



Your Home can Heal You

Tom McCarthy interviewing Marie Diamond



Tom McCarthy

Our next guest, I had a hard time pinning down. I think this might be the second or third time we were supposed to interview. And the reason is she's super busy. She's going all over the place. Even in these tougher times to travel, she's been in many different countries and finally, we got her. So today's the day, and I'm really excited to introduce you to her. She's somebody I met back in 2008, I believe. So it's been 13 years that I've known Marie, and she is the expert, in my opinion, when it comes to feng shui and dowsing. And we're going to talk with her today about how your home can heal you. And if you don't do the right things in your home, your home could potentially also cause some challenges for you. So we want your home healing you, and Marie's going to share with us some ideas on how we can do that. Just a little bit more about Marie. She also was one of the featured teachers in the movie, "The Secret," if you've ever seen that, she was in that. And she has students, because she teaches feng shui and dowsing all over the world. She has students in over 190 countries. So, Marie, thank you for joining us today. I'm really excited to have you here.

Marie Diamond

Oh Tom, it's always so wonderful to be with you and we go a long way back, and I'm super excited to share with the people that are on the call to see what they can do with their home to improve their healing.

Tom McCarthy

Yeah, and so Marie was doing feng shui at the age of three. No, I'm just kidding, she wasn't. How did you get into it though, Marie? What's kind of your personal story of how you discovered feng shui and the impact it can have, and what got you so excited about sharing it with the world?



Marie Diamond

Well, it really started with a healing issue in my life. So I attracted, at 15, to be run over by a truck in my life. And, so when I got to the process of starting to heal, everything kind of was very slow. And I also had a lot of trauma, a lot of neurological problems. My brain didn't function so well on the level of short and long-term memory. And I was constantly very tired. And so my intestines were just not working very well. And so it was all from the trauma, from the impact, from the accident. And, so I remember that I talked to my spiritual master, who I already knew from when I was seven years old, and I asked him, "What did I do wrong? "Is there something I can do?" And he said, "Well, the room that you're staying in "is really a place that is not good for your health." And hey, I got that one already. I knew that I didn't like that room. I just didn't sleep very well there. So I was not recuperating very well in that room, because the room was on the north side.

There was no sunlight coming in. I had a lot of nightmares in that room. And it was just like, I felt very uncomfortable. But you know, it's like your parents give you the room and you kind of stick with that room, right? So I asked him what I need to. He said, "You need to go to a place "where there's much more sunlight coming in. "You feel more uplifted. You will heal faster." And so I asked to have the room of my brother who had already moved out, that now was a guest room. So, I was like, "Hey, Mom and Dad, can I move in?" And then I was given some colors that I had to put out that were good for me. And I did whites and oranges, like something very bright and uplifting. And I changed the images around me, because the images around me were just, it was actually my sister's room before. It was before interior design was popular. And I kind of made my own room, like I felt good about it. It was decluttered. It was everything organized. And indeed, I started really improving.

My health started slowly improving. My memory started improving. And so it was like, wow, there's something to it. And other parts of my life started going better too. And I was like, "Okay, this is really impacting me." So I really started focusing on what that meant. And I got some basic principles, and I kept going with that until I was like 31. And at that time I was, you know, I already had become a lawyer, criminologist, and I started doing a consulting company. And a lot of my students that were actually first politicians, they came because they were like, you know, had a hard time and they felt stressed. So I started, and not just giving them tips and meditation and well-being, but instead adding the home to it and to look at what was in their bedroom, where they were sleeping, what were the colors and so forth. And then I actually went to study really with grandmasters in Malaysia to really



know what I needed to do, and I became more and more focused on that. And so, I became a feng shui expert and now of course, a feng shui master. But I just want to point out, I also felt, I already moved to America, and I became sick again, quite intensely. And that's when I actually started understanding there was more to the home than feng shui. I had to also look at the magnetic field and then work with dowsing. And again, I started practicing that and my health improved. So each time, both feng shui and dowsing, it actually started first with the story of my own health, not being in a good place and using it to create health for myself. And then of course, by sharing it later to the world.

Tom McCarthy

Yeah, that's really fascinating. My wife, who you know, Stacy, two and a half years ago, we were looking at some homes in our same neighborhood, but some different homes, near where we had built a home. And there was a home that I really liked from the exterior and looked great, but she didn't like the energy of it. And she was more in tune to that than I was. And so we were, I think I made an offer on it, but we didn't chase it. And then we found the home that we're in now, and she just felt so much better. So I think people can really feel it, like you said. Even as a child, you didn't know anything about, you know, you didn't know feng shui yet, but you said that room you were in, you just never felt good there, right? You didn't feel like you were sleeping well.

