

HEALTH - CHINESE ASTROLOGY - FENG SHUI - LIFESTYLE

# Wisdom & Prosperity

1

magazine

January 2018

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HAVE A JOYOUS  
NEW YEAR!

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TREASURES**

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## **Wisdom & Prosperity magazine**

First issue

January 2018

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# WISDOM AND PROSPERITY

## WISDOM – WIKIPEDIA

Wisdom is the ability to think and act using knowledge, experience, understanding, common sense, and insight. There appears to be consensus that wisdom is associated with attributes such as compassion, experiential self-knowledge, non-attachment and virtues such as ethics and benevolence.

## PROSPERITY – WIKIPEDIA

Prosperity is the state of flourishing, thriving, good fortune or successful social status. Prosperity often encompasses wealth but also includes other factors which can be independent of wealth to varying degrees, such as happiness and health.

**B**eing smart is certainly an advantage in life but intelligence doesn't necessarily make us wise. It also doesn't guarantee that we will make good choices or live a happy and prosperous life. It is wisdom that can make a huge difference to our lives and which helps us put our intelligence to good use. However wisdom is not something that comes to us naturally – it is more a quality that we accumulate as we live and love and learn from different experiences. From the moment we take our first breath to the last time we exhale we learn from life and grow in the process.

Regardless of whether we are climbing along the steep part of our life path or enjoying the marvelous view from the top, there's life in every situation trying to communicate with us. Increasing self-knowledge and connecting with wise people can help enhance our growth but it also helps if we keep in touch with ancient wisdom that has been created by the generations who have come before us. Wise people acknowledge the fact that the laws of nature never change and regardless of our amazing progress as a civilization we still rely on the sun and moon, experiencing the changes of the seasons and time.

Ancient wisdoms such as meditation and breathing techniques, Yoga, Zen teachings, Feng Shui, Chinese astrology and ancient medical practices and diagnostic methods are all based on the laws of nature.

Some of them also teach us how to enhance our growth, heal ourselves and others, or make use of inherent potentials.

Wise people are aware of both the greatness and fragility of every moment of life; they also know that becoming rich is not a meaningful life goal. Prosperity is what we should all aspire to as it covers all the levels of existence including our state of mind. Being good to ourselves and the world around us and being happy with who we are ...these are the common traits of prosperous people. Prosperity comes hand in hand with wisdom. It is important to be wise when discerning the essential from the irrelevant in life, acknowledging the limitations that come with every expansion and recognizing how to achieve meaningful goals and achieve prosperity.

In this first issue of the Wisdom and Prosperity magazine we have provided you with articles that will help you reconnect with your flow and find ways to live a happier and more fulfilled life. Read on to learn how to sleep better with real Feng Shui; how to treat a cold, the flu and energy deficiency with simple everyday foods; how to use your space in 2018 to achieve certain goals; how to adjust your objectives in accordance with Zodiac luck... and much more!

Dive into Wisdom & Prosperity and find out how to tune in with life!

Love, Althea

# THE POWER OF REAL FENG SHUI – THE POWER OF QI

**F**eng Shui (pronounced “fang schway”) can literally be translated as “wind-water”, referring to an ideal location containing both mountains and water. This method is most often defined as the ancient Chinese science of positioning dwellings and graves. The purpose behind using this wisdom is to tap the best possible Qi from both the ground and the surroundings. This Qi energy will then foster the wellbeing and prosperity of the inhabitants.

Real Feng Shui is not about symbols or figurines; it is structured knowledge about Qi energy traveling through the landscape and entering properties. It studies how Qi moves in nature, providing the means to capture, enhance and direct its flow. It also helps to match a property with both the surrounding landscape and the occupants. In order to activate the potentials of each property, Feng Shui experts search for the ideal location of a building, carefully designing the layout and

also positioning furniture with care. Personalizing space in a house or office by using the best individual directions of the inhabitants helps them to enjoy all the benefits that come with having great Feng Shui – and this also means the difference between living an average life and a great life.

A Feng Shui Compass is a very important tool in a Feng Shui assessment. It is not just used for reading directions but its many rings also contain other vital information about the environment and a myriad of visible and invisible influences.

Every property has its own distinctive qualities and while we can often expect a lot from a property that is unable to deliver, at other times we can be totally oblivious of the exceptional opportunities that are



hidden where we live or work. Even when the compatibility between the inhabitants and their property is poor (one man’s meat can be another man’s poison), it usually transpires that things can be done to improve this, especially when it comes to houses. In order to improve the flow of Qi and stimulate a property’s potentials, water features can be installed and certain powerful formulas, which target the goals of the occupants, can be applied.



In conclusion real Feng Shui is used to improve health, relationships, careers and wealth by enhancing the flow of Qi and by cleverly utilizing a property’s locations and an individual’s personal directions. Accordingly, the main reason for booking a Feng Shui Consultation is to allow you (or your clients) to find out how to best utilize a property, making the most of its potentials. So you don’t actually need to “believe” in Feng Shui to make it work for you. It already exists, and is already acting upon your life and business. The only difference for you is that if your property’s potentials remain hidden and inactive, you’ll never know how or when to use them. It’s never too late to get your property working for you!



The Eight Trigrams are one of the basics of Feng Shui and if you want to delve deeply into real Feng Shui and understand the work of certain powerful formulas, you have to differentiate the Eight Trigrams. This text will introduce some of the elementary qualities of every Trigram.

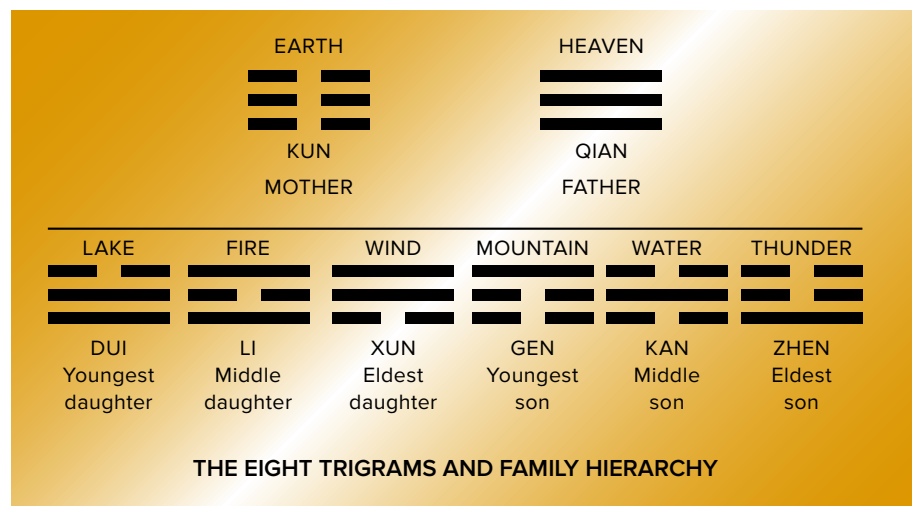


# THE EIGHT TRIGRAMS: THE BASICS NEVER GO OUT OF FASHION!

**T**he basics are essential to everything we do. Getting them right is important. Not only for the practice of Feng Shui but also for business... and everyday life. You can improve your knowledge as much as you like but one day you will come to the understanding that every new method is just an extension of the basics, which never actually change.

I love teaching the basics of Feng Shui because these are the foundations of all success. The Eight Trigrams are one of the important basics in Feng Shui and if you want to delve deeply into real Feng Shui and understand the work of certain powerful formulas, you will need to differentiate the Eight Trigrams. This text will introduce you to some of the elementary qualities of every Trigram.

The individual characteristics of each Trigram, together with their arrangements (Early Heaven/Later Heaven), are essential for both understanding how nature operates

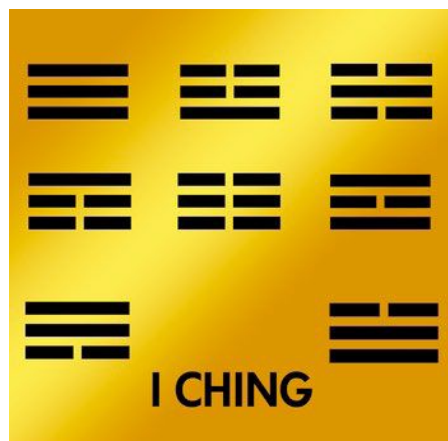


and for the practice of Feng Shui. Each individual Trigram consists of three lines; each line can be either broken (Yin) or solid (Yang). Trigrams are usually referred to as Gua, while the individual Trigram line is referred as Yao. The bottom line of each Trigram always represent the Earth, the middle one represents Man, while the top line stands for Heaven. In regards to hierarchy, the bottom line is the oldest one in the Trigram, while the top line is the youngest.

The Eight Trigrams are Heaven (Qian), Earth (Kun), Fire (Li), Water (Kan), Thunder (Zhen), Lake (Dui), Wind (Xun) and Mountain (Gen). They are usually referred as Ba Gua (the Eight Gua or the Eight Trigrams). Based on the Yin/Yang classification of the lines, the most Yang Trigram is Heaven (Qian), because it consists of three Yang lines. The most Yin Trigram is the Earth (Kun), which consists of three Yin lines. The other six Trigrams are

made of a combination of Yin and Yang lines, but their polarity is usually determined based on a single Yin/Yang line.

\* More information about Trigrams and their arrangements can be found in Althea's Feng Shui book: [www.bit.ly/FENGBOOK](http://www.bit.ly/FENGBOOK)




# EIGHT TRIGRAMS

 **Trigram Heaven, “Qian”**  
(pronounced Chee-an)

**Represents:** The father, the ruler, the chief and the ultimate male principle  
**Qualities:** Strength, courage leadership, resoluteness, justice, progress and a conservative attitude  
**Luo Shu number:** 6  
**Luo Shu direction:** Northwest  
**Symbols:** Crown, gold, sword; horse  
**Color:** White  
**Body:** Head, bones, lungs, brain



 **Fire, “Li”**  
(pronounced Lee)


**Represents:** The middle daughter, writers, celebrities, people working in media, beauticians and stylists  
**Qualities:** Beauty, kindness, intelligence, attractiveness, elegance, openness, generosity and attachment  
**Luo Shu number:** 9  
**Luo Shu direction:** South  
**Symbols:** Fire, south, sunny places, sunny weather, books, oracles, weapons  
**Color:** Purple  
**Body:** Eyes, heart, tongue, Shang Jiao



 **Earth, “Kun”**  
(pronounced Koon)


**Represents:** The mother and the ultimate female principle; old woman, mother-in-law, farmer, countryman, overweight people with big bellies, teachers and clerks  
**Qualities:** Support, nourishment, obeying, receiving, a deep and caring attitude, softness and gentleness  
**Luo Shu number:** 2  
**Luo Shu direction:** Southwest  
**Symbols:** Cow, stallion, all animals; cloths; square and soft objects, warehouses, short houses, properties in general  
**Color:** Earthen colors, brick rose  
**Body:** Abdomen, spleen, flesh; digestion, stomach and weight issues



 **Water, “Kan”**  
(pronounced Kahn)

**Represents:** The middle son, people working at sea, on lakes or rivers (fishermen, sailors)  
**Qualities:** Sensitivity, deep feelings, flexibility, freedom and wisdom; also anxiety and hardship  
**Luo Shu number:** 1  
**Luo Shu direction:** North  
**Symbols:** Rivers and water, wells, spring water; the moon, snow, water, dew, frost; pigs, fish and other water creatures; salt, pork, wine, seafood  
**Color:** Black/dark blue  
**Body:** Ears, kidneys, blood, scrotum, genitals; water retention, diarrhea



 **Thunder, “Zhen”**  
(pronounced Ch’n)

**Represents:** The eldest son, young men, fast and moving people; angry, impulsive, noisy people

**Qualities:** Strength, firmness, movement, loudness, initiative; also sudden changes, unsteadiness and new beginnings

**Luo Shu number:** 3

**Luo Shu direction:** East

**Symbol:** Jungle, forest, wood, plants, flowers, reeds, wooden musical instruments

**Color:** Jade / dark green

**Body:** Gallbladder; foot troubles; liver issues; shock, worry and fear



 **Wind, “Xun”**  
(pronounced Soon)

**Represents:** The eldest daughter, a widow, a monk

**Qualities:** Gentleness, delicacy, hesitation, changeability; too many interests and confusion

**Luo Shu number:** 4

**Luo Shu direction:** Southeast

**Symbol:** A temple, a house in the jungle, places of plentiful vegetation, orchards, gardens, bamboo; handmade objects, fans; sailing; chickens, insects in the jungle, snakes

**Color:** Green

**Body:** Upper arms, hip bones, buttock and thighs; Qi and issues with gas; liver, nervous system, stroke



 **Lake, “Dui”**  
(pronounced Dew-ee)

**Represents:** The youngest daughter, lover, actor, singer, food and drink

**Qualities:** Joy, delight, happiness, refinement, expression, speech, celebration and harvest

**Luo Shu number:** 7

**Luo Shu direction:** West

**Symbols:** Swamps, lakes; golden swords, pen knives, jewelry

**Color:** White/red

**Body:** Mouth and throat; tongue, phlegm, saliva, body hair, lungs (respiratory issues)



 **Mountain, “Gen”**  
(pronounced G’n)

**Represents:** The youngest son, boys, hermit, people with a lot of free time

**Qualities:** Stability, stillness, firmness, persistence, determination; resistance, loneliness and stagnation

**Luo Shu number:** 8

**Luo Shu direction:** Northeast

**Symbol:** Tiger, dog, rat, rodents; mountains and hills, places near mountains; graveyards; stone and objects made of cane

**Color:** Yellow/brown

**Body:** The back, hands, limbs and fingers; nose, stomach



\* A tip for Eight Trigrams versus Feng Shui: If you or someone you know has issues with the head, you should look for Sha in the Northwest direction. You should also check the position and orientation of the stove (making sure it doesn't face Northwest!)



Do you have problems with getting a good night's sleep? Do you want better quality sleep? If this is the case you might want to look at where your bed is located and the direction you sleep in. Read on to find out more about how Feng Shui can help you achieve better sleep and sweeter dreams...

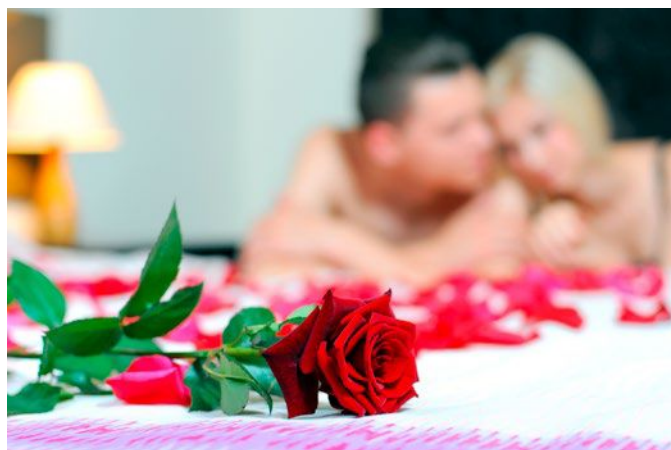
# FENG SHUI SECRETS TO A GOOD NIGHT'S SLEEP

**S**leep is an essential part of our health and wellbeing. Ongoing sleep deficiency has been linked to irritability, anxiety, weight gain and depression. Recent studies have also shown a connection between an increased risk of cardiac disease, diabetes, stroke, high blood pressure and even cancer. While we sleep our heart and blood vessels go through a regeneration process. A good night's sleep makes us feel better, putting us in a better mood. It helps us maintain a steady and healthy weight. Scientists believe that people who sleep well live longer lives and that a good night's sleep is also good for the brain; improving learning abilities and performance. Those who sleep well are much better at fighting depression; they are more tolerant and are generally in a better overall mood. With an improved ability to focus, they are more likely to avoid accidents, which are typically linked to sleep deprivation or bad sleep quality.

