

YEAR OF THE YANG FIRE MONKEY

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2nd Annual Newsletter—January 2016

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Welcome a New Year...

The Yang Fire Monkey arrives on February 4, 2016 and it is symbolized by Yang Fire sitting on top of Metal.

Yang Fire is often represented by the sun or fire. Metal is represented by a sword. Fire melts metal so they are in a destructive relationship. Although fighting and conflicts will continue, it will be more mild compared to the wood years with the...

...headstrong Horse of 2014 and the Wood Goat of 2015. Previously, the fire of conflict had been fueled with extra wood. Now we will start to see a cooling off period especially after the summer months of 2016.

Hidden inside the Monkey are the elements of metal, water and earth. The Monkey resides in the Southwest and is the seasonal birth of the water element. The image is the sun setting in the west and the water helps to temper the fire.

The Monkey is also known as a 'Traveling Horse.' This year will bring more opportunities to travel and is good for tourism/hospitality. Because the Monkey, Tiger and Snake are all land animals, we can expect more serious accidents related to air & car travel. The Monkey is in a combine "friend" relationship with the Dragon and Rat.

The Monkey is one of the 3 animals forming a dangerous configuration called "Three Penalty."

This includes the Monkey, the Tiger, and the Snake and together they will generate strong fire elements.

We can expect there to be more fire-related accidents, explosions & nuclear related conflict occurring this year.

The Monkey Tiger Clash

We tend to think of a clash as bad. Although a clash can bring minor irritations, it can present larger challenges or accidents as well. People with this clash may make dramatic changes (such as a job change or move). These can be quite positive opportunities, too! This year it is recommended that a person with a clash carries the pendant of a Snake which will help deflect the Monkey and, therefore, minimizing the negative influence of the clash. It is best to wear this around your neck on a red string or chord.

Schedule Your Ba Zi Analysis Today!

Forecasts can be made to explain what will generally effect us at large, but the kind of year you have will be unique to you. Think of it as a road map indicating road conditions. Regardless of the kind of car you are driving, if the path ahead is bumpy, it is best to slow down before having an accident. You might choose to change your direction. If you knew the road ahead was clear and smooth, you can proceed ahead and move effortlessly forward. It is better to know so that you can prepare and make informed choices!

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Yang Fire People

A Yang Fire type person is honest, open-hearted, optimistic, radiates joy, hope, warmth and love. However, they can sometimes be fierce, quick tempered, straight-forward speakers who say exactly what they feel or is on their minds, without much filter. A Yang Fire person feels their emotions deeply both good and bad. In general, a person born in a Yang Fire year will be noticed; often the center of attention.

Some people born in Yang Fire years are: Pope Francis, Lady Gaga, Lea Michele, Blake Shelton, Reese Witherspoon, and Ja Rule.

Do You Know a Monkey?

The Monkey is the ninth of the 12-year cycle of Chinese zodiac and is governed by the Yang Metal elemental energy. In general, the Monkey is fun-loving, confident, charismatic, cheerful, quick-minded, energetic, optimistic, and sociable. The curious nature of the Monkey makes this person a good listener. This person may easily get bored, so they are quick to rise to a challenge. Ever listen carefully to the (Theme from) The Monkees music group? These lyrics are an insight into the fun inner-workings of the Monkey.

On the flip side the Monkey is cunning, cautious to reveal their true feelings beneath the façade of friendliness, indifferent to popular opinion, sly, unpredictable, can be jealous, suspicious, and naughty. They are capable of great dishonesty; trust can be challenging. A Monkey person is probably a fast learner and is eager to take advantage of an opportunity. The Monkey likes to observe and consider everything (over-thinking), needing facts before taking action. The creative side of the Monkey is eager to shine!

Babies born in the Fire Monkey year will likely be a live-wire personality, have a strong intellectual quality and desire to learn new things. Theatrical, a consummate entertainer, ambitious, competitive and adventurous - perhaps a world traveler with a large social circle. This person will see the world with infinite possibilities!

Monkey Years: 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016 and the next one will be in 2028.

Your Health This Year

Protecting your health this year will be important to minimize any inflammation that maybe caused by the extra Fire element. This is especially true for people who have a Fire penalty in the chart or people to whom the Fire element is unfavorable. The heart/blood, mouth, skin and shoulder will be impacted this year. Two simple supplements you can add are: Antioxidants and Omega-3 oil. The Antioxidants are a powerful defense system. They will help protect from free-radicals and rejuvenate the body. Some familiar nutrients that act as antioxidants are vitamins C and E, beta carotene, lycopene, phytochemicals and other flavonoids. Plants, which are foods high in antioxidants, are also rich in phytonutrients. Some are found in green tea. Resveratrol, found in red wine; and curcumin found in turmeric are also helpful. When it comes to *antioxidant supplements, more is not necessarily better*. The Omega-3 oil will help coat cells with hydration and protect from damage. While Omega-3s do not rank among the super antioxidants, a study in the August 2002, *Journal of the American College of Nutrition*, reports they lower free radical levels. Omega-3s may also increase activity of antioxidant enzymes manufactured by the body.