Marie Diamond

No, no, I didn't sleep well. I had nightmares. And actually interesting is that the room below it was actually our dining room, and everybody was always arguing there. Everyone was fighting there. And so it was really interesting, because it was in the same location of the house. And you know, some people really feel it. Some people don't, But you know, you're more in tuned with, and I know your wife is very in tune with energy, as a yoga specialist. And so the thing is you can feel it. But of course, feng shui and dowsing, these are techniques. They are systems, they are energy systems to find out the cures. Because the first two, and I'll analyze what is going on. And then, okay, once you know it, is to know, okay, what can I do to improve it?

Tom McCarthy

Right, so how can a home, just explain the dynamics of how does a home impact our



health? You said you had a north facing room, no sunlight coming in. What are other situations in homes that impact health negatively, but also what are situations that could impact positively?

Marie Diamond

Yeah, so, well, the first thing was definitely try to always have a room that you see or wake up in the morning where there's light, or even when you go to sleep there's light. So there's at least as a couple of hours of sunlight coming into your bedroom. That will actually improve the energy of that bedroom, and your health will improve. So that's why we always try to avoid the north side of a home in the Northern hemisphere, of course. So too, because that's where the cold winds are coming from. So I was always sick. It was always cold in that room. I had lot of allergy, so when I looked at it, there was a lot of bad health issues before I had that accident. Another thing is we need to look at our health through the clutter. So if you are in a place, especially bedrooms, because in a bedroom, that's where we energized our health. So that's where we are like eight hours, passive, laying down, and so, because we are not moving around, we are just laying down, our bodies are more impacted by what is around it. And so clutter, so always make sure there's no clutter on your nightstands. There's no clutter under your bed if you can.

Tom McCarthy

Oh oh, I gotta go clean up on my nightstand now, after hearing you. I've got some books laying on there.

Marie Diamond

Yeah, well, you know, one book is okay, but I have seen many other things on nightstands by the way. So, you know, people put socks and underwear. Anyhow, just think about it's not just your body. We are an energy field. We have an aura field around us. So if you lay down and you would put your hands around you like this, yeah, all above, around and under you, that is all impacting your body, so that's one thing. Another thing I always suggest to people, feng shui is an energy system from the Chinese that is 4,000 years old, so they kind of know what they're talking about. Well, always think if I'm in a bedroom and look at the images that are hanging above your headboard, or when you wake up, what's the first thing you see. So, it actually impacts your subconscious mindset. I'll give you an example. I was in somebody's bedroom, and he was complaining he always had pain in his elbows



and his knees. I said "Oh, that's interesting." So when he woke up, the first image he saw was like a statue from a Greek, I would say man, and it was like without arms and legs. So he had no knees. He had no legs. I said, "Where is that coming from?" He said, "Oh, my son made that for me." And I said, "Well, it's actually constantly "reminding yourself, I don't have arms. "I don't have legs." It's like an image that influences our subconscious mind. So always what hangs above your headboard is affecting you, and especially if it's like water. If there's like an image of water above your headboard, you actually are drowning. It's like, there's water over you. You will get more delusional, less communication, perhaps, you're feeling quicker, upset and frustrated. You have to like, what do you see? What is the first thing you see? Does it give you warmth? Does it give you joy? Does it give you a good feeling? And then another thing that we try to avoid is mirrors. So when we have mirrors, reflecting our bedside to the side or in front of us, or even above us, some people put mirrors there, it actually doubles our body. But it's not only doubling our body, it doubles the stress that the body comes to sleep with. It doubles our health issues. And so, at the University of Beijing, they have done some studies, and they saw that people that have mirrors reflecting the bed, have higher blood pressure. They have a harder time to lose weight. They have more inflammation, and they have higher level of white blood cells.

Tom McCarthy

Wow.

Marie Diamond

White is actually not good, right? So once they change that around, like you have mirrors, you cover them with a screen or with, you know, take the mirror away if you can. So once you do that, peoples always feel better. They sleep better, longer. They don't wake up so much, and they go to sleep with a calmness, and they end, in the morning, with more energy.

Tom McCarthy

Wow, really cool.

