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April 2008

Monthly Newsletter

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Rachel



Dear Rachel,

Welcome to the first monthly newsletter from Fifth Element Feng Shui! Each month I'll be sharing stories, tips and observations with you that will hopefully provide you with insight into your own home and life in some way. I'll also begin a journey through the home to provide you with simple ideas that you can implement easily. I'd love for this newsletter to become a forum for answering questions and stimulating discussion on a variety of related topics, so each month there will be a question and answer section. Feel free to email me your queries and I'll do my best to help. Enjoy!

Did we all survive March?

My gosh. I don't know about you, but March has been super rocky for me and a lot of people I know. Plans changing constantly, conflict, relationship break-ups and general craziness! This could be due to the month of the Rabbit, which thankfully, has just come to a close. The Rabbit and the Rat (which governs this year) form a relationship known as a 'penalty'. A penalty is considered to be a tension of elements that manifests as sudden or unexpected changes and developments. The recent winds that visited Melbourne this week are a good example of this energy! This year, the rat is stimulating major change both personally and globally with long-term effects. If you're not already doing so, this is an excellent time to reassess your future goals and to realign yourself with your vision.

entrance



North-Facing Houses

I've been living in a North-facing house for the last few months, which has been a great opportunity for me to experience and experiment with the Feng Shui of a new environment. This year, North-facing houses are facing 'The Grand Duke' which is the dominant direction of the year. When a building faces this energy, it is said to

oppose and offend The Grand Duke. This can therefore create instability, delays and obstacles in a building. This certainly lines up with my recent experiences! I also have a client who is building on a north-facing block and they have experienced a series of setbacks so far this year including an unusually high number of accidents and injuries on site. Where possible, try to keep the north sector of your home quiet and avoid renovating, building or extending in the direction of North.

Remedies for the Grand Duke

- Houses facing north with the front door also placed in the north sector, can use a Bagua Mirror with a concave mirror - this year only - place it above the entrance.

- The traditional Chinese remedy to appease The Grand Duke is a dragon head tortoise. Position it in the North sector of your home with the shell facing the north direction.

buddha



Your house and the law of attraction.

By now most people are familiar with The Secret and understand it's core teaching - 'The Law of Attraction'. When it comes to Feng Shui, I find it useful to think of your home as one big magnet that attracts certain experiences into your life.

How your building is oriented and when your house was first constructed determines the kind of energy present in a home and what themes may manifest in your life whilst living there. We ALL attract houses that resonate with us on some level and therefore unconsciously we choose to experience the challenges or harmony that the building offers. It's simple; your external geography is always a reflection of your internal geography. Your house reflects your life and your life reflects your house. Feng Shui, particularly Flying Star Feng Shui*, can be used as a tool to identify the energy that is working with you and against you and allows you align yourself with your environment in a way that can have a positive impact on your life.

Next Month, I'll begin a journey through the home starting with the front of your home and the entrance.

**Only a well-trained consultant is qualified to practise Flying Star Feng Shui.*

Question Time!

Now it's over to you. If you have a burning question or want something clarified in your own home, then this is the perfect opportunity for you to get free advice. Each month I'll be choosing one question and writing a response in my next newsletter, so get your question in!

Email me at rachel@fifthelementfengshui.com.au

Have a great month

Best Wishes,

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