes people have a knife in their nightstand or they have -- oh, I've seen

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music,
go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

people have their flatware like grandma's flatware that they put under the bed to hide from robbers or something, multiple knives in that little box.

EE: Oh, yes.

KC: That equals multiple surgeries. It's really amazing the connections when you understand. What's closest to you has the most impact on your which is your bed one-third of the day, right? One-third of the 24 hours.

EE: Right. Okay. Well, we're going to learn more about this. This is fascinating. But we do have to take our last break.

This is Ellen Eatough on Extatica with feng shui expert Karen Rauch Carter. Anyway, we'll get it later and we'll be right back.

[Commercial Break]

This is Extatica: The Way to an Erotic, Ecstatic Love Life. Do you have questions or comments for Ellen Eatough or her guests? Call in live at 1-866-472-5795 or send an email to radioshow@extatica.com. Now back to the program.

EE: Welcome back. This is Ellen Eatough on Extatica with Karen Rauch Carter, and we're exploring how you can improve your love life using feng shui.

And just to remind you, you can get the replays of all Extatica radio episodes both streaming online or downloads plus the transcripts of the shows if you want some details to remember at extatica.com/show.

So we were talking about all the things that people keep under their bed, and I never thought of keeping cutlery under your bed to keep it from the burglars and that those can have such amazing repercussions. Let's talk a little bit about if one person is into sex and the other isn't so much, now they're both being affected differently by the same environment it sounds like.

KC: Yes and there are different areas of this map of feng shui, which is called the bagua map for each person. So when I was talking about the back right-hand area being the relationships and love area, it's kind of like I'm laying a tic-tac-toe over the house. From the front door there's nine different areas of the house. The back right-hand area actually governs the head woman of the house. The front right-hand area -- so you're out standing at the threshold walking into your house just all the way over to your right when you're standing at the --

EE: Wait; I thought you said the back right-hand corner was the relationship corner. That's also for the governing woman?

KC: This map includes everything, everything you could think of.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

EE: Then is governing woman the same sector as the relationship?

KC: Yes.

EE: Okay, that's what I wanted to clarify.

KC: So the head woman in a relationship and love area is the same area. And the front right-hand area governs the head man. Sometimes these areas are literally chipped out of the house. Let's say the house is not square and the back right-hand corner is kind of missing, then that woman in that home doesn't really have as much energy to work with as the man, or the front right-hand area is chipped out or maybe it's just a carport or just something, whatever. If the woman has a lot of energy and the head man area is missing, he becomes kind of like a handpicked kind of a guy or he just goes away. He leaves.

So the relationships, depending on how much energetic they have in each room and in the entire house, can make a difference. That's where it can start to separate person by person as opposed to you're in the same house. It should affect you equally. Does that make sense?

EE: Of course. And it would seem that if you've got a two-floor house, let's say that one floor is fully on top of the other, then the same map would be on both floors, that same --

KC: Yes. I normally use that map over the house on the ground floor, and then upstairs I usually overlay that map individually using the door to each room to organize it.

EE: I see. Okay.

KC: Just to make things simple because a lot of people, they get all twirled around in three-dimensional space and they can't picture where they are.

EE: Right. Now, you mentioned on the break that feng shui can be effective relative to fertility.

KC: Oh, yes. I've had miracles. When I say miracles, it's like, "The doctor said I can't have babies." I'm like, "Oh, no, no, no, no, no. We're not going to go with that." You go to the doctor's office, you do test, and then you come right back to the environment, that creates that condition. We're going to shift the environment and so getting people to understand what is supportive and not supportive for that. And even babies themselves.

I had one -- I consider this a miracle because I love kids and it just brings me to tears when I see a child suffering. I had one mother who had a child and their baby was 13 months old and had missed every milestone from zero to 12 months. He hadn't rolled over, he hadn't crawled, he hadn't walked, he hadn't eaten solid food --

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

nothing. Just that little baby that's still drinking formula at 13 months old. The doctor is like, "I don't know. I don't see anything particularly wrong."

I went to the house and I go, "Show me where the baby sleeps." I went to the crib. Underneath the crib she had an air purifier. She's trying to be the best mom she possibly can be. She's trying to make good air for the baby. She's trying to do everything. When I showed her with my meter, the electromagnetic fields that are happening all around the entire crib because of this air purifier underneath the bed, so the baby is just sleeping in extremely high electromagnetic radiation.