Can we improve our sleep simply by using Feng Shui? Of course we can! As a matter of fact, the very first step of a Feng Shui home assessment is finding the optimal location for your bed and determining the best possible direction to sleep in.

## BED PLACEMENT VERSUS YIN/YANG

Bed placement is crucial for a good night's sleep and optimal health. Where you sleep is really important. Ideally a bedroom is as far away as possible from the main entrance to the house. It should also not



be adjacent to or located above (in a double story house) the main entrance, bathroom, kitchen or garage.

From the point of view of a Feng Shui expert, your bed should not be located near the door or by a window in the bedroom. This is because these openings allow Qi energy to enter, creating an unsettled zone. If you have no option but to locate your bed by the door, consider using a decorative screen between the two; or shades and curtains between your bed and a window. This will definitely improve the situation. It is also not a good idea to have your bed directly facing the bedroom door as this has the effect of unsettling the mind as you lie in bed.

The next important piece of advice is to try and position your bed against a wall. This will definitely help improve the quality of your sleep! When your bed is left "hanging" in the room (i.e. not against a wall) this creates instability which over time can lead to the development of various sleep disturbances – finding it difficult to fall asleep; waking up during the night etc. You may not have already noticed this but a headboard on the bed always helps, especially in those situations where you are unable to place your bed against a wall. So it's time to invest in a bed with a headboard, choose the quietest room in the house and put your bed against a wall!

## BEDROOM AND BED PLACEMENT VERSUS EIGHT TYPES OF HOUSES

It's always advantageous to put your bedroom in one of the favorable locations in your home. This can be determined by its Facing/Sitting\*. This classification of East/West types of properties is typically applied to residential properties. This states that if your property is a West type you simply put your bedroom in a West location, as can be seen in the table below. So now you just need to use a compass in order to get in sync with your home as this will also help improve your sleep!

West locations (West type property)	West	Northwest	Southwest	Northeast
East locations (East type property)	East	Southeast	North	South

You can also apply this principle to your own bedroom – just find the East/West locations of your bedroom and place your bed in the best ones.

\* A thorough explanation of Facing and Sitting can be found in the book *A Course in Real Feng Shui*.

### BED PLACEMENT VERSUS FLYING STARS

Flying Stars are bodies of Qi energy; they have quite distinctive qualities and can have a direct effect on our sleep. The Flying Stars that have the most beneficial effect on our sleep (via bed placement) are #1, #6, #8, #9 and #4. These will help make you strong and healthy and can also have a calming influence. It is important to be aware that active Stars such as #8, #9 and #3 can interfere with sleep, making it difficult to fall asleep, causing wakefulness during the night and causing an over-active mind. Categorically the locations of Stars 2 and 5 should be avoided, especially for bedrooms of people who are quite sensitive, the elderly and pregnant women.

\* To calculate the Flying Stars chart of your property (for free) just follow this link: [www.bit.ly/FengCalc](http://www.bit.ly/FengCalc)

### SLEEPING DIRECTION

The direction you sleep in is vitally important and there is usually an immediate improvement in sleep issues once the bed has been moved or a better sleeping direction has been established. When having to decide between a few different favorable personal directions, we usually prefer less active directions for sleep – the Northeast, Northwest, West or South. It is also advisable to avoid any Void line directions for sleep as these can create feelings of unrest over a period of time.

\* You can find out more about the three different types of Void lines in Althea's Feng Shui book: [www.bit.ly/FENGBOOK](http://www.bit.ly/FENGBOOK)

### THE INFLUENCE OF SHA

When going through the process of assessing where your bed is located it is important to also pay attention to the influence of the landscape and surroundings. Before you choose the right bedroom you should take a look out of the bedroom window. If there is any sort of harsh or busy view (such as jagged mountains, or active waterfalls), or Sha (such as a straight road coming toward your bedroom window, a wind tunnel, the pointy edges of your neighbor's roof, etc.), then you should consider choosing a different room to sleep in. If you don't have the flexibility of choice then you can always try and find a solution by using "protection", so a small wall, fence or shrub (which admittedly is much easier when you live in a house). It's good to be aware that when the house or apartment (especially in small buildings) is situated close to a large body of water, putting a bedroom on the same side (particularly when there are large windows) is definitely not a good solution. The idea behind this is that in order to achieve sound sleep one needs to feel safe and a large body of water has the opposite effect.

External and internal Sha is created by any object that breaks the flow of energy. This has the effect of exerting very strong and disturbing influences on people, making them feel upset, creating physical

problems and of course issues with sleep. The influence of Sha depends on its proximity, the length of exposure, the Sha's strength, annual Flying Stars and other influences. External Sha can come in the form of the sharp edges of other buildings, telephone poles or power lines (especially when they cross each other) and facing narrow gaps etc. There is also Noise Sha, which comes from traffic and other external sources. This will interfere with your sleep when your bed is exposed to it, more so when there are windows on the noisy side. Sha Qi can also be created inside a house as a result of sharp edges of furniture, so it is vital to be aware of this when choosing the location of your bed.

### SOME BAD EXAMPLES

We rely on Qi and we want it to flow easily. For this reason a cluttered room can be quite detrimental to our health; whenever energy becomes stuck it creates a problem. So we don't want our bed to be jammed between two pieces of heavy furniture as this will restrict the flow of Qi. It is a similar situation when a bed cannot be accessed easily and you have to find an indirect route to get into it at night. There are other situations that can have a bad affect on sleep such as having a room that has constant foot traffic which creates unsettled Qi.

### SIZE ALWAYS MATTERS

Believe it not, the size of your bed is really relevant. The ideal bed should not be too large in relation to the room, as this can restrict the flow of energy, which we really want to avoid. Additionally a solid bed is preferable to a folding bed, simply because a folding bed doesn't have a headboard.

### HOW ELSE CAN I IMPROVE MY SLEEP?

There's a lot you can take control of to help fix your sleep issues. Most crucially you have bed placement, or where you locate your bed, and you've read through these suggestions already. However, you can always do more! We suggest paying attention to natural cycles; we are part of nature, just as nature is part of us. So... in the winter months try going to bed earlier. In spring and summer try and get up with the sunrise in order to catch the Yang. Avoid watching news or any disturbing movies before you go to sleep. Drink mild thyme or chamomile tea about an hour before heading to bed; this will help sooth your mind. And finally try and avoid eating after 6pm and be in bed by 11pm as this is when the detoxification of your body starts.



Living in Accordance with the Seasons

# STAY HEALTHY – LIVE IN SYNC WITH THE SEASONS (WINTER)

It may feel like we've lost touch with nature and that it no longer holds any influence over us. This may especially be the case for those who live in big cities – surrounded by concrete and seeing only other buildings from their windows. However this separation from nature is only an illusion as everything is influenced by the seasons, including each and every one of us. Staying in touch with nature is vital to our health and wellbeing. This is because we are part of nature and our bodies follow the same rules.

Chinese medicine teaches us that we should observe nature in order to maintain our health. Every season has its own unique energy and in Chinese medicine, winter relates to the Water element. The seat of this element and the most basic life force in the body is the Kidneys. Winter represents the most Yin season. This is when energy is considered to slow down and move deeper inside. So winter is the season that is most conducive to rest, reading, relaxation, meditation, yoga, Tai Chi, etc.

Chinese people believe that we should adjust our diet in accordance with the changing seasons. The optimal winter diet is based on any food that supports and warms our Kidneys; preferably locally grown food. Black beans and kidney beans

are classic winter foods that also have the added advantage of providing support to the Kidneys. In fact, ideally these beans should be consumed at least once a week during winter, especially in locations that have a very harsh climate. Over winter vegetarians, should try and add more Yang energy (warmth) to their bodies, so vegetables should be stir fried or baked prior to including them in soups and other dishes.

When it is cold outside we should be eating more warm soups. One of the best revitalizing soups you can make is actually a broth, made from animal bones and vegetables such as squash, leeks and carrots. Meat that is known to help warm the Kidneys is lamb, although animal Kidneys also have a natural connection with the production of Kidney energy and so are also a good option. Vegetarians should add more Yang by consuming ginger, walnuts, chestnuts and black sesame seeds. You might also like to consider quail eggs (which are also suitable for lacto-ovo vegetarians), as these highly nutritious eggs are produced by very active (Yang) creatures.

In winter, we should be trying to conserve energy which will then help us to build up

the strength we require for spring. Mother Nature does just the same thing with certain animals hibernating over winter.

Our diet should be adapted so as to focus on enriching Yin and suppressing Yang, so, fats and foods that are high in protein are perfect. Mutton, beef, goose and duck meat, eggs, rabbit meat, Chinese yams, sesame seeds, glutinous rice, dates, longan, black fungus, bamboo shoots, mushrooms, leeks and nuts are all common ingredients in Chinese dishes at this time of year.

It is advisable to eat more foods that have bitter flavors and to reduce salty foods, thereby decreasing the workload of the Kidneys. Foods that have a bitter flavor include apricots, asparagus, celery, coffee, tea, grapefruit, hops, kohlrabi, lettuce, radish leaves, kale, vinegar and wine.

Winter is also a good time to boost the natural constitution of the body and to work on any symptoms that are associated with chronic conditions. Energizing herbs such as ginseng, wolfberry, angelica, rehmannia root, astragalus and medicinal mushrooms can all be used for this purpose.



# WINTER 水

## WINTER'S QUALITIES

- A Yin season
- The withdrawal of Qi
- Slowing down
- A Water Element
- The color of black
- Cold, dark, quiet

## WINTER'S MONTHS

(Chinese Solar calendar)

- November
- December
- January

## WINTER VS. HEALTH

Water Element meridians/organs:

- The Kidneys (Yin)
- The Bladder (Yang)
- Health issues: Kidney and bladder issues, problems with bones, ears and the reproductive organs
- Emotions: Fear, anxiety



## THE KIDNEYS

- Store Jing, the deep primordial energy that governs aging
- Control water
- Center of the body's Yin and Yang
- Control the reception of Qi
- Responsible for growth & development
- The seat of Zhi (willpower)
- Related emotion: Fear
- Kidney time: 5-7 pm

## WINTER COOKING AND FOODS

- Cook longer; use a low heat and less water
- Bake in the oven
- Add a pinch of salt
- Consume warm soups
- Cook bone broth
- Add kidney and black beans to your menu
- Include black sesame seeds, wolfberry, mushrooms and black fungi, seaweeds and micro-algae in your meals
- Eat more duck, goose, beef, lamb and rabbit meat; also consume eggs
- Enrich your diet with some walnuts and nuts
- Cook with winter veggies such as squash, leeks, carrots, cabbages and winter greens
- Consider taking ginseng and/or cordyceps (especially if you are experiencing a lack of energy)

## WINTER IS A GOOD TIME TO:

- Rest more
- Sleep longer
- Go to bed early
- Reflect
- Meditate



Most often, the Three Treasures are translated as body, mind and spirit, even though these concepts have a more complex and subtle connotation in the Chinese language. Generally, Jing refers to the essence which has been obtained from one's ancestors; Ch'i to one's vitality and Shen to one's spirit.

## THE QUEST FOR THE THREE TREASURES WITHIN

**T**he Three Treasures is an important concept in Chinese medicine and other healing practices (Ch'iKung and Tai Ch'i), as well as in Feng Shui, Yi Jing and Four Pillars astrology. In Chinese medicine, the Three Treasures (Jing, Ch'i and Shen) are seen as subtle substances that play a significant role in the formation and maintenance of our bodily functions. Their balance is quite sensitive and the harmony between them can easily be disrupted; bad habits and constant exposure to stress can weaken them, even to the degree of causing severe damage to a person's health. On the other hand, our awareness and a persistent and focused effort may strengthen and harmonize our "Treasures", improving health gradually and stabilizing the emotions and mind.

### BODY, MIND AND SPIRIT

Most often, the Three Treasures are translated as body, mind and spirit, even though these concepts have a more complex and subtle connotation in the Chinese language. Generally, Jing refers to the essence which has been obtained from one's ancestors; Ch'i to one's vitality and Shen to one's spirit.

When they are listed in order, Jing always comes first. This is because it represents the core basis for the manifestation of the other two treasures. Jing is a substance and is formed prior to the other two; basically at the very moment of conception, a newly-created being becomes an expression of pure Jing. After a while, Ch'i enters the fertilized egg, fills it with energy and brings life to it. Much later, the embryo develops Shen.

The ultimate goal of all oriental healing and self-development methods can be attribut-

ed to the development, harmonization and focusing of attention on Jing, Ch'i and Shen. On the profound and enduring path that entails acquiring a balance, coming across these three aspects of being is inevitable. Mastering the Three Treasures represents the highest degree of self-development in many Oriental healing arts.

### 精 JING

Jing is incredibly important substance; even in a very healthy body, it is present only in a very small amount. Without Jing, Ch'i and Shen would not be able to exhibit themselves. As the essence of our being, Jing existed before our body was even formed. In fact the character for Jing in the Chinese language means the 'essence' or 'semen' - the translation depending on the context. Jing represents the energy which is unique to each individual, and which is inherited from our ancestors and passed down by the parents at the time of conception. As a manifestation of inherited energy, Jing is often compared with human genetic potential.

Many things depend on our Jing: bone growth in children, the growth of our hair and teeth, normal mental development and



sexual maturity. Jing is also responsible for a balanced hormonal state, fertility and overall reproductive functioning. This essence conducts us in accordance with our heritage, providing us certain amount of energy throughout the life.

**Jing is responsible for physical integrity, as well as for controlling our clarity of thought. In a way, Jing determines the quality of the other two treasures. As the specific energy which is stored in our kidneys, Jing helps with the process of adaptation to external stresses. When Jing energy in the kidneys is strong, it leads a person to a long and lively life, making a person vital and giving a youthful appearance. At the other hand, a loss of Jing reduces one's ability to adapt, speeding up physical and mental deterioration and contributing significantly to the shortening of a person's life.**

There is no doubt that Jing is the source of life, for without Jing, there is no life. The amount of Jing we received at birth does not remain constant throughout our lives, but is depleted during the quite natural process of aging. Losing of Jing basically leads to aging and after our essence is consumed – our life naturally comes to the end (this coincides to the scientists' explanation that we are actually aging due to telomere consumption in our cells). Although an average human being cannot prevent their own aging process, there is still



the opportunity for us to preserve our Jing. Abuse of such things as drugs, narcotics, alcohol and tobacco contributes to the weakening of Jing, together with over-working, sleep deprivation, excessive emotions, poor nutrition, body trauma and injuries, chronic illness, excessive sexual activity... Heavy periods, pregnancy and birth can also weaken Jing, as well as prolonged exposure to stress.

