

RED LOTUS LETTER

by Katie Weber

EMPOWERED BY FENG SHUI

Are you excited to be coming to Austin? I can't wait to see you at the 2017 Red Lotus Master Consultant Course. Because we're getting closer to the date, I wanted to send you a warm welcome, wish you a safe and enjoyable trip -- because many are traveling from long distances to be here -- and to give you some important details, including schedule, registration, and some fun travel tips and even a packing list to make things easy.

2017 MCC CONFERENCE DETAILS & PACKING LIST

-- PLEASE HOLD ON TO THIS INFORMATION AND BRING IT WITH YOU --

Before Conference

Review your feng shui. The more you study in advance, the more it will all make sense to you. It will also help you to absorb the information more easily. Here are the 3 feng shui books I've recommended you take a look at before coming:

- a. *Total Feng Shui* - Lillian Too
- b. *Flying Star Feng Shui for the Master Practitioner* - Lillian Too
- c. *Flying Star Feng Shui* - Stephen Skinner

You've also had access to my 2014 MCC Course, and all those details. By the time you come to the class, you should be able to recite the 5 Element Theory backwards and forwards! Please take the online quiz on the attendees page until you make 100% on three tries. This tells *you* that you know your stuff! ☺

2 Weeks Before Conference

- o Purchase any clothing or supplies you need for the trip

- Confirm your airline ticket
- Create a file for all your travel paperwork

1 Week Before

- Start to pack – don't forget to bring something dressy. Business casual is perfect for class days
- Print boarding passes
- Print confirmation of hotel
- Bring luo pan (if you have one)
- Check your suitcase and make sure you have room for all your conference goodies!
- ***Get EXCITED!!***

The DAY of TRAVEL:

- Check into our Secret Facebook page and tell us you're on the way! Show us a picture of you at the airport.
- Arrive Austin Bergstrom International Airport
- Secure your transportation to The Domain and to your hotel. Austin now has Uber and Lyft and there are other transportation services available like taxis, SuperShuttle and a variety of car services.
- Check in to hotel **on Wednesday, September 13, 2017**

Do try to come as early as possible so you can get settled at the hotel and let your 'chi' rest by checking in, getting unpacked and exploring your surroundings. This way, you're not rushed and feel hurried, and that relaxation will put you in the right state of mind to begin the conference.

Airport Arrival/Transportation

For more transportation options, please check the 2017 attendees page: <https://fengshuimasterconsultantcourse.com/mcc17-attendees-only-page/>

If you need transportation while you are at the conference, you can rent a Smart Car at Car2Go right there at the Domain. Here's the website where you can join: <https://www.car2go.com/US/en/austin/>

If you come early and want to do some sightseeing, you can take any Car2Go you see parked once you've joined the Car2go.com website! And, of course, you can take an Uber or Lyft in the Domain.

Sightseeing

If you arrive early or you're staying a little longer, here's a website with some fun things to do in Austin.

<http://aglobewelltravelled.com/2017/01/31/activities-for-a-weekend-in-austin/>

Shopping

You're in the middle of a huge outdoor mall at The Domain. Everything from Neiman Marcus to Victoria's Secret is there. You'll find anything you need within walking distance!

Whole Foods – Whenever I go out of town, I love to stop in at a local Whole Foods or grocery store to stock up some healthy snacks. There's a very nice new Whole Foods right at the Domain where you can load up on your favorites and take them back to your hotel room fridge.

THE DOMAIN CONFERENCE AREA

Austin's coolest dining and shopping destination. This is a big outdoor mall and restaurant and living venue. You can familiarize yourself with the layout here: <http://www.simon.com/mall/the-domain/map>

You can also use GoogleMaps

<https://www.google.com/maps/place/The+Domain/@30.3982268,-97.7254138,18z/data=!4m5!3m4!1s0x0:0x77c4a76c643f0420!8m2!3d30.4020649!4d-97.7258829>

MEETING LOCATION:

Rock Rose Hall
11420 Rock Rose Avenue, The Domain

CLASS BEGINS:

Thursday, September 14, 2017

Doors open at 8:30 am

Please arrive 10 minutes or so early. Class begins promptly at 9 am.

Registration:

Once inside on Thursday morning, we'll give you a badge and a welcome packet. Select a seat wherever you like!

DINING

There are a number of restaurants in the area, all within walkable distance from the hotels at the Domain. We will be dining at Maggiano's on Saturday night, so you might want to wait to eat there until Saturday!

There is also a number of restaurant options near Rock Rose Hall where we'll be holding the class. There are excellent restaurants at the hotel and in the surrounding area of the Domain.

Be sure to reach out to your fellow attendees on the Facebook page to arrange dinner together so you get a chance to meet one another beforehand. Try to go to eat together before the class so you get to know one another! You'll have a great time.



