



May 2008
 Month of the Snake (Fire) Year of the Rat (Water)

Monthly Newsletter

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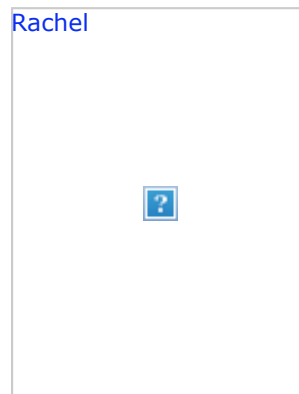
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Rachel



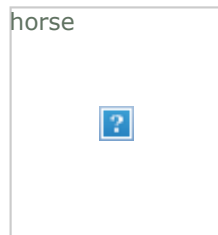
Greetings!

Welcome to May everyone. I can't believe how fast this year is going! I hope you all enjoyed the stability that April provided. It's been a great chance for us all to get our breath back in preparation for the second half of this year. From an astrological point of view, it is going to be quite a ride!

This month, I have commenced a journey through the home starting with the entrance. The entrance is so important in Feng Shui that I could (and probably will) fill quite a few newsletters talking about it! I encourage you to take this journey in your own house and begin to look at things with

fresh eyes. Change is *always* good as it shifts the energy around in your home and prevents it from stagnating. Perhaps your favourite painting in your lounge would look great at your entrance? Or the vase of fresh flowers in your kitchen could cheer you up each time you enter? It's all about experimenting with placement. Do this with clear intention and things will really start to shift. If you currently walk into your home and barely notice what's on your hall table or hanging on your wall, then chances are it's time for change! Enjoy!

horse



Get ready for June!

June is the month of the horse, which is governed by fire element. The horse represents energy at it's most expanded, yang state. The Rat governing this year represents the peak of yin energy, the darkest, deepest point that energy can reach before the seed of the new presents itself. In June these two animals directly oppose one another forming a relationship

known as a 'clash'. In addition to this, the elements of fire and water are not a harmonious mix, so it adds to the conflict.

Although it sounds bad, clashes can actually be great as they activate an area of your life, bringing it into your awareness. Clash periods can bring change and instability and often represent a crisis point or an awakening. They can force some sort of change in your life - usually the kind that we tend to resist the most! During a clash period, risks and impulsive decisions should be avoided, as the energy during this month is not stable. It's important to look after your health and generally take good care of yourself and others.

This dynamic will be felt most strongly by those who have a horse in their chart, in which case, this entire year is considered a clash period (welcome to my world)! Remember that your natal chart contains 4 animals, not just the one that belongs to the year you were born. To

find out your full chart, enter your birth details at the following address: - www.afsc.org.au/fourpillars.

red bird



Is your 'red bird' working for you?

In Feng Shui, it is believed that a dwelling is surrounded by 4 celestial animals that help to protect the home, enhancing its energy. The ideal landscape arrangement can be compared to your favourite armchair. A

tall, solid backing behind the building, two arm-like structures flanking each side and an open space in front where you can sit, stretch your legs out and settle into comfort. Essentially, this arrangement allows energy to easily enter your property and encourages it to stay put once it's there.

The animal residing over the front of your home is known as the 'red bird' or 'phoenix' and in a word it represents *opportunity*. The red bird provides you with vision for the future and is said to collect fortune and circumstances that come your way allowing you to bring them fully to fruition. Specifically, the red bird resides over the area directly in front of your building, for example, the open space in your front yard or free-flowing area before the physical entrance into your home. The red bird is very important as it is in this position that energy (and opportunities) can gather, and collect. As a result it can have a direct relationship to the prosperity that your home attracts.

Think of the front of your home and how it correlates with the opportunities that may or may not come into your life. For example, is there a open & clear space, unobstructed by obstacles, or is there a tall fence blocking your view to the outside world? Is it easy to enter your property or do you have to negotiate your way past overgrown bushes and dying pot plants? Is your house easy to find or do people constantly have trouble locating it in your street?

Tips for improving your red bird.

- Clear all refuse and clutter from the front of your house.
- Remove anything dead, dying and broken or things that you simply don't like anymore.
- Sweep, tidy garden, mow lawns and arrange pot plants so you create a clear and open space for energy to enter and settle.
- Place objects and plants that attract attention and appear welcoming, for example two chairs and a table on your porch, a pair of pot plants either side of your door.
- Feature items at your entrance that lift your energy and make you feel good each time you enter.

Free Talks in May.

This month I have teamed up with a great furniture store in Richmond called QIAO Design. I will be delivering 2 free talks on Saturday 17th and 31st May from 1pm. It's a great chance to learn a little more about Traditional Feng Shui, how it can make a difference to your home and how you can use your interior scheme and object placement to best create balance. QIAO stocks modern Asian style furniture and home wares of high quality - they have a beautiful store and lovely products. You can find them at 630 Church Street, Richmond. Spaces are limited to 30 people, so to reserve your space, please call them on (03) 9429 1593.

Logo



Question & Answer.

'My house has a lot of grey "cool colours" and even though it is well furnished (not too much on the walls however) and has kids present it still has a dull feeling about it, what can I do to improve on this so as to make my home more warm and inviting?'

Colours play an important role in Feng Shui. Each colour belongs to one of five elements - wood, fire, earth, metal and water. The five elements are used to bring about activity, change and balance in your home environment. For energy to move freely in a home, your décor scheme should feature a combination of all five elements, as they represent the naturally occurring cycle of energy in the environment.

Generally speaking, too much of one colour in a home can contribute to a space not feeling 'alive'. Especially so if your colour scheme is dominated by cooler, darker colours. The colours you have described belong to the more 'yin' elements of metal and water. To make your home more warm and inviting, consider incorporating colours into your environment that relate to the fire and earth elements. For example, red, pink and 'hot' colours and/or neutral earthy tones, including beige, cream, yellow and orange.

Colour is most effective however, when used in combination with the unseen energies or 'flying stars' of your home (a qualified consultant can help with this). In future newsletters I'll clarify what constitutes each element in an interior scheme.

(Thanks to my sister Kate who volunteered the first question)!

Email your question to rachel@fifthelementfengshui.com.au

Have a great month

Warm Wishes,

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