



Timely Tips

By Joseph Barry Martin, Ph.D.

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The New Year is with us and the light is getting stronger every day as we move through winter. On this sunny day in Victoria, the snow has gone and we're able to get about more easily.

Many of us have established New Year's Resolutions about health and exercise. Today, like every day, is a good day to stretch, walk and hike, or swim, play tennis and work out.

Gung Hay Fat Choy!

The Lunar New Year dates from 2600 BC, when the Emperor Huang Ti introduced the first cycle of the Chinese zodiac.



Because of cyclical lunar dating, the first day of the year can fall anywhere between late January and the middle of February. On the Chinese calendar, 2009 is Lunar Year 4706-4707.

On the Western calendar, the start of the New Year falls on Monday, January 26, 2009 – The Year of the Ox. If you were born

in 1913, 1925, 1937, 1949, 1961, 1973, 1985 or 1997 - you were born under the sign of the ox.

Like the ox, you are one of the most patient signs in the Chinese zodiac, but when opposed your fierce temper comes to the fore – and woe to anyone who crosses you!

For the ox in 2009, any recent setbacks or obstacles can be overcome, so look forward to a year in which to really shine, either personally or professionally.

Famous people born in the Year Of The Ox? They include President Barack Obama, actor George Clooney, boxer Oscar De La Hoya, Bollywood actress Aishwarya Rai, and soccer star Wayne Rooney.

TIP #1

“People who buy in a buyer’s market are the smart ones. They’re buying in the safe zone and living in the area of certainty. They’re not unrealistic and they’re not greedy. They know they can’t predict the end of a bust, but they can see when a market has fallen considerably. They can’t see the end or the speed at which it will climb afterwards so they focus on what they can count on.”

Shift, Gary Keller, 2009.

TIP #2

“Most people never run far enough on their first wind to find they’ve got a second.” William James

TIP #3

“When we are no longer able to change a situation, we are challenged to change ourselves.” Viktor Frankl

TIP #4

“Decide what your priorities are and how much time you’ll spend. If you don’t someone else will.” Harvey Mackay

TIP #5

The Number ‘8’ is regarded by Chinese as a universally lucky number for Prosperity. Phonetically it sounds like ‘growth with prosperity. Much of Feng Shui symbolism is based on the sound of the symbol used. Telephone numbers, credit cards, bank accounts, house addresses and license plates ending with ‘8’ seem to bring good fortune.

TIP #6

Block out excessive sunlight by hanging cut crystal balls to catch the sunlight. This also creates amazing rainbows inside the office by breaking up the light into colours. Blinds and curtains can also be used during times when the sun is directly coming into your room.

TIP #7

Hide cleaning equipment like brooms, dust pans and wastepaper bins. They are deemed to symbolize bad luck and must be kept out of sight of the entire office, and especially the main door. Keep brooms and dust pans inside cupboards and storerooms. Wastepaper baskets go under the table and are best emptied every day.

TIP #8

Hang auspicious art in the office. The best art to have is landscape art. Feng Shui is about the landscape and if you can bring it into the office to create balance, you will enjoy harmonious Feng Shui. A good rule of thumb is to place a 'mountain' painting behind you, and have a water feature in front of you. A carpet of flowers in a field in front of you is also excellent, as this symbolizes a 'bright hall' of open space in front of you.

For a Feng Shui consultation for harmony, balance, revitalization
and peace for home and / or office,

or

for Prepping™ (Advanced Staging) a house for an easy, quick Sale,
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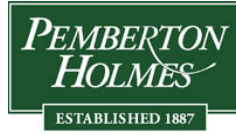
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Welcome to your 2009 prosperity, health and happiness!