The reduction of one's essence can be also detected by thinning and graying of the hair, reduced body moisture, diminished sensory and mental alertness, and weakening of the bones, teeth and connective tissue. However, we can find comfort in the fact that it is possible to influence the loss of Jing; Chinese medicine teaches us that Jing can be enhanced by proper nutrition, altering our lifestyle and adopting a moderate way of life. Practicing Ch'i Kung, applying acupuncture and consuming bone broth and/or other Jing tonics, can also help to a certain extent.

If there are already signs of aging and bodily weakening, the first measure for the maintenance of Jing should be an abstinence from sexual activities. The next one is ensuring an intake of foods that are beneficial to Jing, such as soup made from bones (chicken, beef, lamb; all organic if possible). Boiled animal kidneys (especially lamb and beef kidneys) also make good Jing tonics, while vegetarians can target their Jing through intake of micro-algae (chlorella, spirulina), wheat germ and Cordyceps Sinensis. Traditional Jing tonic made from deer antlers may not be nature-friendly but is still considered to be very beneficial, especially for children suffering from poor health.

Every living being is unique, due to the fact that Ch'i differs between individuals. Basically, the quality and quantity of our energy (Ch'i), depends on, amongst other things, the Ch'i that we have inherited from our ancestors (hereditary Ch'i), as well as on the Ch'i we acquire from daily food and the air (acquired Ch'i).

**Ch'i is also known as 'energy', 'vital energy', 'primal energy' and 'life force'. The quality of Ch'i causes our bodies to be either healthy or unwell. Ideally, Ch'i should vigorously circulate around the body, to make it strong and healthy. When vibrant, Ch'i warms the body, bringing a sense of harmony and well-being.**

**At the very moment of the formation of Jing, Ch'i energy penetrates the body. Our body actually becomes functional only due to Ch'i, the current which brings our system to life and animates our existence. This invisible life force allows our bodies to live, move, think and perform all voluntary actions.**

**It is believed that Ch'i enters the body from the sky through the nose (Yang Gate) and that by circulating through the 12 meridians it nourishes the internal organs and maintains their function.**

The Chinese character for Ch'i is perhaps the best illustration of its features; it shows the steam that rises from cooking rice in a bowl placed over fire. If the intensity of the cooking fire is appropriate to the amount of water and rice, the energy appears in the form of steam. When the fire is weak, steam is not created; when fire is overly strong, it makes the water evaporate, bringing the risk of burning not only the rice – but the pot as well!

The nature of Ch'i is moveable, and with its constant movement, it nourishes and protects the body. In the system of traditional Chinese medicine, Ch'i and the blood are linked; the spleen makes blood by extracting Ch'i from food. The nature of red blood cells is associated with nourishing Ying Ch'i (Yin quality), while the protective white blood cells are associated with Wei Ch'i (Yang Ch'i). In Chinese medicine, Ch'i tonics are usually blood tonics and they can help improve the overall functioning of the body. Many Ch'i tonics strengthen the bodily Ch'i by strengthening digestion, assimilation and respiration.

In Feng Shui, Ch'i travels the soil, forming landscape and affecting buildings and humans on the long term basis. In traditional Chinese medicine, it is well known that Ch'i travels beneath the skin's surface, in accordance to the daily cycles. Every energy path that Ch'i travels along corresponds to a particular organ, and as a result specific points can be pressed, sucked, heated or pierced by tiny needles, in order to control the function of the specific organ and balance the overall flow of energy. Ch'i-conductive food is usually warming and by its nature, Yang. A well known Ch'i

**All Three Treasure are mutually dependent. Accordingly, the strength of our Shen depends on our Ch'i. When we have a lot of Ch'i, our Shen tends to be strong, and we have the ability to become great (so say the Chinese classics).**

tonic in the West is Ginseng, the root which resembles the human form, and which, when aged, actually gains strength. Amongst the foods that stimulate the formation of Ch'i



and blood, meat and fish can be singled out, as well as congee, cinnamon, ginger, lyches and Chinese dates. In situations of Ch'i deficiency, it is wise to avoid cold drinks and intake of cold food in general, together with salads and fresh fruit.



## SHEN

The third, but no less important Treasure resides in our heart.

Shen makes a very special treasure, because human beings do not get Shen by default. Although all beings have Jing and Ch'i, the fact that a being lives and breathes does not necessarily mean that it possesses Shen.

The most common explanation of Shen is that it is a human soul - or spirit; since the written Chinese character for Shen contains the idea of a bird, this Treasure is often referred to as the "bird that is free to fly wherever it wants". Ch'i masters say that Shen is able to evolve, by practicing moderate lifestyle and including certain spiritual practices in daily life (such as higher levels of Tai Ch'i Chuan and Ch'i Kung exercises). It is also said that spiritual practice cultivates Shen, as well as all kinds of creative expression. On the other hand, Shen is the only Treasure that can leave the human body at times of great stress and trauma, returning only after the re-establishment of favorable conditions.

It is well known in Chinese medicine that the status of Shen can be seen in the eyes of a

person, and then, to a lesser extent, in the quality of their hair and skin. When the Shen of a certain person is happy, this person radiates vitality and their eyes glow. Alternatively, when a person develops serious mental problems, this always involves a Shen disorder; the person usually tries to avoid eye contact, or their eyes have a wild look. Since Shen can be related to psychic disorders, mental disorders in Chinese medicine are always related to an obscure Shen state that causes a person's mind to appear like a sky covered by clouds.

**It is unlikely that Shen will be strong without strong Jing and powerful Ch'i – a healthy mind in a healthy body. Therefore, it may be important to remember that Shen develops as a result of the combination of Jing and Ch'i. When all Three Treasures are strong and coherent, the mind is powerful, the spirit is strong, the emotions are under control - and the body is healthy and strong.**

When cultivated, Shen helps provide peace of mind. Cultivated Shen can help lead a person through life, reflecting the higher nature of all human beings. However, Shen cannot be developed by talking about love, because Shen is not an emotion or a state of mind (although it masters the emotions and state of

mind). The strength of someone's Shen can be seen in their generosity and kindness, acceptance, forgiveness and tolerance. Some people describe the Shen aspect of a human being as "the seat of divine love that dwells in the heart of man." It is known that Shen can be developed by practicing compassion, non-judgment and non-discrimination.

Our Shen is the source of our wisdom, ability to review the aspects of a certain topic and to rise above making judgments and classifying things as either positive or negative. Shen is also the source of our motivation and relationship with the nature and spiritual realms. If our Shen is weak, there might be anxiety and mild depression; very weak Shen may open the door to deeper psychological problems.

The good news is that we can certainly aid our Shen's development, primarily by implementing a moderate lifestyle, working on ourselves and promoting contact with others, as well as by practicing exercises like Tai Ch'i and Ch'i Kung. Of course, we should not forget that there is always the option of utilizing traditional Chinese medicine in the form of acupuncture and herbal formulas ("Shen tonics").

## DO WHAT YOU CAN TO KEEP YOUR TREASURES STRONG

Despite the fact that individual life will always be the greatest mystery for us, we can still act towards improving our Three Treasures. Since everything begins with Jing, for without Jing, there is no life and living. In order to maintain our Jing, we should lead a moderate life and implement proper nutrition and exercise.

Strengthening Jing and Ch'i is a life-time process, and these efforts require patience and persistence, especially if substantial improvements are needed. However, from time to time, especially as the years go by, we should seek the help of acupuncture and herbal medicines, in order to increase the amount of Ch'i and improve its flow. Finally Shen can be strengthened by practicing compassion, non-judgment and non-discrimination. An old saying reminds us that "When Jing and Ch'i are strong, the emotions are under control; the body is healthy; and the spirit is strong and bright ..."



# DO YOU HAVE A SECRET HELPER?

In order to attain your goals and really achieve success you might just need help from someone else. Whether you want to bring people together in an attempt at better connectivity, to get support when setting up a new business or project or you simply want to find a true professional who can help you solve certain issues... you need to get in touch with your Nobleman. Your secret helper!

**N**one of us is an island, and we are all interconnected with other people as part of our daily lives. In this context, meeting the right people can make our life much easier; just as dealing with rude, harsh and unresponsive people can make everything more difficult.

The Secret Helper concept in Four Pillars Astrology includes not only our friends and other responsive and kind people who are helpful and protective of us but it also encompasses our teachers and mentors. Good teachers are not easy to find, though everyone needs them in order to learn as much as possible and master certain skills. Keeping in mind that life involves endless learning, meeting (or attracting) good teachers and instructors can be vitally important for our overall growth and development. Those spiritual teachers and advisors who guide us through our spiritual growth and help us understand our path and accept certain stages of our life with faith and consciousness, are also our secret helpers. A counselor or therapist can also be our Nobleman as they coach and encourage us to accept the facts of life and who we are. Finally, mentors also deserve a mention. We all benefit from becoming a protégé and being given any support that makes our progress easier.

## How to find your Nobleman

Having a Nobleman in your Four Pillars chart is a blessing. Use the table below to find out if there's a secret helper in your Destiny! To calculate your Four Pillars chart and find your Self (which you need to know in order to find your Nobleman), just follow the link: [www.bit.ly/4PChart](http://www.bit.ly/4PChart)

## Your Nobleman Stars finder

SELF			NOBLEMAN STARS	
<b>Jia</b> 甲	<b>Wu</b> 戊	<b>Geng</b> 庚	<b>Ox</b> 丑	<b>Goat</b> 未
<b>Yi</b> 乙	<b>Ji</b> 己		<b>Rat</b> 子	<b>Monkey</b> 申
<b>Bing</b> 丙	<b>Ding</b> 丁		<b>Pig</b> 亥	<b>Rooster</b> 酉
<b>Ren</b> 壬	<b>Gui</b> 癸		<b>Rabbit</b> 卯	<b>Snake</b> 巳
<b>Xin</b> 辛			<b>Tiger</b> 寅	<b>Horse</b> 午

## You secret helper may be their way to you

If there isn't a Nobleman in your Four Pillars chart, don't fear! A Nobleman can still come to you in certain years!

Take a look at the table below to find out which are your Nobleman years.

## Your Nobleman years

SELF			NOBLEMAN STARS	
<b>Jia</b> 甲	<b>Wu</b> 戊	<b>Geng</b> 庚	<b>2021</b> *(also 2020)	<b>2027</b> *(also 2019)
<b>Yi</b> 乙	<b>Ji</b> 己		<b>2020</b> *(also 2021)	<b>2016</b> *(also 2021)
<b>Bing</b> 丙	<b>Ding</b> 丁		<b>2019</b> *(also 2022)	<b>2017</b> *(also 2021)
<b>Ren</b> 壬	<b>Gui</b> 癸		<b>2023</b> *(also 2018, 2019)	<b>2025</b> *(also 2021)
<b>Xin</b> 辛			<b>2022</b> *(also 2018, 2019)	<b>2026</b> *(also 2018, 2019)

\* The years in brackets are when you will also feel the influence of your secret helpers, although to a lesser extent.





**Activate your Nobleman at home**

You may already be one of those lucky people who live in a property where the front door is placed in a Nobleman position. Just as you may also be sleeping in a Nobleman Stars location - without even being aware of it! If this is the case, you could already be feeling the benefits of support, guidance or practical help. However ...if this is not the case and you really need help right now, did you know that you can activate a Nobleman area at your home or office? Simply spend time in the location(s) shown in the table below; play music, dance or use your singing bowl!

**Nobleman Star's areas at your place**

SELF			NOBLEMAN STARS	
<b>Jia</b> 甲	<b>Wu</b> 戊	<b>Geng</b> 庚	<b>NE1</b>	<b>SW1</b>
<b>Yi</b> 乙	<b>Ji</b> 己		<b>N2</b>	<b>SW3</b>
<b>Bing</b> 丙	<b>Ding</b> 丁		<b>NW3</b>	<b>W2</b>
<b>Ren</b> 壬	<b>Gui</b> 癸		<b>E2</b>	<b>SE3</b>
<b>Xin</b> 辛			<b>NE3</b>	<b>S2</b>

\* You will find more detailed information about activating your Personal Nobleman in the book A Course in Chinese Astrology: [www.bit.ly/AstroBOOK](http://www.bit.ly/AstroBOOK)



I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.

*Lao Tzu*

*“The world is changing very fast. Big will not beat small anymore.  
It will be the fast beating the slow.”*  
*Rupert Murdoch*

Do you prefer to grow in a slow but steady manner? Or are you more of a proactive type, looking to create your own opportunities? As everyone’s paths and goals differ our Feng Shui should be adjusted accordingly to suit both the personality and requirements. Read on to find out how different Feng Shui approaches can help you achieve those goals...

## SLOW VERSUS FAST FENG SHUI: WHICH DO YOU NEED?

**E**very Feng Shui expert wants to make sure their client is happy. It is very important in this line of work to choose the appropriate method in order to achieve that goal. While for most clients steady growth is optimal there are other clients who really just want to get there quickly.

In Feng Shui, just as in life, there are different ways to approach your objectives and achieve prosperity and overall wellbeing. Some of these ways are slow and steady, providing consistent results but requiring a little more time. There are also faster ways to reach goals and gain more control over your business, however these require more flexibility from the client’s side.

We typically use slow and steady (Yin) methods for houses and properties, especially those in the natural environment (mountains, near water). Most corporate clients prefer to know that their office headquarters have been set-up in a durable manner; creating continuous growth, creating order, supporting the key staff and ensuring an effortless running of the business. Conversely, fast Feng Shui methods are typically used for small and medium sized businesses as these organizations need to work in a highly changeable market and to move quickly in order to seize opportunities. It is important to note that fast Feng Shui methods also deliver good results when applied to key individuals in larger companies.



### **It’s slow and steady that wins the race**

Slow and steady methods for achieving prosperity have numerous advantages but also a few downsides. They are recognized as being the traditional method and are based on what is readily available – the landscape, surroundings, property placement and layout. To ensure that our client’s progress is nice and steady we want to tap into the most consistent form of energy – the energy of the landscape. It is also relevant how a property is used, just as it is important to use the best personal directions of the residents. All of these factors combined will establish a Feng Shui set-up that is stable and sound; one that will continue to provide optimal long-term results.

This standard type of consultation is favored as a long-term solution for all residential and commercial properties. If you expect to stay at a house or office for at least one year, this type of set-up is ideal for capitalizing on a property’s potentials. Sure, you may experience certain oscillations in your luck each year but a good set-up will protect you from bigger setbacks and will provide gradual but steady growth.

### **However being fast creates more opportunities**

Each New Year (the Chinese Solar year starts around 04 February) is a new chance for us all to start over. After redefining your goals and setting your priorities, an annual Feng Shui consultation for both your home and commer-

cial property is recommended. This type of consultation is especially helpful for people who regularly move from one residential property to another, but there are really just a lot of smart people who simply want to make sure that they're using their property in the best possible way. This type of consultation is especially important for businesses who work in a market where new products and services are being launched daily, and where every business at some point has to fight to survive. It is also vital to be able to predict trends and adjust plans accordingly, otherwise a business will simply be left behind.

