

FENG SHUI TIPS FOR NEW YEAR RESOLUTIONS:

New Year is a time for to make life-transforming resolutions. Time for self-reflection, to see how you can enhance each of the nine Feng Shui areas of your life. And boost your emotional, mental and spiritual sides for living in harmony, balance and peace.

Area 1: Discovery or Journey: Set yourself a goal. Visualise your next step. Always look forward to something better in life. Choose to do what you can do well.

(Place a water feature or a picture of flowing river in the north sector of your home).

Area 2: Love or Relationships: Make a resolution to be compassionate and loving towards everyone to gain love, respect and admiration from others. *“Give the best you have and the best will come back to you!”*(Hang a rainbow crystal by the window in the southwest sector of your home).

Area 3: Health & Family: Always respect your elders. Although they relate to your past, their blessings play an important role in clearing the obstacles from your future. Your children normally grow up to mirror the love and affection you have given to your parents. (Hang a beautiful picture of sunrise in the east sector of your home)

Area 4: Wealth Blessings: Think big. Aim high and remove limiting barriers to your capacity of getting what you want in life. Life responds to your outlook and showers fortunate blessings accordingly. (Place a healthy money tree plant by the window or an aquarium in the southeast sector of your home).

Area 5: Wellbeing - ‘*Good health is your real wealth*’: Examine what you eat, drink and breathe. Make a resolution to incorporate healthy eating, moderate drinking, no smoking and regular exercising in your lifestyle. (Hang a colourful landscape in the central part of your home and keep the space tidy).

Area 6: Helpful Friends or Courage: Resolve to be a helpful friend. *And build up your balance of fortunate blessings.* (Place lead-crystal objects in the northwest sector of your home).

Area 7: Creativity: Decide to be more creative in everything you do. Be it cooking, sewing, writing, speaking, music, photography or *anything* you love doing.

(Place fresh flowers in west sector of your home to boost creativity).

Area 8: Wisdom: Contemplation improves the understanding of your own self and provides you with stillness of mind. Introduce a practice of brief meditation to your daily routine. (Place your books or an image of a mountain in the northeast area of your home).

Area 9: Fame: Be illuminated to become a guiding light and warmth for everyone around you. *Knowledge becomes wisdom only when shared.* (Place candles, spot lamp or display your awards and certificates in the south sector of the home).

HAPPY NEW YEAR.....MAY ALL YOUR DREAMS ARE FULFILLED...

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