Marie Diamond

So it's just simple things that we all can do. So that's like some things I definitely would like



you to avoid. And of course, what can you do to really support your health? Well, there's a free app that I have. It's called, "Marie Diamond," so you can go to the "Marie Diamond" app on iPhone and the Androids, and when you go to this app, you will be able to put in your gender and your birthday. So can I do that for you?

Tom McCarthy

Sure, so I'm a male, and my birthday is January 10th, 1961.

Marie Diamond

10th of January '61?

Tom McCarthy

1961, yeah.

Marie Diamond

Okay, I have it. So, I click on reveal your energy number, you will see you have a compass. It shows us your energy number four. So in energy number for you're the manager. You're good in helping guiding people to their future to make their vision come true, yeah? Now, the interesting thing is that you do have, for each person, you will have a health direction. So your health direction is South.

Tom McCarthy

South, okay.

Marie Diamond

South, so that is for the rest of your life, right? So what you do is you take that compass, you stand in the center of your bedroom and you point to Southwest for you. For somebody else it could be East or Southwest. It depends on the birthday. Now what's in the Southwest is affecting you nonstop, 24 hours a day, even if you're not in the bedroom. And so you need to place something positive about your health in the south of the room. So let's say--



Tom McCarthy

In the South or Southwest?

Marie Diamond

South.

Tom McCarthy

South, okay, yeah.

Marie Diamond

South, yeah, so let's say you put your garbage can there. So you actually, even if you don't know that, the garbage is saying you put your health in the garbage all the time. So then you can put, for example, a beautiful crystal, like a crystal that you like that affects your health or books on health or a quote on health or something that you feel is really inspiring you to have a better health. So, that is something that everybody can do, and you can do it in the bedroom. You can do it for the health in your office, because you want to make sure to never clutter in your health direction, because that is affecting your brain. It's affecting your focus. It's affecting your energy system. Also in your living room, a lot of time in the living room. So the places where you spend at least five to eight hours a day or night, you always have to check out your health direction, and you actually can go to the website, MarieDiamond.com, there's a free energy report. You click on it. You will again, have to fill in your birthday, your gender, and then it will give you a report, and it gives you some tips what can you place in that area?

Tom McCarthy

That's awesome, so MarieDiamond.com and then also on the app store, the Marie Diamond app, correct?

Marie Diamond

Yeah.



Tom McCarthy

What grade tools! Well, and so the reason that things in whatever room you're in impact you is everything has energy to it, like a garbage can has energy. A beautiful crystal has energy. So everything has energy, and what you're helping people to do is figure out how can they energize their room in a way that really brings out the best in them versus having things that are pulling energy out of them, and then they struggle, and like in your case, you weren't healing after an injury that you had.

Marie Diamond

I know, and interesting enough is that my sink, like at that time, every room had a sink. People did not have bathrooms. They just had one bathroom. And so the sink where I daily washed myself and brushed my teeth and spit it out was in my health direction.

Tom McCarthy

Oh, geez.

Marie Diamond

And so when I moved--

Tom McCarthy

Your health was going down the drain!

Marie Diamond

Down the drain every day, and I was doing it myself. And so when I went to the other room, there was no sink, so nothing could be affected by a sink.

Tom McCarthy

Interesting, okay.



Marie Diamond

So, and then I actually drew myself having fun with like nature. So I kind of made my own painting and then started improving. And so you have to understand, feng shui means wind and water. It's all about flow of energy. It actually, when we look at attraction, so we know the law of attraction, and you mentioned that in "The Secret," so what you see is that for health it's the same way. We say that health, there's three parts to how you attract good or not so good health. The first part is your destiny. It can be that you took over something from your ancestors, some health issues. It could be that something happened in your life, like I had this accident and started having issues. So we're not always in control of everything of our destiny. The second part is the way we think. If we think negative, if we feel negative, if we take negative action, if we don't work with diet, if we are perhaps not coping with trauma and problems and stress, it will ultimately affect our health, we don't exercise. So all these things will affect us. Also for a third, we say, it's like a third is your destiny. A third is what you do, yourself. But a third, and that's quite a lot, is your environment. So the place where you live and sleep and work is actually affecting you. And so sometimes we are aware of it, because we are going to sleep and we don't sleep so well. Or we come out of our sleep and we're quite tired still. Just get this out, there's something wrong. When your sleep is off, there's always something wrong with the place where you are. If you have all the time, the colds coming back, and you're like, "I didn't have that "in that home I lived before." Or, "I have all the time headaches, "and I didn't have that before. "And my diet is the same, and I do the same things." So, it's possible, as you move to another place that that space has really affected your health quite a bit.