Unlike a standard Feng Shui consultation (where we rely on activating a property based on what is readily available), an annual consultation relies on using space in accordance with time as well as the most active Annual and Monthly Flying Stars. In this type of consultation we want to tune our clients in with Stars that most suit their needs. For example: A client wants to break into a new market this month. For this purpose the client can use #3 locations (and/or directions), and we can also instruct them to use their own wealth star, which will be an even better solution. The downside of this type of consultation is when it involves changing the location of your desk every month (or rearranging your office or room). The reality is that this is not convenient for everyone and especially anyone living or working in a tight space. However the goals of this consultation can also be accomplished by merely turning the desk (or bed) in a different direction.

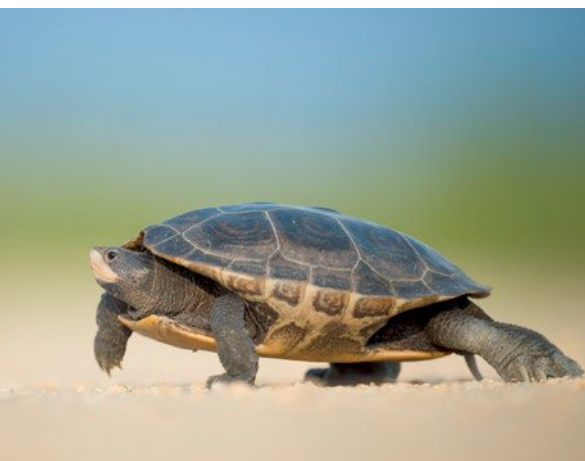
While there is no doubt that a standard Feng Shui consultation is the best way to utilize a property's potentials in the long run, some people also understand the value of an



annual consultation, which helps to increase productivity or target success in new goals. It is important to mention that standard and annual Feng Shui consultations do not exclude each other; they can actually be implemented together since we all need stable elements in our lives while also pursuing our goals. Annual and monthly Feng Shui solutions can be used to increase the popularity of your products and services; to address business crises; to gain support; to find ways to achieve import-

ant objectives, especially when a client has a specific timeframe (short-term goals).

After a client has been told what they can expect in a year's time (in their Annual Feng Shui Consultation) they can presented with their monthly plan of how to use their property or office to bring them success. Once they see that an Annual Consultation will work well for them, providing a clear advantage over their competitors, many clients will be interested to learn more about the impact of the next few years (a Four Pillars Astrology consultation is often done in tandem with an Annual Feng Shui consultation). All this information is incredibly valuable, satisfying expectations of how quickly a client can achieve their goals. Long term knowledge can help with making informed decisions on property reconstruction, can have an impact on decisions regarding expansion or even long-term plans on launching new product and services.



SLOW AND STEADY FENG SHUI	FAST FENG SHUI
<ul style="list-style-type: none"> <li>• Uses the energy of the landscape and surroundings (Mountains and water)</li> <li>• Focus is on using the property's potentials (Depends on property's location, layout, landscape &amp; surroundings).</li> </ul>	<ul style="list-style-type: none"> <li>• Uses Annual energies to avoid setbacks and enhance growth.</li> <li>• Works with different ways of using locations and directions; on a monthly basis.</li> <li>• In order to get the most out of this consultation, you must set your goals and create priorities for the year in question (as well as for each month) before you receive the map of using the property. When priorities change, the way in which you use the property will also change.</li> </ul>

\* To schedule your Annual Feng Shui and/or Four Pillars Consultation, please send us an enquiry.

# THE FOUR PILLARS FOR BEGINNERS

Have you ever heard of Four Pillars Astrology? Were you aware that it is completely different to Western Astrology? That there is no Ascending sign, no houses and no planets... In fact Four Pillars Astrology (Chinese Astrology) identifies the world as being divided into Five Elements: Fire, Earth, Metal, Water and Wood. And the practice of this art involves reading the Five Elements and their balance!

Chinese astrology once played an important role in the Imperial Court in ancient China with astrologers helping the Emperor to make any important decisions. Records of Chinese astrology that have been found in the Forbidden City confirm that it has been practiced for more than 3000 years. In Chinese astrology, every year, month, day and hour (and even minute) can be expressed in sexagenary cycle units, as a unique combination of one Heavenly Stem and one Earthly Branch. Four Pillars Astrology is based on the Solar or Hsia calendar which is aligned with the longitude of the Sun on the ecliptic, causing each solar year to start between the 3rd and 5th of February.

### Four Pillars - four areas of life

Each Pillar in the Four Pillars chart represents certain aspects of an individual's personality and life. In addition it also relates to a specific age, or phase in a person's life. The Four Pillars can also be categorized into external and internal. External are the Year and Month Pillars which represent what others can perceive about someone... without getting too close. And to the contrary, the Day and Hour pillars show who we are in more detail, representing our private and most hidden traits, dreams and hopes.

\*To calculate your Four Pillars – Ba Zi, enter your date of birth in my free online calculator at <http://bit.ly/4PChart>

### Four Pillars in brief

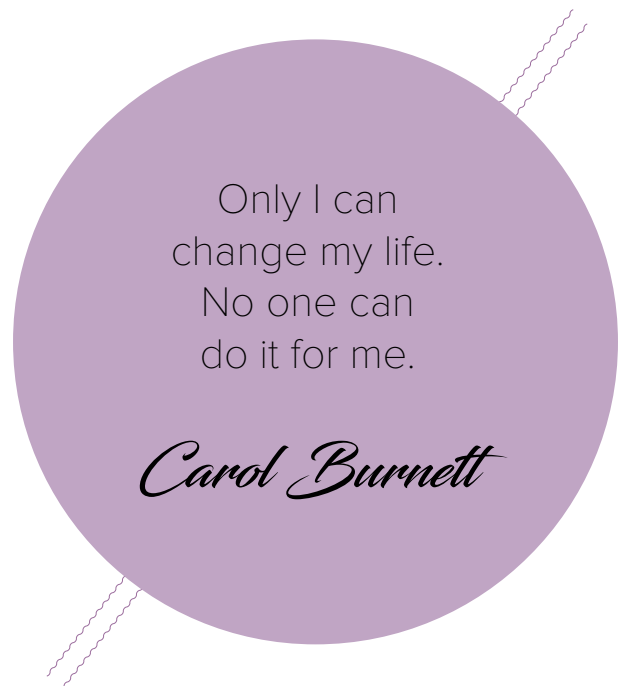
HOUR PILLAR	DAY PILLAR	MONTH PILLAR	YEAR PILLAR
Children	SELF Spouse Palace	Parents, siblings	Ancestors
From 63	35-63	17-35	0-17
Internal Unspoken wishes Inner hopes and dreams Children Personal creations Old age; life after retirement	Internal Unveils the Self - who you are Physical appearance and constitution Romance and marriage Most productive part of your life	External Parents and siblings Immediate surroundings How you handle everyday life Your career and employers	External Society & the wider environment Early childhood Ancestor's palace Grandparents and their tombs

### A sample Four Pillars chart

HOUR	DAY	MONTH	YEAR	
<b>Jia</b> (Yang Wood)	<b>Gui</b> (Yin Water)	<b>Wu</b> (Yang Earth)	<b>Geng</b> (Yang Metal)	« STEMS
<b>ZI</b> (Rat)	<b>HAI</b> (Pig)	<b>ZI</b> (Rat)	<b>SHEN</b> (Monkey)	« BRANCHES

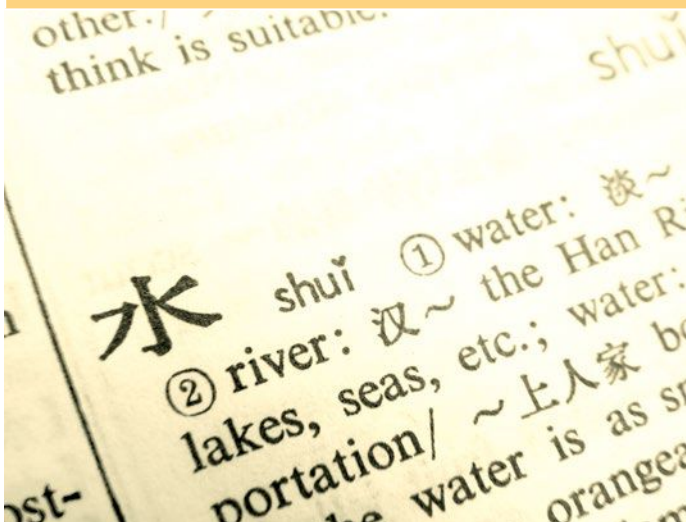
### A sample Four Pillars chart

HOUR	DAY	MONTH	YEAR
Hour Stem	Day Stem (Self)	Month Stem	Year Stem
Hour Branch	Day Branch	Month Branch	Year Branch



## Chinese astrology versus Western astrology

CHINESE ASTROLOGY (FOUR PILLARS – BA ZI)	WESTERN ASTROLOGY
Both are divination systems based on the date and time of birth	
Divides signs by years, months, days and hours.	<b>Divides signs by months</b> (People born in the same months share the same traits.)
Sees the world as comprised of Five Elements.	<b>Sees the world as being under the influence of planets</b> (There are different houses - depending on the ascending sign, i.e. birth time.)
<b>Uses the lunisolar calendar</b> (In the solar calendar a new year starts between 3-5 February, while each solar month starts between the 3rd and 8th day of the month.)	<b>Uses the western calendar</b>
In Chinese Astrology we have Clashes, Combinations, Harms, Punishments and Destructions between Branches in different pillars.	In Western astrology there are conjunctions, sextiles, trines, squares and opposition between planets in different houses.
In Chinese Astrology we have Four basic Pillars which represent the four basic areas of our life.	In Western astrology there are 12 houses; each house represents a different aspect of our life.
The influence of each of the Five Elements is linked to a period of three years.	Each planet has an effect on luck depending on its actual transit over certain houses in our astrological chart.
<b>Major (personal) Luck changes occur every 10th year</b> (The Elemental balance changes due to the influence of new Elements that come with a new Luck Cycle.)	<b>Luck is affected by certain planets cycles</b> (For example Saturn will have an effect on you at the ages of 29, 58, 84; Jupiter returns to the same house every 12th year.)
Elements are dynamic and they constantly nourish and control each other. They also change under the influence of other Elements.	<b>Each planet has its own sphere of influence.</b> However, receiving Jupiter can lessen the influence of Saturn, etc.





Winter is coming! Now is a great opportunity to prepare and learn more about how to treat a cold and boost your vitality!

# THE SIX MOST EFFICIENT WAYS TO TREAT A COLD AND BOOST YOUR VITALITY

In autumn and winter – yes, those seasons that are notorious for cold temperatures, wind and humidity – it is much easier to catch a cold or come down with the ‘flu.

However, not everyone is equally susceptible to harsh weather.

In fact one of the main factors of your resistance is the quality of the Wei Qi, or defensive energy of your body, which runs below your skin’s surface. The wisdom of ancient Chinese medicine advises us to live in accordance with the seasons and to adjust our lifestyle with the prevailing conditions... and this should help us to maintain our immunity.

However, when we actually come down with a cold or the ‘flu, it is important to consider a few very effective solutions which have been derived from Chinese medicine. The most common of these is to strengthen the patient’s Qi, while simultaneously helping the body to expel the pathogen by encouraging sweating. Sweating is actually an important part of the healing process, especially when it comes to colds. The six best methods to help treat a cold and boost your vitality are consuming congee, broth made from bones, ginger, cordyceps, honey and garlic.

## CONGEE

Congee is traditional Chinese breakfast but is also a great remedy for colds. It’s made from rice and water; the ratio depends on the thickness you prefer but the most common recipe is for six cups of water to one cup of rice. The average amount of time you need to cook congee is about two hours, but it’s good to know that the

longer you cook it, the healthier it becomes. When it comes to the medicinal properties of congee, it tonifies Qi energy and blood and also harmonizes the middle burner. Congee is great for the Lungs, and because it is easy to digest it also helps the Spleen. The good thing about congee is that you are free to add whatever you like to the basic recipe. So to help treat a cold and the ‘flu you can add ginger. To boost vitality you will add Cordyceps, bone broth, eggs or quail meat. To strengthen the Kidneys just add some black sesame or goji berries



## BONE BROTH

Bone broth is a phenomenal Qi and blood tonic. It has a positive effect on our Jing – the essence of life – which determines our levels of vitality and the length of our life. This broth is an important part of a winter diet and is also an effective way to treat a cold and the ‘flu – it helps promote perspiration and expel pathogens. Deciding which bones should be used for your broth depends on your current condition. So for colds and the ‘flu, the best broth is made from chicken bones. For those who are in recovery or people suffering from malnutrition, bone broth made from the dark meat of a chicken or from quails will work miracles! This medicine requires you to cook



it for a really long time, since the goal is to extract all of the essence from the bones. So the longer we cook the bones, the better medicine in the broth.

### **CORDYCEPS**

Since ancient times, cordyceps has been famous in Chinese traditional medicine (TCM) as a tonic to treat the Lungs and immunity issues. It has also been used to cure Kidney, Liver and Heart disease as well as for inhibiting cancer growth. It is well known for its anti-inflammatory properties, and efficiency in improving respiratory functions and treating coughs, colds, the 'flu and asthma. Since cordyceps adds energy and enhances body strength and stamina, it is often used to treat fatigue and exhaustion. With its performance enhancing properties it is also very popular with sportspeople. Cordyceps can be prepared as part of a soup with chicken meat (dark or white), as an infusion or in capsules. You can also sprinkle cordyceps directly into your congee.



### **GARLIC**

Many cultures are familiar with the abundant healing properties of garlic. In TCM, it is known for its warming qualities, as well as for its efficiency in expelling pathogens and promoting perspiration.



### **GINGER**

Ginger is a warming food and is something we should all have in our kitchen cupboards – both fresh and in dry form. Dry is typically used for chronic issues, while fresh ginger is better for acute problems. Ginger acts on the Lungs, Spleen and Stomach meridians and also enhances perspiration (a good thing!). It can be consumed fresh in salads, be prepared as an infusion or can be cooked as part of a soup (chicken or vegetable).




### **HONEY**

Just as with garlic, the healing properties of raw honey are also well known around the world. In TCM, honey is famous for its action upon the Lung, Colon, Spleen and Stomach meridians. Thus honey benefits the Lungs, boosts immunity and soothes the symptoms of colds and the 'flu. It can also help dispel pathogenic heat, clear toxins and soothe pain. Just be aware that raw honey is not suitable for babies and small children.