Please check with your physician before updating your healthcare regimen.

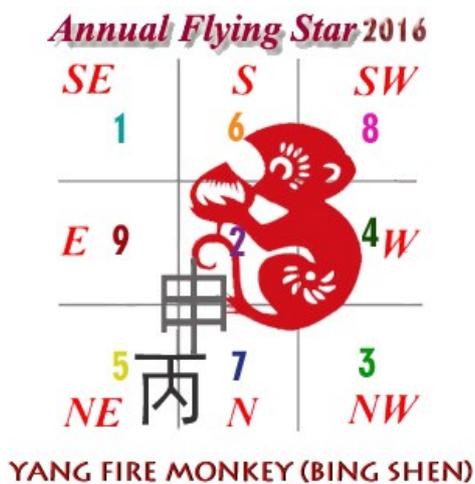


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Flying Star Feng Shui

Feng Shui energies move around from year to year. Therefore, it is necessary to watch for the re-allocation of good and bad energies at the beginning of each year, so we can take necessary precautions. If some bad energy happens to arrive at important locations of our homes or offices, we can add a remedy, known as a “cure” to help minimize the negative impact of bad energy.



Tips to Bring in Positive Energy for the New Year!

- Do a cleaning of your home - go through closets, discard trash, make donations, clear clutter. This is a good time to get underneath stoves, couches and behind refrigerators. Recycle whenever possible and consider donating household goods to a charity of your choice.
- Be sure to wash your cures with soap and water on February 3rd. Place them immediately. Remember to replace the crystal in your car cures if you have them, too.
- Check your Red Envelopes. Replace if necessary.
- Make a financial donation to your favorite non-profit organization to mark the start of this new year. What a great way to boost your luck!
- If possible, open your windows and doors to let in the fresh energy. (For some of us, we are lucky to live where it is warm enough to do this and enjoy it!)
- Consider putting a red paper on the front door with a happy, hopeful, uplifting message about a better New Year to come. Some sample messages are below and feel free to customize this to your own needs:
 - May we be blessed with peace and safety in all seasons.
 - May we have all the good luck coming in this year.
- It is helpful to open your door a lot over February 4-8 to welcome the new energy into your home, too.

All practitioners emphasize that first and foremost a space requires good Feng Shui. Though placing cures for visiting annual stars helps bring benefits in the short term; there will be minimal long term results if a home or office does not have a strong Feng Shui foundation.



**Continue Reading for Specific
Flying Star Details!**



What is a Flying Star?

Feng Shui energies are elements identified and represented by numbers. Flying Star Feng Shui shows us these energies and how they interact with each other. There is a particular, methodical and cyclical movement of these energies every Year, Month, Day and Hour. A property has a layout or map of existing stars, which are then impacted by visiting stars. The key is understanding how they interact (or not) and what may need enhancements or cures to harness the positive energy and suppress negative energy. The stars that are considered most negative are the 2, 3, 4, 5, 6 and 7. Stars 8, 9, 1 are viewed as prosperous or positive.

Center Spotlight!

2 Sickness Star sits in the center this year. If you had a red cure for the 3 star in the center of your home last year, you can remove it now. Then on February 3rd, replace it with either 6 metal coins or the six pearl cure. This star is known to bring about illness and flu. In 2016, we pay attention to regions of the world known as 'Central,' such as Central America, Central Africa, China (which considers itself the center), Middle East and the NE Direction as well.

Know Your Stars!

7 Robbery Star— Moving from the South to the North, cure with the 7 star cure or something blue. You can simply move your cure to the North on February 3rd. (This is the one with the blue crystals and fish.) However, if your house was built between 1984-2003 it is likely that there is a natal 7 star in the South. Therefore, you need to keep a 7 star cure in the South as well as the North.

5 Misfortune Star—Also known as *Five Yellow*, it symbolizes obstacles and misfortune. This is moving to the Northeast from the West. Hang a 6 metal rod wind chime or a string of 6 metal coins to abate the misfortune. You can also use the six pearl cure as well.

4 Scandals Star—Located in the West this year, this star's negative impact relates to sex scandals, infidelity and reproduction as well. This is cured with the red four star cure. It is especially important if your house faces West to use the actual four star cure instead of just something red. If your home does not face West, you can use a red envelope, crystals or flowers. (This has positive effects on romance and academic achievements when enhanced properly.)

3 Conflict Star—Located in the Northwest this year, the negative effects of this star relate to arguments and legal conflicts. It is treated the same as the 4 Scandals Star above.

6 Career Star—This is located in the South & is treated the same as a 7 star above. (Again, some positive effects can be harnessed if used properly.)

Where Is The 8 Star?

This year the prosperous 8 star (aka money now) is in the Southwest. Houses facing the SW direction may have a boost to their luck by activating this area; the best option is moving water.
(Be sure to double check your homes chart before you start this activation to ensure there is no conflict with existing negative stars!)



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