



Feng Shui and Numerology

The Chinese have always had an interest in numerology. For them, numbers have a magical quality of their own, in the sense they affect human life and destiny in some way. In Feng Shui, nature is also considered magical and since nature can be expressed through numbers, Feng Shui and numerology are closely related.

Like everything in nature, numbers have yin and yang qualities. Odd numbers (1, 3, 5, 7, 9) are considered yang numbers and even numbers (2, 4, 6, 8) are considered yin. Yang numbers are associated with growth and prosperity, generally yang numbers are considered more desirable.

The year 2007 was a 9 year, a year of completion and breathtaking change. 2007 was a completion of a cycle of letting go of control and fear.

The colourworks number 9 is the Mars bottle which contains the colours red over orange. The planet Mars is the source of power energy and action. Mars is used to change what needs changing, *“Say what needs to be said and do what needs to be done”*.

The colours of 2007 urged us to let go of being meek and angry and make changes to our lives.

The year 2008 is numerically a 1 year, it is a time of new beginnings and integrating with our higher selves. 2008 is a wonderful time to focus our intentions on creating positive lives; experiencing our hearts desires. 2008 is the beginning of living from our hearts, expanding our awareness and consciousness to see each day as a new beginning. This is a time of seeing our dreams manifest.

Use 2008 to express your deepest desires utilizing your gifts and talents to create a shared vision for a joyful world.

The bottle 1 in the colourworks system is the sun bottle (yellow over yellow). This bottle vibrates to the energy of the sun, the light source and life force of our world. This also resonates with the energy center of our being the solar plexus. This bottle is about being totally connected to our true power. The number 1 acknowledges our oneness and the energy of divine in all. Yellow is the colour of joy, intellect and being in our light .

Bottle 28 is the bottle of new beginnings and numerically is a 1, it is (yellow over turquoise). This

bottle tells us a door is opening to a new way of being - we now have the ability to create the joy we have been wishing for. For many of us the door opening was Feng Shui, helping us to understand energy and how we are connected to all that exists and has ever existed. This bottle reminds us that love is the pathway to joy.

The colours of Bottle 28 are the yellow sun and joy mixed with turquoise faith and trust. This bottle is about communicating from the heart and living in joy. There is nothing more joyous than to create a reality that best serves you. Stop the worrying and trust that everything will be perfect.

Now that we know that 2008 is the year of New Beginnings, how will you set your intentions? What are your greatest desires for yourself and humanity?

A wonderful time to set intentions is at the beginning of the year and at each new moon within the year. The first new moon for 2008 is January 8, 2008. New moon energy is a perfect time to visualize your desires and write your intentions.

The fresh energy of the New Year and new moons is always a perfect time to begin new affirmations, setting new intentions and setting new goals. Use your Feng Shui knowledge to set your intentions for your physical, mental and spiritual energy.

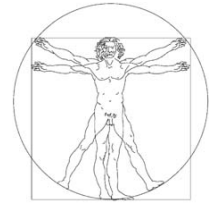
I have found Debra Ford's book, *“The Energy of Intention”* a wonderful book which provides focus for mental energy and intentions. Debra's book of *“Guided Intentions”* is an easy and fun way of starting your intention writing. This book is great for focusing your attention on gratitude and joy.

Patti Alty, owner of Synergy Designs, has combined her passion and expertise as a BTB Feng Shui Practitioner and a Colourworks Practitioner, to provide extraordinary consultations for her clients.

An internationally qualified Colourworks™ instructor, Patti offers Colour Practitioner training in Canada.

For more information, visit www.synergydesigns.ca or contact Patti at paalty@shaw.ca.

Matters of Health



The Flaws in New Year's Resolutions The Power of Every Day Affirmations

Resolutions. Years ago I 'resolved' to stop making them. I don't think they work. They are based on a 'future' idea. What if? I really should. I want to. I need to. I am going to...

So – that is exactly what you get. The energy is stuck in the desire stage and can't quite make it to present moment reality. Enter affirmations. Affirmations are ALWAYS in the **present**

tense and are ALWAYS **positive**. They are designed to teach you to stop thinking negatively, so if you find yourself thinking "I can't stop eating", change it to "I eat only when I'm hungry." This is proactive body talk. It is also based on a very real physiological science. In some ways – we are programmed to think the



way we do based on past experiences. We reacted emotionally to an event – sad, mad, and glad. And this caused an actual chemical reaction in our brain. It involves the limbic system, and our neuropeptides – the chemicals associated with our emotional responses. And – these chemicals stored how we responded so we can respond that way again without over stimulating anything. Great huh? We may not 'want' to act 'that' way...but we find it hard not to. It is like a protective shield. But that is a discussion for another day.