GINGER	GARLIC	HONEY
<ul style="list-style-type: none"> <li>• Warming</li> <li>• Yang tonic</li> <li>• Acts on the Spleen, Stomach and Lungs</li> <li>• Great for digestive problems                             <ul style="list-style-type: none"> <li>• Provides energy &amp; vigor</li> <li>• Stimulates circulation</li> </ul> </li> <li>• Improves the metabolism</li> <li>• Boosts the immune system                             <ul style="list-style-type: none"> <li>• Lessens pain</li> </ul> </li> <li>• Reduces inflammation</li> <li>• Helps the body to dispel a cold</li> </ul>	<ul style="list-style-type: none"> <li>• Warming</li> <li>• Affinity with the Spleen, Heart, Small Intestine, Lungs and Colon</li> <li>• Benefits the digestive system                             <ul style="list-style-type: none"> <li>• Fights candida</li> <li>• Kills parasites</li> </ul> </li> <li>• Fights energy stagnation</li> <li>• Stimulates and strengthens the immune system                             <ul style="list-style-type: none"> <li>• Antibiotic-like effects (3-6 cloves daily)</li> <li>• Detoxifies</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Sweet</li> <li>• Neutral</li> <li>• Acts on the Lungs, Colon, Spleen and Stomach</li> <li>• Soothes coughs, colds and the 'flu                             <ul style="list-style-type: none"> <li>• Dispels pathogenic heat                                     <ul style="list-style-type: none"> <li>• Relieves pain</li> </ul> </li> <li>• Boosts immunity</li> <li>• Anti-inflammatory</li> <li>• Nourishes Yin energy                                     <ul style="list-style-type: none"> <li>• Improves sight</li> <li>• Laxative effects   <ul style="list-style-type: none"> <li>• Emollient</li> </ul> </li> </ul> </li> </ul> </li> <li>• Helps with throat problems                             <ul style="list-style-type: none"> <li>• Prevents dryness</li> </ul> </li> </ul>
<p><b>Ginger recipes</b></p> <p><b>Ginger tea</b></p> <ul style="list-style-type: none"> <li>• Grate ginger (1 tsp for 1 cup of water)                             <ul style="list-style-type: none"> <li>• Add cold water; cover</li> </ul> </li> <li>• Boil over medium heat for about 10 minutes                             <ul style="list-style-type: none"> <li>• Add some honey to taste (when slightly cooled)</li> <li>• Drink warm, 1-3 times a day</li> </ul> </li> </ul> <p><b>Ginger and cinnamon tea</b> (To expel the cold/wind &amp; to warm the body) bring to the boil:</p> <ul style="list-style-type: none"> <li>• 1 tsp curcuma/turmeric</li> <li>• 1 tsp cinnamon</li> <li>• ½ cup of grated ginger</li> <li>• 2 cups of water</li> </ul> <p>Boil for 3-5 minutes. Put aside. After 5 minutes add some raw honey to taste. Drink while hot!</p> <p><b>Ginger-carrot smoothie</b></p> <ul style="list-style-type: none"> <li>• Chop 3 organic carrots with their tops, add 1 small apple with seeds, juice of ½ a lemon and ½ inch of fresh ginger. Add some water and make a smoothie. (Detoxifies, nourishes)</li> </ul>	<p><b>Garlic recipes</b></p> <p><b>Garlic Congee</b></p> <ul style="list-style-type: none"> <li>• (Excellent breakfast for those with digestive and stagnation issues)</li> <li>• Boil 3 large cloves of garlic in 3 cups of water for a minute</li> <li>• Remove garlic, add 1 cup of rice and simmer until the rice starts to break</li> <li>• Add garlic and simmer for 10 minutes more</li> </ul> <div data-bbox="598 1064 949 1332" data-label="Image"> </div> <p><b>Old Chinese garlic cure for colds and 'flu</b></p> <ul style="list-style-type: none"> <li>• Put 3 peeled garlic cloves into a bottle filled with a cup of rice wine</li> <li>• Add more wine in order to cover the garlic completely</li> <li>• Let it sit in a cool dark place for a month</li> <li>• Take 1 tablespoon when ill, preferably before going to sleep</li> </ul>	<p><b>Honey: how to use it</b></p> <ul style="list-style-type: none"> <li>• Pour honey over your congee in Autumn and Winter.</li> <li>• Slice apples and squash (or sweet potatoes and squash). Sprinkle with 1 tsp of cinnamon and ½ tsp of curcuma/turmeric. Add some goji berries and/or jujube dates. Bake in the oven until tender. Pour over a splash of honey when slightly cooled. This is an ideal winter treat (or even a meal).</li> <li>• Add honey to your ginger tea (or any other tea) to help clear a cough.</li> <li>• Eat honey in the morning to prevent constipation and chronic coughing. (Not for those with a weak digestive system).</li> </ul> <p><b>Keep in mind</b></p> <ul style="list-style-type: none"> <li>• Don't boil honey</li> <li>• Raw organic honey is best</li> <li>• Use osmanthus-scented honey for beauty and glowing skin</li> <li>• Optimal honey dose: 10-75 grams per day</li> </ul>
<div data-bbox="95 1444 510 1713" data-label="Image"> </div> <p><b>Ginger soup</b></p> <ul style="list-style-type: none"> <li>• Grate one inch of fresh ginger</li> <li>• Chop 3 carrots with their tops                             <ul style="list-style-type: none"> <li>• Mince 3 cloves of garlic                                     <ul style="list-style-type: none"> <li>• Grate 1 onion</li> </ul> </li> <li>• Add 1 tsp turmeric</li> </ul> </li> <li>• Fry everything briefly in 3 tsp of virgin coconut (or olive) oil                             <ul style="list-style-type: none"> <li>• Add 3 cups of water</li> </ul> </li> </ul> <p>Bring to the boil. Simmer on a low temperature for 20 minutes. Garnish with chopped parsley.</p>		<div data-bbox="1005 1512 1420 1780" data-label="Image"> </div>



<h2 style="text-align: center; margin: 0;">CONGEE</h2>	<h2 style="text-align: center; margin: 0;">BONE BROTH</h2>	<h2 style="text-align: center; margin: 0;">CORDYCEPS</h2>
<ul style="list-style-type: none"> <li>• Sweet and neutral</li> <li>• Qi and blood tonic</li> <li>• Harmonizes the Middle Burner</li> <li>• Great for digestive problems</li> <li>• Benefits the Spleen and Stomach                             <ul style="list-style-type: none"> <li>• Jump-starts digestion</li> </ul> </li> <li>• Strengthen the adrenals</li> <li>• Reduces excess water                             <ul style="list-style-type: none"> <li>• Nourishing</li> </ul> </li> <li>• Quenches thirst</li> <li>• Relieves depression</li> <li>• Ideal breakfast</li> </ul>	<ul style="list-style-type: none"> <li>• Warming</li> <li>• Qi, blood and vitality tonic                             <ul style="list-style-type: none"> <li>• Tonifies Jing</li> </ul> </li> <li>• Invigorates &amp; strengthens                             <ul style="list-style-type: none"> <li>• Great for colds and ‘flu                                     <ul style="list-style-type: none"> <li>• Nourishing</li> </ul> </li> <li>• Tonifies Wei Qi</li> <li>• Grounding</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• A medicinal mushroom                             <ul style="list-style-type: none"> <li>• Warm &amp; sweet</li> <li>• Yang &amp; Yin Tonic</li> <li>• Acts on the Lungs</li> </ul> </li> <li>• Treats coughs, colds and the ‘flu</li> <li>• Improves respiratory functioning                             <ul style="list-style-type: none"> <li>• Treats asthma</li> </ul> </li> <li>• Fights fatigue and exhaustion</li> <li>• Improves body strength and stamina                             <ul style="list-style-type: none"> <li>• Boosts immunity</li> <li>• Anti-inflammatory                                     <ul style="list-style-type: none"> <li>• Adaptogen</li> </ul> </li> </ul> </li> <li>• Helps fight altitude sickness</li> </ul>
<div style="text-align: center; margin-bottom: 10px;">  </div> <p style="text-align: center;"><b>Cooking congee</b></p> <p style="text-align: center;"><b>Basic congee recipe</b></p> <p>For thick congee: 1 cup of rice to 6 cups of water</p> <p>For medium congee: 1 cup of rice to 9 cups of water</p> <p>For thin congee: 1 cup of rice to 12 cups of water</p> <p>Simmer at least 2 hours on a low heat. Simmering for 6 hours is even better, although you can also leave the rice to cook overnight in a slow cooker if easier.</p> <p>* If you’re cooking with a rice cooker or slow cooker, use less water.</p> <p><b>What can you add to congee</b></p> <ul style="list-style-type: none"> <li>• Cinnamon</li> <li>• Bay leaf</li> <li>• Allspice</li> <li>• Ginger</li> <li>• Fennel</li> <li>• Jujube dates</li> <li>• Goji berries</li> <li>• Tangerine peel powder</li> <li>• Black sesame</li> </ul> <p><b>Root vegetables</b> To be cooked at the beginning with the rice</p> <p><b>Leafy vegetables</b> To be added at the end</p> <p><b>Chestnut</b> Tonifies the kidneys, strengthen knees and loins</p> <p><b>Common congee toppings</b> Spring onions Parsley</p>	<div style="text-align: center; margin-bottom: 10px;">  </div> <p style="text-align: center;"><b>Cooking bone broth</b></p> <p style="text-align: center;"><b>Basic chicken bones broth</b></p> <p>Wash 2 pounds of chicken feet, skin, calves hoofs and knucklebones. Bring water to the boil and add the bones carefully, adding salt and 2 tabs of vinegar. After a couple of minutes of simmering, remove the lid and scrape off the foam.</p> <p>This broth should be cooked for at least 24 hours. Vegetables (onions, carrots, celery stalks, bay leaves and a few garlic cloves) and Chinese medicinals (cordyceps, lotus seeds, star anise, astragalus, jujube dates, tangerine peel, ginger, etc.) should be added and cooked for the last two hours. Use a non-reactive stockpot!</p> <p><b>When broth is cooked</b></p> <p>The bones, vegetables and medicinals should be set aside. (Good bones can be saved for another batch). The broth should be strained through a strainer which is layered with double cheesecloth!</p> <p>You can store the soup in the fridge and consume over the next five days. You can also pour it into containers and freeze it. (To be used within a couple of months).</p> <p><b>Cooking larger bones</b></p> <p>You can make your own mixture of beef, lamb, and pork bones. Follow the same procedure as with the chicken bones. Cook for 48 hours, in order to extract all the goodness from the larger bones.</p> <p><b>What do you need?</b></p> <ul style="list-style-type: none"> <li>• Beef marrow – to strengthen constitution</li> <li>• Chicken broth – to support immunity</li> <li>• Lamb bone broth – to warm the body (not for colds)</li> <li>• Fish head bone broth – for reproductive and skeletal health</li> </ul> <p>Add astragalus – to tonify Qi, strengthen immunity &amp; support digestion</p> <p>Add ginger – to warm the body and to strengthen Lung Qi in winter</p>	<p style="text-align: center; margin-bottom: 10px;">  </p> <p style="text-align: center;"><b>Cooking cordyceps</b></p> <p style="text-align: center;"><b>How to use cordyceps</b></p> <p>Cordycepin from cordyceps requires oil to be used for the extraction process and the best way to do this is to make a chicken soup. The most common methods are to add 20-40 grams of dry cordyceps to chicken broth. You can also make a cordyceps infusion with fresh mushrooms or simply use capsules. People also use powdered cordyceps as a topping for congee or as addition to raw sweets.</p> <p><b>Cordyceps tea 1</b></p> <p>Empty the contents of a cordyceps capsule into a glass of hot water and drink immediately.</p> <p><b>Cordyceps tea 2</b></p> <p>Place thinly sliced cordyceps into a pot of water. Bring to the boil and immediately turn down the heat, letting it simmer for around 2 hours.</p> <p><b>Nourishing cordyceps soup</b></p> <p>Bring 7-8 cups of water to the boil</p> <p>Add chicken wings and feet; also add pork or beef bones if you like</p> <p>Add a few fresh cordyceps, 5-6 baby carrots with their tops, 3 jujube dates and one halved onion</p> <p>Boil for 10 minutes</p> <p>Lower the temperature; put on the lid and simmer for 2 hours.</p> <p><b>How to quickly fight a cold with cordyceps</b></p> <p>At the appearance of the first symptoms of a cold, pour the contents of 1-2 capsules of cordyceps into hot soup or tea. Take 1-2 capsules (depending on your symptoms) three times a day, until the symptoms have cleared. While taking cordyceps, make sure you drink plenty of water.</p>



# DOG YEAR 2018

# U

nderstanding the concept of the Five Elements (Wood, Fire, Earth, Metal and Water) is vital when analyzing what is in store for us in the coming year. The year of 2017 brought us a combination of Fire and Metal but at first glimpse 2018 is showing a dominance of the Earth element. In order to be more precise about the influences of 2018, we first need to calculate its Four Pillars chart.

## Four Pillars chart for 2018 (Dog year)

Hour	Day	Month	Year 2018
癸 WATER	丁 FIRE	甲 WOOD	戌 EARTH
卯 WOOD	卯 WOOD	寅 WOOD	戌 EARTH

The chart for 2018 shows an abundance of the Wood Element. This has the added effect of making the Fire Element strong in this chart. (Notice that the Self of Dog year 2018 is also Fire). So Wood can be seen in the month, day and hour columns...and stabilizing Earth can be seen dominating the year pillar. You'll see there is no sign of the Metal Element in this chart, which is not generally a good sign in regards to the global economy.

Strong Fire can be associated with a hot climate, fire, eruptions (volcanoes), explosions, and so on; so all these occurrences are quite possible throughout the course of 2018, especially during summer. An abundance of Wood and Fire is an indication of growth and the presence of strong Resource Element (Wood for Fire) favors research, science, education, religion, metaphysics and spirituality. Hence new discoveries and valuable insights are more likely during this period. From the perspective of Chinese Astrology, industries that are associated with strong Wood and Fire will do well in 2018.

Wood industries: fashion, design, paper, magazines, furniture, education, consultancy, property development

Fire industries: energy, electricity, media, entertainment, IT, the internet, metaphysics, religion, spirituality, promotion, advertising

### The 12 zodiac signs - the winners and losers of 2018

After evaluating the strength of the Five Elements in 2018, we also want to take a look at each of the twelve Zodiac Signs and assess their luck. The table below shows the basic luck trends for each sign.

Winners	Losers	Average
<p>*****</p> <p><b>SNAKES</b> (attractive, successful)</p>	<p>*</p> <p><b>ROOSTER</b> (bad moods, health issues)</p>	<p>***</p> <p><b>TIGER</b> (emotional, fame)</p>
<p>****</p> <p><b>RABBIT</b> (good love luck, smooth development)</p>	<p>*</p> <p><b>DRAGON</b> (expenses &amp; loss, accidents)</p>	<p>***</p> <p><b>HORSE</b> (leadership, property luck)</p>
<p>****</p> <p><b>GOAT</b> (wealth opportunities, emotional)</p>	<p>*</p> <p><b>DOG</b> (argumentative, accident prone)</p>	<p>***</p> <p><b>OX</b> (helpful people, entrepreneurial luck)</p>
<p>****</p> <p><b>PIG</b> (happy occasions, good wealth luck)</p>		<p>**</p> <p><b>MONKEY</b> (travel more to improve luck)</p>
		<p>**</p> <p><b>RAT</b> (irritable, accident prone)</p>

Each of the four pillars in the astrology chart has one Zodiac sign, so there are four signs that rule everyone’s life. Snake will enjoy excellent luck in 2018, so will anyone with Snake somewhere in their chart. So years 1941, 1953, 1965, 1977, 1989, 2001; the months of May; days need to be calculated; and hours between 9 and 11 am, are likely to have a successful 2018! Additionally if you have Snake plus Goat and/or Rabbit, you will do even better in the approaching Dog year!

