



Editorial



I am delighted to welcome you to my first online Wishes Newsletter. In these pages I hope to bring you lots of down-to-earth information on how to live a happy, healthy and contented life.

I don't intend to give you lots of useless information that most people cannot make head nor tails of, instead, I hope to impart every-day, easy to follow advice so that whatever situation your life is in at this moment you will be able to make the most of every minute of every day.

All good Wishes to you.

Joan HWHAdvisor

HEALTH

You are what you eat

I have always believed that in general, you are what you eat! Yes I know that saying is old-hat and rolls of the tongue so easily, but quite frankly on the whole, it is true.

Of course you will always get the odd person who eats all the junk and rubbish under the sun and lives in brilliant health up to the age of 98, but let's face it; if you put any old junk into your body it is going to mirror your inside on the outside.

So first and foremost if you are going to follow the wishes healthy life-style you will need to start as you mean to go on. That doesn't mean you have to toss out all your chocolate bars and crisp packets immediately, but over the next few weeks you need to take a

long, hard look at what you are eating and reconsider your future diet.

After all, it is your body (temple) and if you want to see it all go to pot then that is entirely your choice, but if you want to keep yourself as healthy as possible and live to an active, healthy age then you need to act now.

Don't put off changing an unhealthy lifestyle as it is never too late.

- You are never too old or too young.
- You are never too fat or too thin.
- You are not too sick or too healthy.
- So make the most of what you have while you have it.

Happy munching...



A wishes experiment

I would think that the majority of people who read this newsletter would not consider themselves as being wealthy. AND ... It is not unknown for wealthy people to find that they have lost all or at least a lot of their money for some reason or another.

Money, like everything else in life can so easily slip through your fingers. And like most other things, apart from body-fat it is far easier to lose than it is to acquire.

In order to keep some of your money in the bank you have to be sure not to waste it.

Let's do a wishes experiment.

If possible, go now and get yourself a £10 or £20 note, I'll wait a bit until you come back ...



Ah! You're back great...

Now take your 10 or 20 pound note and either jam it through your shredding machine, take it outside your front door and drop it down the nearest drain or screw it up and toss it into your dust-bin, making sure to stuff it well under last night's mucky food leftovers.

No? You wouldn't do any of those things - Why? Surely, that is exactly what you do on a regular, weekly basis when you buy any kind of junk or rubbish that you don't need and probably don't want. The shredders and dust-bins (shop-owners) are absolutely delighted when you throw your money at them, they worship the shoppers who are desperate to throw their money away and they no-doubt rub their hands together with glee as they watch YOU walk away with an empty purse or wallet clutching the over-priced stuff that within days you will probably dump on the side or perhaps never wear or use...

I am not suggesting that you be mean or that you do not ever treat yourself or your family, and giving some of your money away to a good cause is very commendable, it is not this kind of giving that makes you poor it is the purchasing of useless items, clothing, knick-knacks, food etc. that devours your money.

Stop/C/Walk-away. (SCW) More next time.

House for Sale?

Are you trying to sell your house? Not having much luck? Why not try a few house selling tips.



■ **Top tip:** De-clutter - Get rid of everything you do not want or need in the house, front and back garden (if you have one). Nothing is more off putting to a potential buyer than seeing piles of other peoples junk.

■ **Tip 2:** Find out what the real going rate is for houses/flats in the area closest to you and put the house on the market for that, it is a buyers market and they are not going to pay the prices that the agents are advising you to ask.

■ **Tip 3:** Sanitise the house. People looking around will be put off by any un-savoury aromas, smoking smells, dog-cat, any type of animal odour, (you might not be able to smell it but potential buyers will).

■ **Tip 4:** De-personalise - remove all family photographs, certificates, etc., viewers will not be interested. Instead have some general type pictures, suitable for each room.

■ **Tip 5:** Smarten up personal hygiene areas. Toilets should be spotless and delicately scented. Bathrooms should be sparkling.

■ **Tip 6:** General sanitation must be applied to all sinks, waste-disposal units, drains, both inside and outside the house.

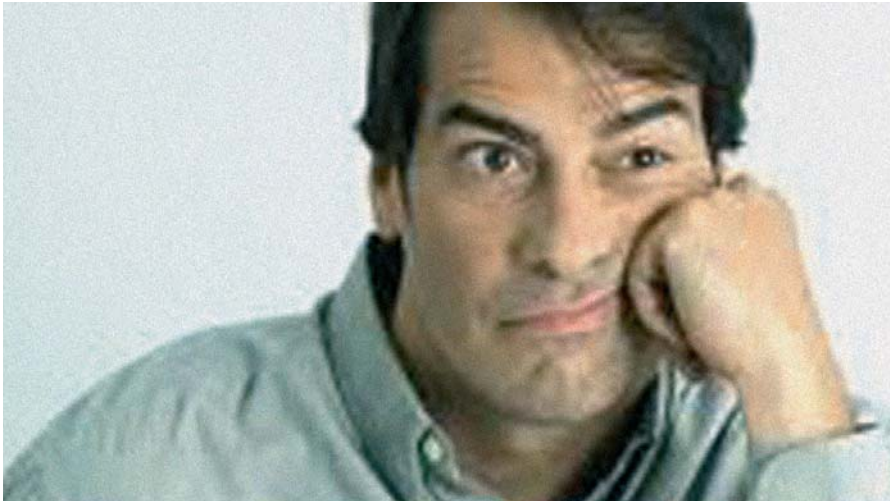
■ **Tip 7:** Don't try to over-sell your home, if you have not had any success so far, get your agent to show people around.

