



Newsletter volume 3 Dec 7th-Jan 3rd 2006-The Chinese Month of Rat

Wondering why major illnesses befall some people? Bad Feng Shui might be the answer.

The most inauspicious star of all is the 5-Yellow star, a major sickness star that significantly affects one's health. Use a compass to find out the exact location of this major star. If this star falls on your main door, bedroom or kitchen then your chances of getting a major illness is very high. This star is earth-in-nature according to the Five Elements theory. Place **any one** (but not all) of the following to drain off the Earth energies:

1. Six bronze coins
2. Bronze or metal strips (not more than 8 inches long)
3. Music box

Tip: 2006 the 5 Yellow-Star is situated in the west sector of your house

Life is like a box of Chocolate; you should be able to know what you will get!

A combination in a box of chocolate normally will consist of *Fruit & Nut caramel, Butter Cream Caramel, Almond Cluster, Truffle, Roman Nougat, Molasses Chew, Pecan Walnut Cluster, Cashew cluster and some with liquor content.* You should be able to tell which is which by the shape, at times the smell of it and through your experiences. Life too can be predicted in such a manner if you want to...

Who am I?

People come to me lately and constantly asked me what I do? I am not a fortuneteller, I am a Life analyst, I coach and guide clients in life activities, I do not believe in luck, I believe in opportunities! Western scientific approaches like to collect raw data and transform them into statistical readings and use such statistics to plot or predict future trends. You will see things like the economies, stock markets, and interest rates and so on are in cycles with certain patterns and all ended up in a bell shaped curves with both ends skewed. You have economists to predict the economy, you have technical analyst to tell you when to sell and buy shares, you have the weatherman tells you to bring your umbrella because he forecasted there might be heavy rain soon! This is due to human being feared about the unknowns and tries to avoid the uncertainties. Life, like any other events is unavoidable to fall in such phenomena. A person will go through childhood, go to school, get a job, get married, have kid(s), buy house and at the end go down six feet under! A person will go through difficulties with uncertainties and unknowns. All these...you guessed it right! Are **in patterns and cycles too!**

Long ago, the ancient Chinese feared about the unknowns and uncertainties and thereby creating many tools to predict and foretell the future events that might occur! Some tools are effective and some are not.



The western approach places view from micro level while the ancient Chinese places great deal on macro level. The more you read about my articles in my website and newsletter the more you will comprehend my style and approaches. All these are nothing superstitious but some brilliant formulas, experiences and common senses. **I...am ...a...life...analyst...not. a fortuneteller....**

Life Reading

Habits are formed through 2 P's: **to gain Pleasure and avoid Pain!** Habits are learned and can be unlearned as well. Smoking and drinking are good examples of habits. While traits are your deeply rooted-habits, that are, at times, hard to change because traits will eventually define your identity. Example of traits are introvert versus extrovert, goal getter versus mediocre. Before a trait is formed, bad habits ought to be unlearned first. Your traits and potentials are encrypted in your date of birth codes. The Chinese Four Pillars of Life will be able to define you external and internal intrinsic values. With such, you can focus on your strengths and opportunities to bring you to next level of human happiness.

Chinese Medicine

According to Chinese medical practice, our body blood cell will start to reproduce and repair damages during 11pm until 3am in the morning, at this time, our body needs complete rest. **Go to bed before 11pm!** If you are not asleep by 11pm, this is the time the Yang energies emerge and signifies the human body starts to function vibrantly. The cycle of Yin and Yang will start all over again if you are not asleep and that causes your body dearly!

Qigong

The best times to practice Qi gong is the **Mid-Autumn**, normally in the 1st or 2nd week of September and around 22nd of December, the arrival of **Winter Solstice**. These two dates appear to have the most Yang energies (that require by human body) for us to harness. These two dates of practicing Qigong or meditations is equivalent to one-year effort of daily practices, accordingly to my Qigong master!

FIVE ELEMENTS	Wood	Fire	Earth	Metal	Water
Directions	East	South	Central	West	North
Colors	Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Tangy	Hot	Salty

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Your letters and comments are always welcomed!

-Kerby Kuek