EE: Oh, it breaks your heart to hear that.

KC: Exactly. I mean literally I find the smoking gun, right? There it is. I said, "There it is." I said, "Move that." And I said, "Don't change a thing else. Don't do anything different. I want to make sure that that is the X factor thing that makes the difference." That baby immediately started catching up and the doctor is like, "I don't know what you're doing but keep doing it." That's literally what changed everything for that child.

EE: Oh, my gosh! Did she take the whole thing out of the room or did she keep in the room in a different position?

KC: Well, I showed her how big the field was. I said, "If you can put it all the way on the other side of the room, I don't want the baby crawl around or whatever over here." But I just showed her how big the field was around that. It's not like just you don't have to be touching it. There's a field around these things, around the wires when electricity is running through it. So I showed her that, and I mean that's when you know you're -- that makes my job, oh, man, do I love my job.

And then fertility, people -- okay, a mom has a three-year-old baby and then she keeps having miscarriages. So what do I do? I go in and I figure out. "What happened between the time you carried full term and had a healthy baby and then the time you started having miscarriages?" And I said, "Does a cell tower go up in the neighborhood?" And she said, "Yes. As a matter of fact, we do. We put up a cell tower because we're so in the middle of nowhere. We did our own little thing." And it was all about electromagnetic -- radio frequencies actually from the cellular --

EE: Yes, scary. So what can people do if they...most people aren't in control of the cell tower in their vicinity. So what can people do about that?

KC: Well, I'll tell you, you are in control of the cordless phones. Has anybody noticed the megahertz and the gigahertz? Does anybody know what that even means when they buy these gigahertz level phones? You're literally bringing a mini cell tower into your house with these cordless phones.

EE: Well, let's talk about how people can diagnose this because when you say measuring the electromagnetic fields, are you talking about a gauss meter?

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

KC: Yes.

EE: So that's G-A-U-S-S, is that correct?

KC: Uh-huh.

EE: So can you tell people what they would need to do these kinds of assessments in their own home?

KC: Sure, yeah. A gauss meter would be what you would need, and you can look at the word Bau-Biologie, B-A-U, which is a German word for health, Bau-Biologie, living health; and it's understanding that health is a living entity. It's molecules and understanding energy and vibration. So if you look up the Bau-Biologie principles and electromagnetic field, there's a website called Microwave News that talks about electromagnetic fields and RF, which is the radio frequencies, and understanding -- it's interesting in Europe where healthcare is paid for by the government, they have a lot of stricter rules on electromagnetic fields because they're paying for it.

EE: Oh, interesting, yeah.

KC: Everybody is telling you, "Oh, it's nothing. It's not bad." And nobody cares because you're paying for the health bill. So when electricity --

EE: That's an interesting argument for socialized medicine. I've never heard that angle.

KC: Exactly. Exactly. They're very strict over there. There's no cell towers in the schools. It's crazy.

EE: So what can people do to protect themselves within their homes if the cell towers are in the neighborhood and they've already done some of what you're suggesting inside their home? Is there anything?

KC: There is. There's RF shielding paint. There is a -- it kind of looks like that Bali mosquito net, kind of sexy little net that you can put over your bed that has a ceramic fiber wire or it's silver. Some of them are silver; some of them are ceramic. The whole of that net -- if you want to, you know, we're talking about things, right? That wave, it's a certain size wave, and the holes of that net, it cannot get in. It is a thing that has a dimension, and it cannot pierce through the hole; it can't fit in the hole. So you go underneath that net. You're inside the bed area with the net around you, and your cell phone will not work because it cannot connect because the wave cannot get through.

EE: And there's paint that does the same thing, huh?

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

KC: Right, right. So I mean you can't really paint. It will come through your windows because you don't want to, you know, whatever. But you can kind of reduce it greatly. That's what Bau-Biologie practitioners do, and that's what I do as part of my feng shui -- contemporary feng shui I call it -- practice. So yeah, I train people to do this. I mean if anybody is interested in learning to do what I do, I teach people to do that, but it's --

EE: Well, then maybe now is a good time to mention your website. We should do it the end, but we've just got a few more minutes anyway.

KC: Oh, sure.

EE: So your books, by the way, that people can find I presume on Amazon or Barnes & Noble or your website.

KC: And online, yeah.

EE: Yeah. Those are Move Your Stuff, Change Your Life.