The sign Dragon will experience a Clash in 2018. This will affect not only Dragon’s health but also their relationship (conflicts) and wealth (losses). Therefore having Dragon in your chart for 2018 will reduce your luck somewhat. However if you happen to have Snake in one of your four

pillars, this will help lessen the level of bad luck. Dogs can expect quite a challenging year in 2018, along with Roosters who will go through a Harm suggesting they shouldn't pursue anything with too much energy nor expect substantial growth or expansion this year.

Water Rabbits will have a special time during 2018 as this pillar is in complete fusion with the year. They will most likely experience great relationships. And as for Earth Dogs, they can expect to go through "Fu Yin time" and all its associated issues such as loneliness.

### Will you have a wealthy Dog year?

One's Self is an essential part of their chart and destiny – showing specific opportunities which will be available in particular years. For example, Wood people (Jia/Yi Self) will experience more opportunities for wealth in 2018. Men who are Wood individuals are likely to have excellent Love Luck. Fire people (Bing/Ding Self) will be more creative, and Fire females maybe find it easier to fall pregnant.

Earth people (Wu/Ji Self) might find they have become more popular. However they may also face fierce competition.

Metal people (Geng/Xin Self) will become more interested in religion, metaphysics and spirituality, and may find themselves getting more involved in therapy and self-improvement.

Finally, for Water people (Ren/Gui Self), 2018 is associated with reputation, respect, status and achievement. Women who are Water can look forward to improved relationship luck, resulting in more opportunities!

\* What are you waiting for? Calculate your Self right now: [www.bit.ly/4PChart](http://www.bit.ly/4PChart)



As much as we need a prosperous economy, we also need a prosperity of kindness and decency.

*Caroline Kennedy*

# THE TWELVE ZODIAC SIGNS (BRANCHES) AND THEIR LUCK IN 2018

What does 2018 have in store for you? Is your luck going to improve? Or are you going to come across difficulties and find that things have come to a standstill? What are your career, love-life and health prospects? What is your overall potential for wealth creation? Read on to find out ...

## TIGER

For Tigers, 2018 will be all about connecting, collaborating and networking and this is how they will benefit the most during the Dog year. While their Wealth Luck will tend to be stable, it won't be very strong, so the best advice we can give Tigers is to control their expenses and they will find the Dog year a whole lot smoother. When it comes to opportunities for Wealth creation, those Tigers in consultancy, networking, sales and marketing will tend to perform better than others. However, keeping in mind the potential for envy and antagonism in the work environment, all Tigers should try and be as diplomatic as possible, approaching any issues they come across with patience and understanding.

Tigers' Love Luck this year may be unstable, but the Dog year will provide them with a number of opportunities to meet someone new and maybe even start a new relationship. (Water female and Wood male Tigers can look forward to especially good Love Luck!). In order to further improve their Love Luck, Tigers should sleep or try and spend more time in the South or Southwestern part of their property this year.

Tigers will likely experience turbulence with their health, as well as possible mental unrest. To try and avoid any imbalances and immunity issues, they are advised to look at incorporating meditation or any kind of relaxation regime into their daily routine.



## RABBIT

After the continual struggle and adversity they experienced in 2017 – due to the Clash with Rooster – Rabbits are going to have a much better time in 2018. They can look forward to all sorts of improvements, especially with their relationship and status. Feeling good in 2018 means that Rabbits will find themselves being more creative, and effortlessly connecting with others, showing what they can do.

The Wealth Luck of Rabbits will also show improvement and the Dog year may even bring a promotion or a change of change of career. As they are more likely to gain recognition and support this year Rabbits should move on with any important projects, especially those they have already started. However, they should also keep a close eye on their expenses, as foolish spending will seriously damage their resources in 2018!

When it comes to Love Luck in the Dog year, single Rabbits can count on more opportunities to date and maybe even kick off a new relationship. Rabbits who are already engaged will need to be more careful as their flirting may get them into trouble, even to the point of jeopardizing their relationship. Regarding health (and after their burnout year of 2017), Rabbits should try and rest more and also find some good methods to detox and boost their immunity. Keeping in mind their sensitivity, Rabbits should try and avoid spending time in the North during 2018. Similarly they should also try and avoid SE1, NW1 and North for sleeping.



## DRAGON

After such a busy and successful year in 2017, Dragons will experience a completely different scenario in 2018! This time they will find that their luck is unstable, and the entire year will tend to be quite unpredictable. Accordingly, any large scale or important plans should be put on hold for the entire year... as it is unlikely they will be able to achieve anything they want and especially not in the manner they want it. Overall advice for Dragons is to play it safe this year – stick to realistic goals and avoid any risky ventures. They should be also very cautious when it comes to any expenditure as serious losses are possible. Individuals born in the Dragon month (April 5-May 5) may experience struggles with work and constant pressure and hostility in their work environment.

When it comes to Love Luck, Dragons will find it rather unstable in 2018 and some of them will really suffer within their relationship. In order to avoid conflict and any serious damage, Dragons should try to avoid letting their mood swings and career troubles interfere with their relationship. They will need to be more careful and considerate when communicating with their partner or a separation or break-up could be on the cards.

In regards to the health of Dragons, the stresses of 2018 may have an effect on their overall wellbeing so they will need to take care to keep everything in balance. To help them handle the pressures of everyday life in 2018, more physical activity (walking, working out, swimming, cycling, etc.) should be introduced, as well as sticking to a healthy lifestyle.



## SNAKE

Snakes are the real emperors of the Dog year – excellent luck awaits them in 2018! They will find their Wealth Luck improving strongly and also great fortune will follow with their career and job. These Snakes may finally get the promotion they have been hoping for, and if they are business owners they will likely experience the expansion of their business. Water Snakes will be especially prosperous and some will even experience windfall luck. There are no obvious setbacks on their horizon but if any do appear they will be quickly overcome and the Snakes will continue on their way.

When it comes to their Love Luck, there will be no lack of opportunities, so single Snakes should just get out and date more. Snakes who are already engaged should be careful with any encounters as their innocent flirting may get them into trouble.

Exhaustion and minor issues to do with immunity are possible for Snakes in 2018, mostly due to constantly over working themselves. Accordingly, Snakes should definitely allow themselves more time to rest, as well as consuming congee and more Yang-type food (lamb meat, quail eggs, lychees, goji berries, etc.), which will help to restore their energy.



## HORSE

Horses will experience intense communications in 2018, which will help to improve their social life and bring them more help from others. They may have to deal with jealousy and back stabbing from people who are close to them but they will also have the opportunity to take on a leadership role, especially if they are already in a managerial position. The overall Wealth Luck for Horses tends to be good in 2018; investors and those in the fields of communication, advisory services, marketing, public relations, sales and networking will do particularly well. While Horse's sales and profits in general tend to be stable throughout this Dog year, it is important that they remain frugal and avoid any unnecessary expenditure.

In regards to Love Luck, 2018 will be good for single Horse people, providing a lot of opportunities for dating and establishing relationships. Married horses, on the other hand, can expect a very active year with more excitement in their relationship.

Horse people should take care that they are getting proper sleep and rest. This will help them avoid potential injuries and/or accidents during physical activity.



## GOAT

Goat peoples' luck will continue to be good throughout 2018 despite experiencing a Punishment. The Dog year is going to be especially favorable for Goats who are in education, research and literature, as well as for those who are in the arts and other creative fields. This is the year they will finally get recognition for their abilities. Goat's Wealth Luck also tends to be good this year especially in terms of business expansion, with some also experiencing windfall luck.

Love life and relationship prospects are looking good for singles, while married Goat people should try not to be too petty and critical. Goat people will probably need more time for themselves in 2018 and accordingly they should be aware that this could cause their partner to feel a little neglected. Goats should also take care not to be too inconsiderate or ungrateful towards others in general this coming year.

In regards to their health, there is the possibility of some minor issues, especially with their back and/or fingers. This is the year that Goats should pay attention to their own destructive habits, as these may be the cause of any lingering health issues.



## MONKEY

The Dog year will bring average luck to Monkeys, so their Wealth will depend largely on the quality of the Feng Shui of their home or business. In order to strengthen their Wealth Luck, they should try and avoid using North throughout the year, aiming to spend more time in the Southeast instead. The Dog year brings good news for Monkeys who like travel – this year their career and money will improve with travel or moving away! So this year is a good time for them to consider relocating their business or accepting a position that requires traveling or a temporary change of address. Nevertheless, due to unstable Wealth Luck this year, they should also be very careful with their spending.

When it comes to Love Luck, it is just an average year for Monkeys, though better for male Wood Monkeys and female Water Monkeys. There are no major health issues in store however Monkeys with Dragon in their Four Pillar chart should definitely avoid extreme sports in 2018.



## ROOSTER

Overall luck for Roosters in 2018 won't be very inspiring. However the good news is that it will get better if a Rooster has Pig, Snake or Goat in their chart. Anyone with Rooster in their Day Pillar may experience problems with their relationship or with other family members. However the majority of their relationship issues will be caused by their own bad temper, inappropriate reactions and lack of self control.

Regarding wealth, Roosters can look forward to a stable income source. However unforeseen expenses will also become a bit of an ongoing concern. Individuals born in September may also experience career issues and possible disputes at work. Accordingly 2018 is not a great year to start a new business and Roosters should wait for a more conducive year to reach for any important goals, especially Roosters with Dragon in their chart.

Roosters' Love Luck is not all smooth sailing. The Dog year will create opportunities for singles but they will also likely experience difficulties in their relationship, most likely due to the interference of others. Roosters will experience sensitive health during the Dog year. Keeping in mind the presence of the Sickness star in their sign, special attention should be paid to their immunity. They can try and overcome it with Cordyceps, Echinacea, Reishi, Zinc... etc.





## DOG

Despite being the rulers of this coming year, Dog peoples' Luck won't be very strong in 2018.

Dogs will be kept busy dealing with all sorts of challenges and obstacles; looking for solutions and the means to solve complicated situations. Keeping in mind that Dog peoples' Wealth Luck won't be too shiny either, the best advice to give them is to be frugal and avoid any huge risks or any kind of gamble. Career-wise, Dogs may face setbacks but can also possibly look forward to improvement in this area in the second half of the year.

Love Luck for Dogs is a little unstable and once you combine this with their issues at work, tiredness and chronic dissatisfaction it can have a huge impact on their relationship.

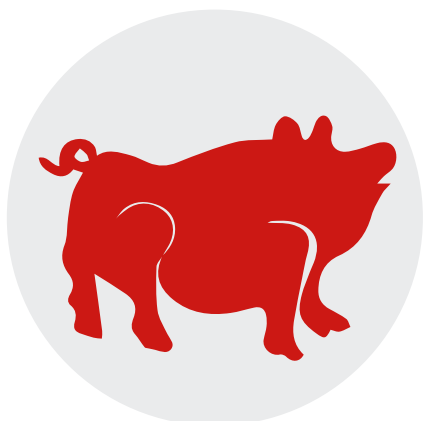
Health-wise Dogs may have to deal with low energy levels, issues of the digestive system, back problems and depression. This is a very good time for them to ask for advice and support from nutritionists, a doctor of Chinese medicine and a fitness trainer on establishing a good diet plan, improving immunity and finding the ideal workout.



## PIG

Pigs can look forward to a great year – with overall improvement in their luck! The presence of an important star in their sign will bring excellent opportunities to their doorstep; enhancing their networking luck and introducing male benefactors. Career-wise, Pigs may finally get that promotion they have been after. There are also good opportunities for business and expansion, particularly for females and any business that requires overseas travel. While Wealth Luck will be good there's still a hidden robbery in their sign, and so Pig people need to be aware that some people who are close to them might want to take advantage of their ideas or possessions.

Pigs' Love Luck is perfect for singles in 2018 and is especially good for male Wood Pigs and female Water Pigs. There are certainly some happy events waiting for them in the Dog year. However this year Pigs will also need to deal with frustration, loneliness and occasional sadness. This will be especially obvious when there's the Dog somewhere in their chart. This year Pigs should ensure they get good rest to help them avoid injuries and accidents.



## RAT

Rats can expect mixed luck and inconsistency in 2018.

Despite having a relatively stable income, this year will not be at all favorable for any risky ventures or large projects. While 2018 will not be such an easy year for Rats, those in the fields of education and self-improvement might find they do quite well in the Dog year. Career-wise, Rats will likely come across a number of obstacles but they will also find support from superiors, which is vital for their growth. The influence of one favorable star in particular will guide them to finding solutions to their problems, as well as providing help with settling any disputes they may have. The general advice for Rats to get the most out of 2018 is to take everything easy and to lie low.

In the Dog year single Rats will enjoy good Love Luck. The married ones will just have to focus on staying more committed. This year Rats can also count on relationship support from their family members. In regards to health Rats may find themselves suffering from fatigue caused by high stress levels and a heavy workload. Rats will tend to be accidents prone in 2018, so taking care when driving and enjoying any extreme sports is advised.



## OX

Despite having a punishment with Dog, Ox people will do pretty well in 2018. Career-wise, their prospects are good; recognition and promotions are likely, especially for female Oxen. (Although they can also expect a bit of backstabbing along the way). This year Ox people won't be lacking business opportunities; help and support will come from females, and doing business with women or focusing on female-related industries could prove to be a big advantage. However, Oxen should be very cautious with their finances. This is not a good time to overspend or create any debts. This is also not a good year to agree on any business that is based solely on trust. Instead they should rely on a contract (making sure it contains all the relevant clauses) and double checking every little detail is vital.

Love Luck for Ox people in 2018 is generally good for romance but some sort of turmoil can also be expected. Married Ox people may find their marriage a little overbearing this year, mostly due to pressure from their overly critical or angry partner. This could be a good year for an Old Chinese recipe for improving Love Luck: Take a short trip overseas to improve their relationship. Regarding their health, the deciding factor between sound health and illness this year is Ox peoples' actions. So establishing a healthy and moderate lifestyle should be their priority.

Were you aware that the energy patterns influencing your property change annually? Did you know that these changes can also play a role in your luck and what you accomplish? In fact this is why people experience oscillations in their luck with no obvious explanation. You can relax however, as a good annual Feng Shui plan can help you to avoid any areas that will create hardship, while teaching you how to use your property to help you and your family thrive. Does this sound too good to be true? It's not... and in fact it can be very simple. Read on to learn how 2018 will affect your property and what you can do to improve your luck!