HERES'S AN IDEA: To make finding other attendees easier, try using a scarf. If you have a small scarf, tie it on your purse and look for others with a scarf on their purse – they'll most likely be your fellow MCCers! Or, look for their feng shui purse charms. Go up and approach them.

And on Facebook, let others know when you're at the hotel and make plans to go out to dinner together or meet up. Spending time together with your 'feng shui friends' is a lot of fun – and you don't always get that opportunity.

CLOTHING

Weather

Just a reminder to be sure and check a weather site such as www.weather.com to check on anticipated temperatures before you leave home so you'll know how to dress the most comfortably. You should bring a jacket, sweater or pashmina in case the meeting room is cold.

Typical Austin September Weather – Average high 88-93 (31-34c), average low 71 (21c). Because it's warm and sunny, you may want to pack for warm weather and bring a jacket for the indoor air conditioning.

Clothing—Here are some suggestions for your clothing choices for the conference:

For the class, we request that you wear **business casual attire** that you would be proud to be in for photographs or work as a professional consultant in.

For the graduation dinner, **please wear cocktail attire** because this is going to be a celebration. Women may want to wear something dressy and men wear a jacket and tie.

MEALS

As a reminder, it's a good idea to have a good breakfast each day to keep your brain fed and your stomach busy! At lunch time, a light lunch will keep you from becoming drowsy in the afternoons.

We will have a celebration dinner on Saturday, Sept. 16 at 7:00 pm at Maggiano's.

PUNCTUALITY

Time is our most valuable asset and you have paid to receive the full amount of time for this course, and I will value your time by sticking to the scheduled times. Please be as punctual as possible as our days and events will run on schedule.

CLASS SCHEDULE

We will meet daily from 8:30-5:30, but prepare to stay after class all three nights. We will ensure you have adequate time and breaks between.

The class starts each day at 8:30 am. Be outside the conference room by 8:15 each day before the doors open.

This is an abbreviated schedule*:

Thursday 8:30-5:30 Reception & Boutique Opening 5:30-7:00 pm

Friday 8:30-4:30 4:30-6:00 Certification Exam

Saturday 8:30-5:00 7:00 Graduation Celebration Dinner/Awards

Times are estimated. They may vary slightly.

LAPTOPS

You will not need a laptop computer for this course.

Please be prepared to take notes in your binder rather than typing them directly into your computer. We discourage typing on a laptop because it is distracting to those around you.

RECORDING

Please refrain from bringing recording devices. In feng shui, your hand is the symbol of your thoughts and mind. By writing, you help to reinforce what you are learning by writing notes. It's important that you are actively writing in your notebooks and making lots of notes. You will refer to your binder over and over after the course as you begin work as a feng shui consultant.

PLASTIC ENVELOPE/FOLDER

I never travel without putting all my travel details in one place. My favorite is a plastic folder that snaps. You can get these at your local office supply. I usually have two, one that holds full size papers and another that's check size to hold my receipts.

If you decide to work as a consultant, you'll want to save those receipts as business expenses (be sure to check with your accountant first, though, to determine what is or isn't deductible).

KATIE'S CONFERENCE TIPS

These are some of the things that I do and bring when I attend conferences to be fully prepared and feel comfortable, put together and ready to work.

- **Mini office kit.** These are small pouches with a small stapler, paper clips, page markers. Or you can make one of your own.
 - **Be sure to bring these items, too:**
 - *A ruler for working on house plans*
 - *Floor plans of your house (4 copies). Make sure these are 8.5x11". Avoid bringing oversized architectural blue \prints. Have blue prints reduced to 8.5x11 standard paper.*
 - *Compass*
 - *Small calculator*
 - *Pencils or erasable pens*
 - *Post-it page marker flags, post it notes*
 - *RED & Black Sharpie or felt tip markers*
- **Highlighters.** Bring two or three different colors.
- **Pashmina/Sweater.** It gets cold sometimes and a pashmina or shawl will keep you comfortable.
- **Haircut and style a week or two before coming.** This helps me to get used to the cut - and look good. No one wants a bad hair day at a conference! 😊
- **Something new to wear.** You're learning so much and it's an exciting time - a new way of living and working is about to accompany you after

the class. I always feel good with a new garment on – that ‘new chi’ feels great and makes me feel good when I look good!