KC: Right. And the new one is called Make A Shift, Change Your Life.

EE: Yes. And your website is...

KC: Is my name, karenrauchcarter.com. But if you want the easy way out without spelling all that, just type moveitwithkaren.com and you'll get access to that. Type your email address in there, and it will send you a little link to the website on or the webinar on all about that special -- where to put your desk and where to put your bed so you have that command position. And then you can hunt around my website if you want to learn from me and stuff like that. And I do consultations. You can ask me a question. There's all kinds of access to information there so feel free to hunt around. I actually sell those gauss meters if you need one.

EE: Oh, you do? Oh, that's an easy way to find it then. You just go to your website and there's a place to buy them?

KC: Uh-huh, yes.

EE: Excellent! Okay. And then do you also send it with information on what are acceptable or not acceptable ranges? Can you just tell us a bit about what would be - - somebody who already has a gauss meter, what's the -- there's going to be frequencies everywhere.

KC: I try to get people's beds under two.

EE: Under two hertz? Is it called?

KC: Two milligauss.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

EE: Milligauss.

KC: Yeah. I mean I try to get zero. I'm working for the zero. Yeah, let's go for it. But it's amazing what some people are sleeping in. It's just amazing. These ADD kids and the kids that can't stop and they can't turn off the ADHD and all that kind of stuff, oh, my gosh!

EE: It's no wonder there's stuff turning them on all the time.

KC: Yeah, there are just too many X factors now these days. So from the symbols to the electromagnetic fields too, there are just so many things going on in our environment. It used to be back in the day it was like four log cabin walls and a dirt floor. We just added so many things. By the way, what happened when the outhouse came in, consider all these conveniences? Could there possibility be a downside to these "conveniences" of microwave oven and cell phone and toilet inside the house? Consider them.

EE: What about the toilet? How does that affect our love life?

KC: When the plumbing, when the poo-poo -- they're asleep and there's poo-poo and there's cook and it used to be we sleep here, we cook here, and we poo-poo way over there. And when we brought poo-poo so close to sleep and cook, things changed.

EE: Like what?

KC: Well, sometimes people have poo-poo directly above cook. The toilet is right above their stove. Or they have a toilet directly above where they sleep, or they're sleeping right above the stove.

EE: Energetically, what is that resulting in?

KC: Yeah, that's the proximity thing that you were mentioning and that we're talking about earlier. Just understanding the juxtaposition of how we are relating to those three elements of what's feeding you, where you're eliminating, and where you're sleeping in three-dimensional space in these multi-storey things that we're living in, these buildings, it creates for kind of a comical joke when you're really looking at what's going on in that person's life as well. Not really comical but I mean health issues as well as just what's going on in their life. But just think about if there's a toilet directly over you when you're sleeping, just straight up, just imagine that. Not a great position to put yourself in.

EE: No. So in your books, the kinds of things you've been discussing, can people read about these things and start to do a self-assessment at least that first pass before they -- if they're not quite ready to hire a consultant?

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit:
www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/

Extatica: The Way to an Erotic, Ecstatic Love Life

2014

KC: Oh, yeah. Move Your Stuff, Change Your Life is definitely level one straight up feng shui. You'll get it. It's easy to read. I wrote it kind of edutaining; laugh while you learn. And then Make A Shift has a little bit not so campy of a conversation, and it brings in the mind and the body conversation and actually spiritual side too because if you meditate and things like that but certainly supportive as well so creating those space. From your title of your radio show, if you build it, they will come.

EE: Sounds good.

KC: There we go.

EE: So if you would like to learn more about Karen and get the advantage of her products and her books and all of her education she can share with you, go to moveitwithkaren.com.

I just want to thank you so much, Karen Rauch Carter, for being here and it's just been delightful and very educational.

KC: Thank you for your time.

EE: Absolutely. So thank you for listening to Extatica. This is Ellen Eatough in support of you having an erotic, ecstatic love life.

We hope you've learned from and enjoyed the show today. Join us again for another stimulating hour of Extatica: The Way to an Erotic, Ecstatic Love Life with your host, Ellen Eatough, on the VoiceAmerica 7th Wave Channel. This week, enjoy the best sex of your life.

© 2014 Ellen Eatough. For more Extatica radio show replays and transcripts, visit: www.Extatica.com/show

For a phenomenal way to have better sex doing nothing different than playing special music, go to www.MusicForBetterSex.com/