# YOUR FENG SHUI IN 2018

**E**ach year, the annual Flying Stars will have an influence on your property (and different locations within it) in distinctive ways. The level and type of influence will depend on your property's facing, layout and the surroundings. Luckily, we can anticipate these influences, just as we can use Feng Shui on an annual basis, to boost our overall luck and prevent potential misfortune. The simplest and most effective approach is by using certain locations and directions to create your own wealth opportunities!

## Flying Stars, Shas & Lucky Stars for 2018

SE <b>Wealth</b> <b>8</b> Sui Po Long De	South <b>Romance</b> <b>4</b>	SW <b>Authority</b> <b>6</b> Fu De
East <b>Annoyance</b> <b>7</b>	Center <b>9</b>	West <b>Illness</b> <b>2</b>
NE <b>Tension</b> <b>3</b> Tai Yin	North <b>Hardship</b> <b>5</b> San Sha	NW <b>Movement</b> <b>1</b> Tai Sui Tai Yang

## How to use your property in 2018

### Good areas to sleep in:

- Northwest
- South
- Southeast
- Southwest

### Bad areas to sleep in:

- West (sickness)
- North (overall hardship)

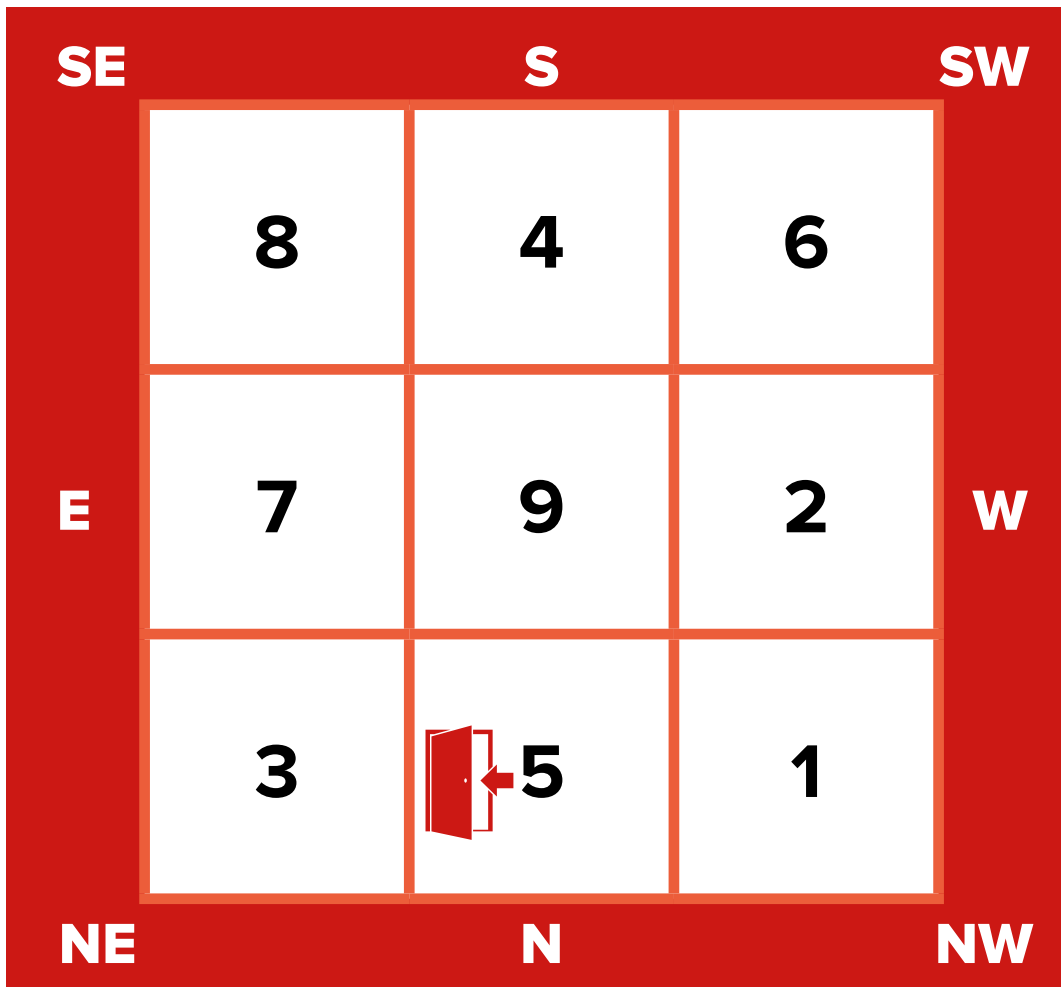
### Spend time in these favorable locations:

- Southeast (Wealth, #8)
- South (Romance, #4)
- SE3 (Wealth Luck, Long De)
- SW1 (Fulfillment, Fu De)
- NW3 (Optimism, Tai Yang)
- NE1 (Relationship, Tai Yin)

### Avoid renovations and reconstruction in the following areas in 2018:

- NW1 (Tai Sui)
- SE1 (Sui Po)
- North (#5 + San Sha)




**THE EIGHT LOCATIONS OF YOUR HOME IN 2018****North**

Residents of properties with the main entrance facing North may experience delays and hardship this year. This is due to #5 entering the North in 2018. As the harbinger of transformation this Star may bring the occupants changes and the need to make some serious decisions. Hence, they can expect a challenging and emotional year – especially during the summer of 2018. It is important to note that renovations in the northern area of the property should be avoided throughout 2018, as this could aggravate #5, encouraging her to reveal her bad temper in full force... and you really don't want this to

happen! If there is some space available in the northern area of the property you can try and place a salt cure there, which will help to calm the turbulent energy of #5.

Anyone with sensitive health or health issues is advised to avoid sleeping in the North (of the property or within a room). A North sleeping direction is also not an ideal choice for the elderly and pregnant women. Those born in the Dragon year, month, day or hour should take particular care to avoid North throughout 2018.

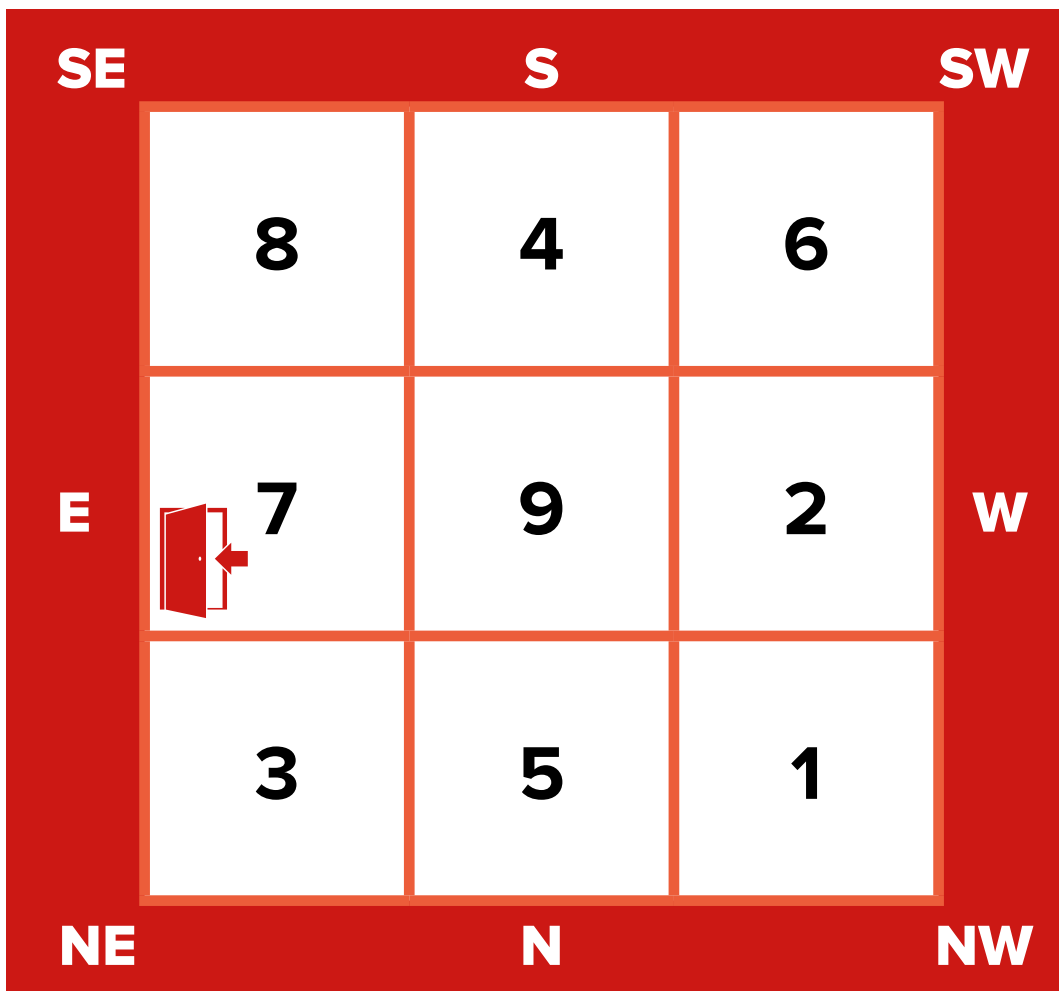
**Northeast**

<b>SE</b>	<b>8</b>	<b>4</b>	<b>6</b>	<b>SW</b>
<b>E</b>	<b>7</b>	<b>9</b>	<b>2</b>	<b>W</b>
<b>NE</b>	 <b>3</b>	<b>5</b>	<b>1</b>	<b>NW</b>
	<b>N</b>			

People who have a property with the main entrance in the Northeast are in store for a very active year, filled with tension and stress. Star 3 is a notorious harbinger of instability and conflict but it will also challenge these people to get out, do things, take the lead and possibly fight for survival. Star 3 could likely deliver some irritable and aggressive people into your life, while also making you less tolerant, more impatient and more prone to making hasty decisions.

This year the occupants of Northeast properties will also have to make a sacri-

fice in order to gain something of value or to achieve their goals. (This will especially be the case for anyone sleeping or working in the Northeast.) In order to enhance their love luck and increase the chances of meeting new contacts, people in these properties should sleep or spend more time in the Northeast – especially women. Whilst NE1 is a very favorable area for spending time in during 2018 – luck improving – it is advisable to avoid renovating here as this may create unnecessary problems.

**East**


Those who live or work in properties with the main entrance in the East can look forward to an interesting year. First off they will see that opposites really do attract as they find themselves creating something new with others. There will be more social interaction and opportunities to meet people and network created by #7. The combination of the Star and the Palace denotes good Wealth Luck, popularity and success, so those who want to increase their wealth should definitely spend more time in the East during 2018. For example they could move their office into the eastern part of the property or simply position their desk in the eastern part of their home office. However

Star 7 will also bring about occasional issues with other people such as spitefulness, back stabbing and aggressive behavior. It is also advisable to pay attention to the security around the property, checking vehicles, updating the alarm system and also taking care in traffic, especially if there's Sha in the East of your property.

In 2018, sleeping in the East is especially favorable for singles. Sleeping there is obviously preferred (boosting love luck, especially for women) but if this is difficult simply spending more time in this area will help.

\* To calculate your Life Star enter your date of birth here: [www.bit.ly/LifeGua](http://www.bit.ly/LifeGua)

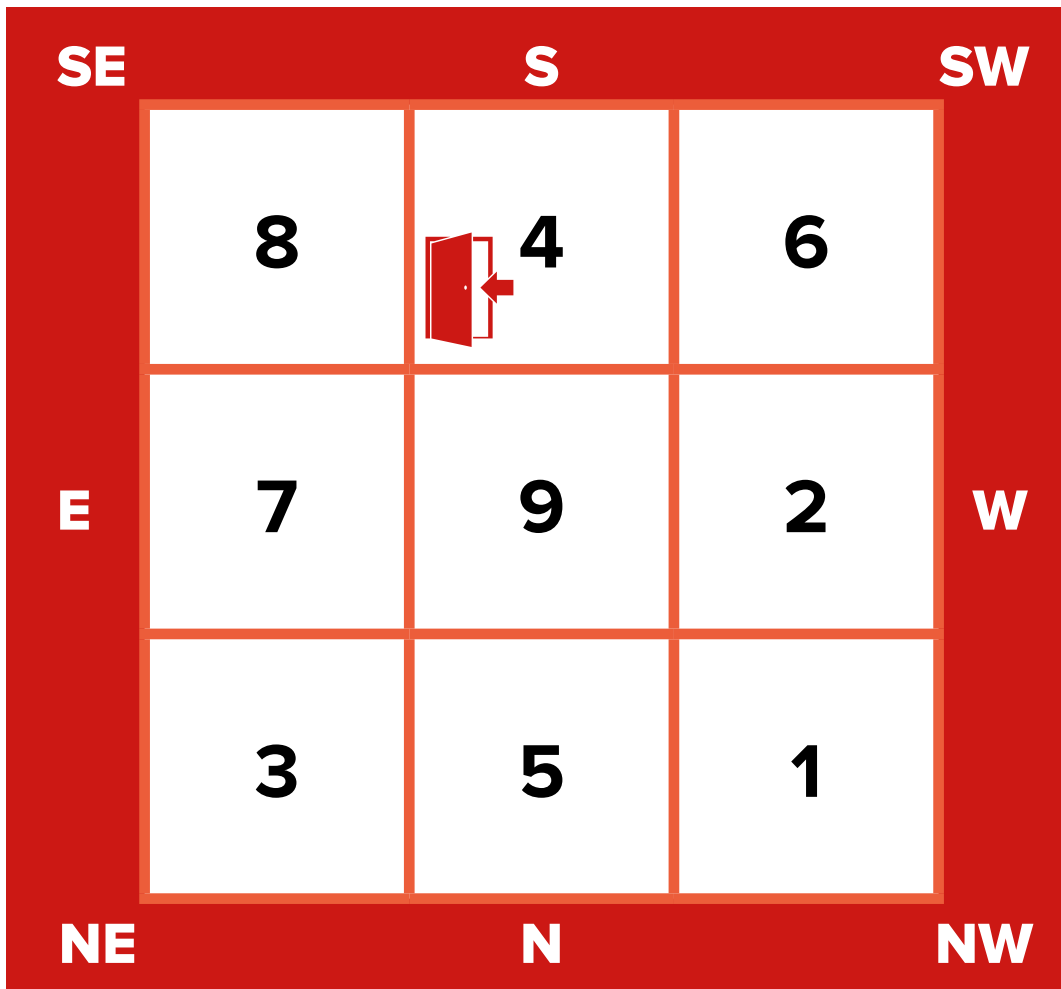
**Southeast**

<b>SE</b>	<b>S</b>	<b>SW</b>
 <b>8</b>	<b>4</b>	<b>6</b>
<b>E</b> <b>7</b>	<b>9</b>	<b>2</b> <b>W</b>
<b>3</b>	<b>5</b>	<b>1</b>
<b>NE</b>	<b>N</b>	<b>NW</b>

Occupants of properties with the main entrance in the Southeast can look forward to good luck in 2018, especially if their entrance is in SE3! If there's an open space, a body of water or a park in the Southeast of their property, this will further boost the wealth luck of the occupants, helping them to find support, advice or mentors. SE might be the Wealth location of the year but SE1 is to be avoided for any type of renovations. If you had planned to undertake reconstruction of the southeastern part of your property, the best thing to do is start with SE1 during 2017 and then proceed with the other parts during 2018 - from 03 February onward.