Tom McCarthy

Now, if you can't move, let's say someone can't move their space, they can do things though in that space, that counteract potentially the negatives?

Marie Diamond

Yeah, and so there's certain colors that will support your health, like for example, emerald green is a color that stands for healing. If you have health issues, by placing something in emerald green in the East, even if east is not a good direction for you, just something in the East that is in green, it could be a green candle, for example, could be a green plant, just don't put plants in the bedroom. So if you do plants in the bedroom, always do fake plants.



Tom McCarthy

Really? Why is that?

Marie Diamond

Because, actually when we sleep, we are not seeing nature. So nature, flowers, plants, and so on is something for the daylight. It's not something we see at night.

Tom McCarthy

Okay, yeah, that's interesting.

Marie Diamond

So, it's an active energy. But sometimes when people put too much plants in their bedroom, they will have a hard time sleeping, because their subconscious mind thinks, I have to wake up. I'm in nature. I see the plants.

Tom McCarthy

But if it's a fake plant, that's okay.

Marie Diamond

It is, but not too much, just like, you know, something, right? And so you can work with these colors. If you, for example, have a hard time of letting go emotions, letting go of stress, then having something in purple. Purple is a really good of letting go of stress. And then you put it in the Southeast of your bedroom. So there's all these different parts that you can play with. And you can also always activate your health direction. So you can not always do it perfectly, but feng shui says you don't have to do it perfectly, but you have to take some actions upon it.

Tom McCarthy

Yeah, that's great, that's awesome. The magnetic field of a home, how can people find blockages or how do you find blockages and what is the magnetic field of the home, kind of maybe enlightened us on that too.



Marie Diamond

Yeah, so if you think about the Earth, The Earth has a magnetic field around it that actually keeps everything in place. But we have also the magnetic, the energy field of everything has a vibration that contains everything. Some people would call it a terric field of the Earth. And so everything has that field around it. Some people can see it. Some people can feel it. Now what happens is that through things that are in the Earth, like underground water, fault lines, tunnels, the magnetic field of the Earth is disturbed. It's like, there's like a crack. It's like a wound in that field. Now, when you sleep on such a wound, if you sleep on such a crack or you sleep on water, the magnetic field of your body will actually be influenced. And so when people sleep on such, like on underground water, they start like deteriorating. Their immune system will go down.

But the magnetic field is also disturbed by electricity, the EMF, the electromagnetic field. So we are actually, not like hundred years ago, we just not have nature around us. We are bombarded every day with EMFs. So one of the things is that, like this little phone here, make sure, or an alarm clock, that you always put at least six feet or two meters away from your body, because it influences our electromagnetic field or magnetic field, sorry, with that EMF that we have. So people have electric beds that moves. Always put it in the right position and make sure it's not connected with the outlet anymore. So if there's light, put a light out. Some people have modems that they're sleeping on. Make sure there is no modem on. So always try to calm down that magnetic field. And of course, sometimes we need to find out what is going on in people's body, and so we use dowsing.

So I have a whole Diamond Dowsing course, and you can find a wonderful YouTube video on the dowsing, on my YouTube channel, where we talk about how the home is a magnet for money, but it's also the magnet for health. And so it is possible that some people, they want to go to bed, and they feel like they're turning and twisting. They can't get their mind to stop. That means that there's something disturbing you where you sleep. And sometimes I've seen people don't go to bed together, fall asleep in their sofa. So the sofa is actually energetically, probably better than the beds. Or when you go into your bed and you turn around, and you kind of go to the other side of the bed. That means then probably the way you start to sleep has some disturbances. But that's something that you can find out. And I set up a whole program that you can learn this for yourself and then help yourself and your family and your kids to really dowse the place. Because in the ancient time that



was given to the dowzers and you had to have some gifts and some knowledge, and I kind of created a whole program that everybody can do that. But it's so powerful, because you can actually cure it, so I also teach you how to cure that.

Tom McCarthy

Beautiful, and where would they find that program Where would everybody watching find that program?

Marie Diamond

They just go to MarieDiamond.com--

Tom McCarthy

MarieDiamond.com, yeah.

Marie Diamond

That's the home.

Tom McCarthy

The source for everything in terms of feng shui and dowsing, it's on there.

Marie Diamond

We have many online programs. You just go to online programs, and you find everything on dowsing and feng shui there.

