

## 網上香港風水學家黃頁

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### *English Article on Chinese Metaphysic-3*

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**Kerby Kuek**

Feng Shui

**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 Reading

**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...

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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

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 1<sup>st</sup> or 2<sup>nd</sup> week of September and around 22<sup>nd</sup> 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 medications is equivalent to one-year effort of daily practices, accordingly to my Qigong master!

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