While sleeping in SE will have a positive effect on your Wealth Luck in 2018, be aware that #8 is an active Star, and it may cause you to sleep restlessly. You can try sleeping in the Southeast for a while but if that doesn't work then simply change the location!

You can also try spending more time in SE in 2018 as this will help increase your Wealth Luck. As an example, you could move your office into this location or just position your desk in the southeastern part of your office. To further enhance your Wealth Luck, try moving your aquarium into SE. However take care with avoiding SE1 as this is the location of Sui Po in 2018 – an area you are best to avoid triggering.


**South**

After experiencing hardship in 2017, people who live in properties with the main entrance in the South can look forward to a much better year. Doors will likely swing wide open and they will easily find good advice, support and practical help for anything they need. In 2018, they should aim to overcome any issues they might have; finding solutions or reaching settlements will now come more easily. This is also a good year to socialize, mingle and create contacts, or to actively search for sponsorship or mentorship.

The southern part of a property is a good place to spend more time as this will help increase the chances of dating more and improving Love luck. Sleeping in the South will also have a positive effect on social life, benefiting not only couples who want to put a spark back into their relationship but also singles who want to start a new relationship. Placing a desk in the southern part of a room or home office will be of benefit to students and educators, as well as those who are working on research and scientific projects.

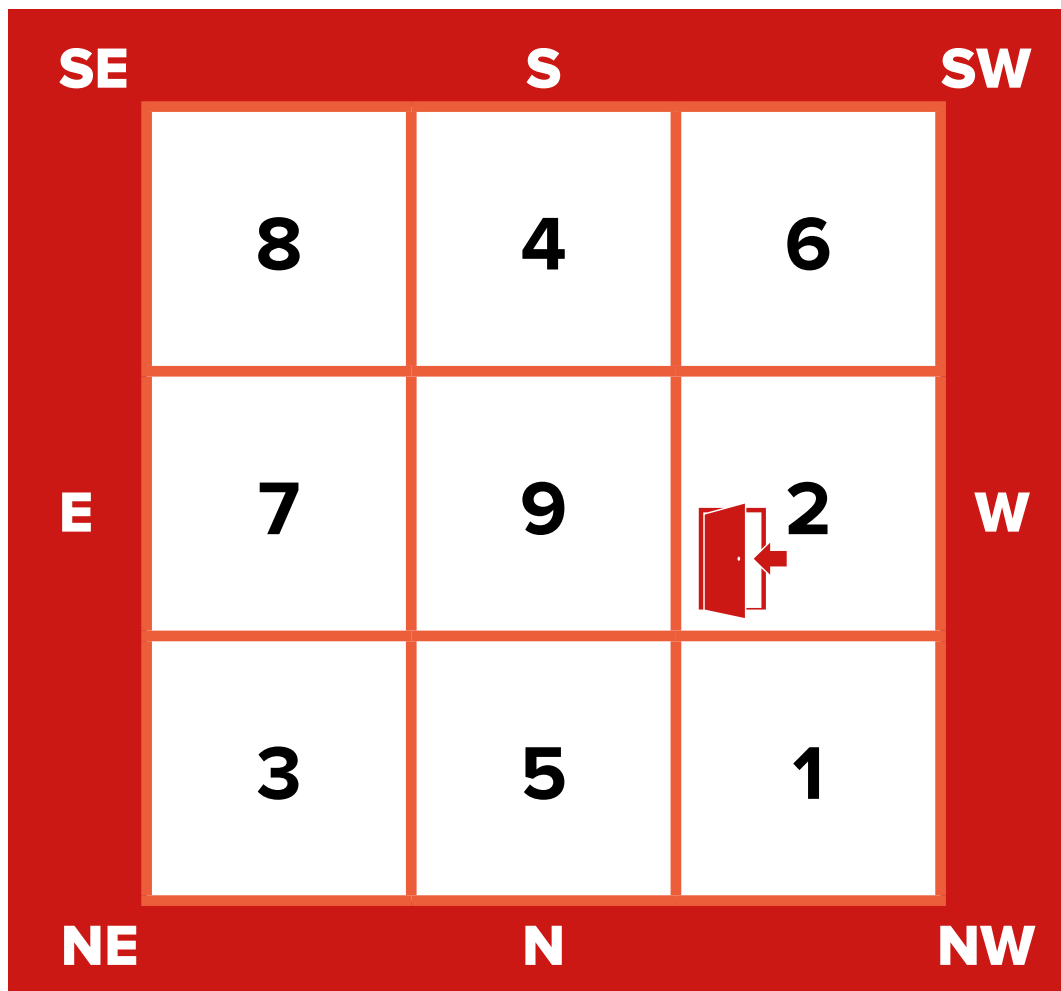


**Southwest**

<b>SE</b>	<b>S</b>	<b>SW</b>
<b>8</b>	<b>4</b>	<b>6</b> 
<b>E</b>	<b>9</b>	<b>W</b>
<b>7</b>	<b>2</b>	
<b>3</b>	<b>5</b>	<b>1</b>
<b>NE</b>	<b>N</b>	<b>NW</b>

Those in properties with a main entrance in the Southwest can expect a dynamic year. The year of 2018 will bring about more interaction overall and will especially improve their luck with romance. Spending time in the Southwest – or sleeping here throughout 2018 - will also improve existing relationships. For single women who want to alter their status, turning their bed so that they are sleeping in a south-westerly direction will help.

In this Dog year one particular part of the Southwest will be especially favorable, namely SW3. So try and spend more time there or move your desk into this area (of either the property or just the office space) to help improve performance, harness creativity, increase opportunities and achieve overall fulfillment in anything you do.


**West**

Those who have properties with the main entrance in the West will experience a mixed bag of luck in 2018. Most certainly it will be an improvement on 2017 when Tai Sui re-sided in West 2. Star 2 will help bring more peace and quiet, together with support and help from other people. Relationship-wise meeting people from their past and having to deal with them is also very likely.

As #2 is a Sickness Star, anyone with existing health issues, the elderly, pregnant women and sensitive people should consider sleeping in any other location than the

West. It is also advisable to avoid spending extended periods of time in this area, especially during the summer months, when the influence increases. A bed positioned in the western area of a bedroom should ideally be moved to the South. Or any other location that has the star can also be utilized. Caution is advised when there is a fireplace or a stove in the West; this can be the cause of fire-related accidents, especially if there is a Sha in the West of the property.

**Northwest**

<b>SE</b>	<b>8</b>	<b>4</b>	<b>6</b>	<b>SW</b>
<b>E</b>	<b>7</b>	<b>9</b>	<b>2</b>	<b>W</b>
<b>NE</b>	<b>3</b>	<b>5</b>	 <b>1</b>	<b>NW</b>
		<b>N</b>		

Those occupying a property with its main entrance in the Northwest will have a year filled with activity. If they were thinking of traveling, moving house or moving cities this may very well be the year to do it. The Earth Dog year of 2018 will also have a positive effect on their abilities, helping those who spend time in the Northwest to come up with ideas and solutions more easily. They will also tend to be more entrepreneurial, with a tendency to move forward and improve as they go.

When it comes to sleeping, the NW is a great area to put a bed in during 2018. However NW3 is definitely the most favorable of

all three of the NW locations and all efforts should be made to spend more time here, daily if possible. Also, in order to access some of that wonderful noblemen support try and move your desk so it is facing NW3. Also try and avoid renovations in the zones of NW1 and NW3, as these areas also carry Sha for 2018.

- Please be aware that this text provides only general guidelines for utilizing your space in 2018. Your property layout and immediate surroundings also have a great influence on everything going on in your space, so it is important to avoid taking anything too literally, including this text. Accordingly, this text is provided as a guide only and the author takes no responsibility for your understanding of the text, as well as for any ensuing actions and their consequences.

# 2018 FLYING STARS CHART

SE 8				South 4				SW 6			
Nov 4	Aug 7	May 1	Feb 4	Nov 9	Aug 3	May 6	Feb 9	Nov 2	Aug 5	May 8	Feb 2
Dec 3	Sep 6	Jun 9	Mar 3	Dec 8	Sep 2	Jun 5	Mar 8	Dec 1	Sep 4	Jun 7	Mar 1
Jan 2	Oct 5	Jul 8	Apr 2	Jan 7	Oct 1	Jul 4	Apr 7	Jan 9	Oct 3	Jul 6	Apr 9
East 7				Center 9				West 2			
Nov 3	Aug 6	May 9	Feb 3	Nov 5	Aug 8	May 2	Feb 5	Nov 7	Aug 1	May 4	Feb 7
Dec 2	Sep 5	Jun 8	Mar 2	Dec 4	Sep 7	Jun 1	Mar 4	Dec 6	Sep 9	Jun 3	Mar 6
Jan 1	Oct 4	Jul 7	Apr 1	Jan 3	Oct 6	Jul 9	Apr 3	Jan 5	Oct 8	Jul 2	Apr 5
NE 3				North 5				NW 1			
Nov 8	Aug 2	May 5	Feb 8	Nov 1	Aug 4	May 7	Feb 1	Nov 6	Aug 9	May 3	Feb 6
Dec 7	Sep 1	Jun 4	Mar 7	Dec 9	Sep 3	Jun 6	Mar 9	Dec 5	Sep 8	Jun 2	Mar 5
Jan 6	Oct 9	Jul 3	Apr 6	Jan 8	Oct 2	Jul 5	Apr 8	Jan 4	Oct 7	Jul 1	Apr 4

The numbers written underneath each of the directions are the Annual Stars.

The numbers inside each of 12 quadrants is a Monthly Star.

For example in February, #1 is in North, #2 is in SW, #3 is in East, #4 is in SE and so on.

#### How to use the Stars (in this table):

Pay attention to monthly #5. This is an area that you don't want to disturb too much, especially if you were born in a Dragon year/month/day/hour and if you're already experiencing some kind of serious issues.

Pay attention to monthly #2 if your Self is weak and if you're prone to health issues. Also those who were born in the Rooster/Dragon y/m/d/h. Pick a Star you want to use (#8 for Wealth Luck, #9 for visibility, #1 for more travel, #4 for Romance, etc.) and use it every month (location) or face it on a daily basis (direction).

\* For more info about the Stars go to the Appendix of the book *A Course in Real Feng Shui*

\* For help with making an Annual Feng Shui plan for yourself please send an inquiry. (You'll need to provide the floor plan of your property, with magnetic North clearly marked).

## BOOKS

**AWARD-WINNER** and **AWARD-FINALIST** in the Eastern Philosophy category of the 2017 Soul-Bridge Body-Mind-Spirit Book Awards of Europe (January 29, 2018)

**Title:** A Course in Real Feng Shui: Make Your Property Work for you, At all Times

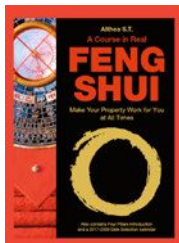
**Author:** Althea S.T.

**Pages:** 340

**Chapters:** 10 (+Glossary + Appendix)

**Illustrations and tables:** 200

**ISBN:** 978-86-902077-5-6



**Title:** A Course in Chinese Astrology: reveal Your Destiny, Harness Your Luck with Four Pillars

**Author:** Althea S.T.

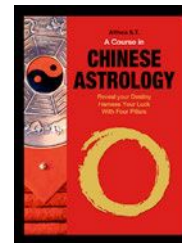
**Pages:** 310

**Chapters:** 10 (+Glossary + Appendix)

**Illustrations, tables & charts:** 150

**ISBN:** 978-86-902077-4-9

**Video:** [www.bit.ly/AstroBookVideo](http://www.bit.ly/AstroBookVideo)



### FENG SHUI

For most people, the decision of where to stay and where to work is an arbitrary one, taken with utmost laxity and based on superficial factors like cost efficiency, profitability and personal convenience. Many are oblivious to the fact that their choice property whether for work or residential purposes has a direct effect on their overall health, happiness and prosperity. Althea S.T. a renowned writer and veteran practitioner of the sacred art of Feng Shui helps you see why and how your property influences your general wellbeing with her bestselling book – A Course in Real Feng Shui.

Do you want to find a property that works for you? Are you aware that properties differ in terms of the potentials they possess to better the lives of their occupants? If your answer to any of these questions is yes then you're in luck – A Course in Feng Shui; the ancient art of positioning buildings and allocating furniture and rooms in accordance with the best Qi, will help you discover the latent benefits of the immediate external environment.

In this book, Althea presents the revered art of Feng Shui in ten enthralling chapters complete with over 200 illustrations and tables. You will be chaperoned through a deeply spiritual journey that exposes you to the two methods of Feng Shui assessment – Ba Zhai and Fei Xing. And when you're done with this, Althea reveals the secrets of performing activations and good luck accelerations on an annual basis. As a cherry topping to the Feng Shui cake Althea provides a detailed expose on Four Pillars Astrology before rounding off with a collation of important tables and Date Selection calendars.

The goal as always is to equip you the reader with the necessary tools, truths and edge to actively manipulate your properties and structures in a way that they work for you – helping to release spiritual juices that nurture and fertilize your quest for ultimate prosperity and all round wellbeing. A Course in Real Feng Shui dissects all the intricacies of the practice of Feng Shui in a relatable manner that appeals to both Feng Shui Novices (for its simplicity) and Maestros (for its breadth of knowledge and incisive analysis).

To order the book, just follow the link:

[www.bit.ly/RealFENG](http://www.bit.ly/RealFENG)

### CHINESE ASTROLOGY

Have you ever wondered what the key to true prosperity and happiness is? Do you wake up each morning with that 'I should be achieving more' thought sailing through your mind? You've done everything possible to change the tides, yet the harsh waves of life still come crashing through.

Perhaps there's one thing you've ignored; one thing that has been the secret of countless historical icons including the great emperors of China – Chinese Astrology. For eons now the knowledge of Chinese Astrology and the Ancient Four Pillars system, two closely guarded secrets of the ancient world have been the bastion that upheld numerous leaders and their correspondent nations. A Course in Chinese Astrology written by the prolific astrology virtuoso Althea S.T. takes you on a privileged walk through the lush gardens of plentiful knowledge and life-changing revelations that is Chinese Astrology.

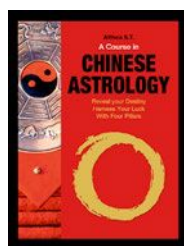
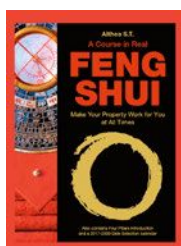
What was I destined for? How do I manage my life, my destiny, and my luck? How can I master the diverse crisscrossing elements of life to better my fortunes in health and wealth? Through this book, Althea helps you first to understand the rudiments of life on earth and the foundational forces that orchestrate all earthy happenings before leading you through a soul-searching journey that provides crystal clear answers to life's most pressing questions and challenges...

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### Write to Althea

If you wish to contact Althea or if you would like more information about her books, services or courses, please write to: [info@altheafengshui.com](mailto:info@altheafengshui.com)

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