- **Quality pens.** Be sure to pack your very favorite pens. You’ll be writing a lot – so get the pens you enjoy writing with.
- **Snacks.** Although we’ll have snacks at the conference, I like to bring a few of my favorites, like nuts, protein bars, and dried fruit. It makes me feel good and keeps me alert.
- **Open mind and open heart.** Be ready to absorb the information and be OK if you don’t understand it ALL... Sometimes details have to sink in.
- **Camera.** Whether on your phone or as a separate camera, be sure to bring one along to snap some photos of yourself and the class.
- **Business cards.** If you have them, bring them with you. Place one in your binder, to mark it as yours or to exchange with your fellow students.

KATIE’S TRAVEL TIPS

You’re going to be learning a lot and you can’t learn as well if you don’t feel great. Travel can be stressful, so I’m sharing with you some of my favorite travel tips that help me travel all over the world and still feel healthy and vibrant.

Pick and choose what works for you!

- **Your own pillow.** My pillow makes me feel “at home” at night even when I’m in a hotel. I take my latex foam pillow everywhere – whether it’s down the road to Houston or across the ocean to Hong Kong. You can put them in the vacuum seal bags to take the air out and save room in your suitcase.
- **Ipod Shuffle/MP3 player with relaxing New Age music.** I have a Shuffle preloaded with wonderful New Age favorites. I listen to it in the morning while I drink coffee and read the paper and at night to wind down. I also bring a small pair of speakers in case the hotel doesn’t have an iPod dock.
- **Lavender sheet spray.** Sometimes hotels can smell stale and sheet spray relaxes me and makes me feel pampered.
- **Fun reading.** An easy read novel, a People Magazine, fashion or decorating magazine....all are ways for you to stay occupied and relax or unwind. It’s nice to just thumb mindlessly through a magazine of pretty pictures on the plane or relaxing before bed.
- **Vitamins.** I make sure if I go on a trip to take vitamins faithfully a week beforehand. It doesn’t matter if it’s just a short trip or a long one. Staying in hotels exposes us to a lot of germs and when we’re tired, stressed, or out of our element, it can take a toll on our health. Give

your body an extra boost and keep your mind alert with some vitamins. Be sure to take them at the conference too.

- **Travel candle.** The scent of a relaxing candle makes me more comfortable and helps me unwind. For safety sake, bring a candle in a tin made specifically for travel. Pick a scent that relaxes you and helps you unwind.
- **Good hair products.** You want to look your best and bringing good quality styling products will help you look good and make styling easier, too.
- **Foot slippers.** A long day can make for tired feet. Bring your favorite slippers to help you feel more relaxed and comfortable – and those cold tile bathroom floors more bearable!
- **Sensible shoes.** A wedge heel that’s not higher than 2-3” works best for me. Make sure you can walk 5-10 minutes in your shoes because you can’t concentrate when your feet hurt! 😊
- **Medicines.** Pack a small plastic bag filled with some emergency supplies such as cough drops, allergy medicines, small band-aids for foot blisters.
- **Allergy and stomach medicines.** It never fails that some strange weed starts blooming when I arrive somewhere and I start coughing or getting a stuffy nose. Have some of these just in case. Also, local food or water might make your tummy iffy and if so, having some stomach medications to calm it are always wise.
- **Room in your suitcase.** Be sure to allow room for a 3” binder in your suitcase or carry-on. Carry your luo pan in your carry-on luggage. Don’t forget to have extra space in your suitcase for all the goodies we’ll have at the boutique.
- **Hand sanitizer.** Germs. Enough said.
- **Hard candy, mints, cough drops.**
- **Hand lotion and hand wipes.**
- **Cash in a mix of bills.** \$20 in \$1 bills for tips, hotel maid, transportation, etc.

Personal clearing

Considering doing a little personal energy work before you come to the MCC by bathing in Epsom salts, spending some time outdoors and meditating on how you want to feel when you return home from the MCC.

Think about where you want this training to take you and what you want to achieve with it. Visualize yourself creating new outcomes because of your newfound understanding.

Intention ceremony

Light a candle while you are meditating on your intention for the class and for yourself. Express gratitude to the Universe for guiding you to a new way of being and understanding, and for all the new friends and contacts you will make during the process.

Once you feel calm and at ease, blow out the candle to set your intention.

Hopefully, this list has given you some helpful ideas and reminders. If you have any problems or need assistance, my Business Manager, Ava Markatos is available for you. Her contact details are below.

In the meantime, be sure to read up on feng shui every chance you get -- and get ready to get inside the “feng shui bubble” at the MCC!

It will be so much fun to finally be in a room together after spending time together virtually on the Facebook page.

Although this is my last MCC course, I am putting as much or more energy as any other into providing you the best information I can provide. It's my intention for you to leave feeling refreshed, enlightened, encouraged and excited!

I can't wait to see you. Take care of yourself in the meantime, travel safely and I will see you very soon!

Love and the chi of success -

Katie

AVA MARKATOS

845-797-0678

avamarkatos@gmail.com