Tom McCarthy

Beautiful, I love it. So, colors, you've given us a couple. You said for health, I think it was emerald green in the East, is that right, in the East?

Marie Diamond

Yeah, that's correct, yeah.



Tom McCarthy

Okay, and then we have purple, what was purple? It's letting go of stress?

Marie Diamond

Yeah, if you want to let go of the things that stress you, if you also want to let go of some of the past issues that you had. You put purple in the Southeast.

Tom McCarthy

Southeast?

Marie Diamond

Yeah, Southeast.

Tom McCarthy

And then you said it could be as simple as a purple candle or an emerald green candle. Can you give us maybe two or three other colors that might be good to work with?

Marie Diamond

Yeah, yeah, of course. So, one of the colors that I always love to work with is the color yellow. Yellow is a color that helps you to attract the knowledge about your health. Let's say you have something, you're thinking, oh, I don't have the support system. Who can give me knowledge? Who is the doctor? Who is the healer that I could attract into my life, the ones with wisdom, the ones with the knowledge? You can actually work with yellow for that. But also to stimulate your intuition, like to follow more your intuition about your health, like what is right for me, what is not so good for me. And then you can put that in the Northeast of your bedroom. And I always say, sometimes we just, it's not just a candle, but it's that simple as putting like a yellow--

Tom McCarthy

What's that? A Post-it Note? Yeah?



Marie Diamond

It's a Post-it Note. That's how big, whatever you place there, this is how big it should be. So it just has to be small enough, bigger. I call it like just something you can put in your hand that you can place there. It could be like a yellow vase or perhaps a yellow crystal. So, you can play with it.

Tom McCarthy

That's really, really cool. And so there's more information on colors and classes on that at MarieDiamond.com also?

Marie Diamond

Correct, yes.

Tom McCarthy

Wow, fantastic. Last thing, prosperity, so you said your home can also, your home can probably inhibit you from making money, or it can help you to make money. I guess it's the same principle as health, right? There's a vibration that with the law of attraction. Yeah, talk a little bit about prosperity.

Marie Diamond

Yeah, and so you see, if you go to the app or get your energy report, you will have something that's called your success direction. So for you it's the North.

Tom McCarthy

The North, okay.

Marie Diamond

The North. For somebody else it could be the Northeast or Southeast. So you need to look at, not so much in your bedroom, but in the place where you work, like--



Tom McCarthy

My office here.

Marie Diamond

Office, right. Your office, it could be a dining room if you work there. It could be the living room if you work there, so wherever you're spending time to work. You need to look at what's in that success direction, because your success is for money, career. So what you want to have there is symbols that represent money, could be books on money, could be magazines that talk about money. It can be images of, perhaps you have a picture with a very wealthy person. You can put that picture there, but also the color gold. So the color for abundance is gold. So whatever you place in your success direction, always put something in gold, like I'll give you an example, like it could be like a gold looking vase, for example. The Chinese kind of love this thing, the golden pagoda, anything gold--

Tom McCarthy

So you have lots of gold in your office, I see.

Marie Diamond

I do, I do. But it also can be like certificates of your logos, of your company, your certificates of where you make money, like you have studied for, let's say a lawyer. You have a certificate for that, and you'll make money with that, but always make them that a logo and the certificate is in a golden looking frame.

Tom McCarthy

Okay, golden looking frame, wow.

Marie Diamond

Yeah, so not the real gold, right, but just a golden frame, so you actually say to the universe, "I'm making money with this."



Tom McCarthy

Nice, that's awesome. So put your diploma in a golden looking frame. That's really, really cool. Hey, what great practical advice you gave everybody, Marie. I'm so glad we were able to connect. We were coming down to the wire. Can we make this happen before the deadline? And so thank you so much for making that happen. It's fun to see you again. I can't wait to see you again in person, but thank you so much for being part of this. Do you have any final words of wisdom to share with everybody watching right now?

Marie Diamond

Well, I would suggest to start with decluttering.

Tom McCarthy

Decluttering.

Marie Diamond

Decluttering, yeah. Definitely your bedroom, go through your closets, through your cabinets and let go of at least 10%, because if you let go of 10% of it, you'll give 10% more juice and more energy to your health.

Tom McCarthy

Okay, good, I'm gonna start on my desk right in front of me, right after I'm done with this interview. So Marie, thank you so much. You have such wonderful energy. You're a great friend, and it's really wonderful having you on our summit, so thanks again. Really appreciate you.

Marie Diamond

Thank you.