For now, know that it *is* possible to reprogram what you think and how you respond. Set aside ten minutes every day for your affirmation practice. Some of my clients find it useful to break this up into little chunks of inspiration. I like to do mine in the morning and before bed. I also choose several times throughout the day – such as standing in line somewhere, exercising, or driving. I do my deep alkalizing breath work then too. Choose an affirmation from the list below or create your own. Print this off to use. Write down your positive affirmation in the left column then immediately write down what comes to mind – whether negative or positive – in the right column opposite your positive affirmation. Write down your chosen affirmation again on line two and again write down your immediate thought opposite it. Continue this process over and over for 10 minutes each day. Writing your affirmation down is an important part of the exercise. Only work with one affirmation at a time to start. (See example on the following page). Over time you will notice that what you write down in the right column is becoming more positive and starts to match the positive affirmation in the left column. It may take several days or weeks to see positive responses, or it may happen much sooner. This practice can be used anytime when you want to make positive changes in your life, whether it is for health, business, or relationships. I have been doing this for a long time – it becomes this amazing creative process

and energising life component. Once you have mastered it – you will get to a point where you can do several a day at different times – without the need to write them down. For instance – I am happy, healthy, wealthy and wise; I am cleansed, purified, nourished and protected.

Once an affirmation feels right and you are accepting of it, then you can move on to another affirmation ... but not before.

Suggested Affirmations

- "I am enjoying my fit and healthy body"
- "I am eating healthy and nutritious food in appropriate amounts"
- "I am exercising every day"
- "I am a good person"
- "I feel energetic and alive"
- "I feel at peace with who I am"
- "I love and approve of myself"
- "I only eat to satisfy my hunger"
- "I eat with awareness"
- "I eat to nourish my body and soul"
- "My relationships with _____ are supporting and loving"
- "I attract wonderful energy around me"
- "I am successful at _____"

I have a wonderful meditation practice that I find incredibly powerful involving 'future self'. It goes hand in hand with 'in the moment' affirmations. Regardless of your method, know this energetic science works. You will develop your own comfortable way of proceeding.

There are many authors I recommend including Gary Zukav, S. Choquette, Pamela Ball, Wayne Dyer, Miguel Rodriquez, and so on. Also various books on meditations and yogas such as Kundalini will teach you what you have forgotten. Music by Era, Bliss or Jai Utal, are powerful and moving.

Read what inspires you. Listen to what rejuvenates and restores you. Live what you were intended to love and love how you were intended to live. And if you combine all this while working with the science of affirmations, it will become less awkward or self-conscious. Expect support from those around you. And avoid those who don't. Find affirmations that are a good shape for you. Like jeans that are an easy fit – not tight. Close fitting but not uncomfortable.

What's New?

In with the new ... fengshuimarket.ca has been updated. Providing a user-friendly site for all those involved in any way with Feng Shui – the novice just starting to apply Feng Shui and energy changes to their lives, students, practitioners and instructors alike have an easy to use site for Feng Shui resources.

Feng Shui for You is exactly that – for you! **'Products'** (we've added some new featured products); **'Special Offers'**; our **new 'Feng Shui Connections'** (visit the new featured resources where you can find information regarding Certification (with links to more information and sign-up), Practitioners, Speakers, Natural Health and Natural Products, Retailers and Bookstores and **'Frequently Asked Questions'**.

Stay Up To Date – check out the ever-changing tips in the **'Did You Know'** section on the bottom left hand corner of each page and if you want more, visit the **'Tips'** section. Have you got an important event that you want others to hear about? Post it under **'Upcoming Events'** – send an e-mail to info@fengshuimarket.ca or call us at 403.295.7336 for more information about an effective way to get the word out. Our **'Newsletter Archive'** is the place to go for current and previous newsletters, where you will find a library of Feng Shui information. *Feng Shui News* is more concise now, with the appropriate up-to-date information available directly on the website through the appropriate links.

If you have any suggestions about what you would like to see at Feng Shui Market, please send an email to info@fengshuimarket.ca or call us at 403.295.7336. We would love to hear from you!

Online Product Specials



Feng Shui Premium Set

Savings Price \$148.40 – You Save \$18.55

This Feng Shui Premium Set has everything you need to transition into Feng Shui. Includes:

- 1 - 20mm Personal Crystal;
- 2 - 30mm Clear Crystals;
- 1 - 40mm Clear Crystal;
- 2 - Bagua Mirrors;
- 2 - Laminated Bagua Maps;
- 1 - In the Feng Shui Zone, by Debra Ford;
- 1 - Feng Shui Zone Guided Meditations CD, written and narrated by Debra Ford, music by Jessica Erlendson and Martyn van Remmen

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Feng Shui Essential Crystals Set

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This Feng Shui Essential Crystals Set includes the minimum essential crystals to get the energy moving and in balance within your environment. Includes:

- 1 - 20mm Personal Crystal;
- 2 - 30mm Clear Crystals;
- 1 - 40mm Clear Crystal

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