■ **Tip 8:** Always show your viewers the best part of the house last, so that they go away with the best impression of your house possible.

■ **Finally:** You must be prepared to negotiate a price!

And Good luck!

Stop moaning and be happy!



Being miserable is little more than a bad habit, a bit like biting your nails or, constantly sniffing or ... Well ... we will leave the rest of the bad habits to your imagination.

In day to day living we actually have a choice about how we feel and what we think about things and if you choose to be miserable then nothing in the world is going to stop that, unless you actually want to stop moaning and be happy yourself.

We all have our bad times as well as our good times, when we are worried, in pain, fearful, etc. These are natural everyday emotions that we all have to contend with, but on the whole, people who choose to moan about everything have opted to be that way.

If being miserable gives you the hump why not try to change the way you think! It is not altogether easy, but on the other hand it is not rocket science. You have to practice for a long time in order to change your moaning

mind-set. And here is a bit of practice for you.

If you wake up in the morning and it is dull or raining, do you feel.

1. Ok.
2. Don't think about it.
3. Dismal n grumpy.

If you order a meal in a restaurant and you are not happy with it do you.

1. Call the waiter/waitress and complain.
2. Put up with it and eat it.
3. Don't say anything but grumble about it to your dinner partner.

If your car won't start do you.

1. Call out your service provider - AA, RAC or the bloke next door.
2. Slam the car door and go by bike or bus.
3. Cuss and swear and get the hump with everyone.

If you overhear someone talking about you do you.

1. Ignore it.
2. Speak to the person about it.

3. Moan about the person to someone else.

If a friend tells you that they have been promoted do you.

1. Feel happy for your friend.
2. Allow your friend to tell you all about their good news.
3. Feel envious.

Yes! I recon you are getting the drift of these questions, for if you choose the number 3 every time then you are well on the way or have already become a regular Mr Meldrew,

If all the above happened in one day you would probably feel bad enough to throw yourself off the nearest bridge, however by choosing (and it is your choice) any of the other options you might just scrape by without doing something quite as drastic.

Unless there is something going on in your life to make you really sad or unhappy a lot of misery and moaning is generated by the grand old sin of envy.

Have a laugh instead of a grumble... Speak next time.



The lonely doughnut

This little tale is absolutely true and never fails to bring a smile to my face.

A couple of years ago I had my two small grandsons over for the afternoon, I am not prone to spoiling my grandchildren ever (very small fib) but it just so happened that I had bought some yummy jam doughnuts that morning from the supermarket. After some time playing out in the garden I decided that it was drink and snack time so after having insisted that the boys wash their hands I prepared them a blackcurrant drink and placed two doughnuts onto a plate.

The oldest boy eyed the doughnuts with great pleasure and very politely asked me if one was for him? Well... of course it was so he picked it and proceeded to devour it.

The littler boy also looked at the lonely doughnut and said 'Please nanny'... 'Of course dear I said and picked up the cake and handed it to him carefully. Now, him not being so nimble with his hands yet, and not quite realising how sticky and sugary the cake was promptly dropped it on the grass. We all stood aghast looking at this sticky cake lying on the floor, and when the little boy bent to pick it up - I said 'No, no, you will have to leave it now because it will be dirty and have lots of bits of grass stuck to it.

His little face almost broke in half as tears welled up into his eyes, However, his older brother realising what a racket we would all have to put up with promptly stuffed what was left of his doughnut into his brothers hand.

Tears disappeared immediately and a smile brought the almost broken face together very quickly in order to tackle what was left of the cake before his champion brother had time to change his mind. All was good now and the day ended up happily with two tired children having gone home

with their mum and two worn out grandparents left to clear up the debris.

Oh, yes ... You want to know what happened to the dropped doughnut eh? Well later that afternoon when I went to my back door, there was Mr Squirrel, sitting on our side fence scoffing away at the doughnut.

I so wished I had had a movie camera rolling it was so funny to see how much he enjoyed it. He must have thought it was his birthday. I dashed into the lounge and grabbed my camera and here it is below.

Joan



PIC' FOR GOLD

This is one of my favourite spots. I am not the greatest photographer in the world; in fact I would make a really good photographer weep.

I cannot boast that any of my photographs have won a prize, however I really like some of the pictures I have taken.

If you are a writer or do any writing at all, newsletters, newsheets, flyers etc., for your local church, working group, children's club or whatever you often need a good picture well, I am going to post a picture or two up in this spot and you can feel free to use it for whatever you want, but instead of having to pay a royalty payment I suggest that you give a small amount to charity. I will say what charity to send or give it too and if you can spare the time I would love you to contact me and tell me why and were you used my picture.



For the use of my first picture I would like you to give a small amount to the Macmillan Nurses you may need their help someday yourself...

**Please donate a small amount here:-
<http://www.macmillan.org.uk/Donate/Donate.aspx>**

WORRIED PARENT

Dear Editor,

Please help! My boy is just six and he is making our lives hell... He can be such a lovely child when he wants to be, but the problem is he seldom if ever, wants to be good. He seems very fit and well physically and he is forward for his age. I have had quite a few complaints from his teachers over the past year saying how disruptive he is in school and how spiteful he can be towards his friends. To be quite truthful I do not think he has many friends, as most of the other boys seem to avoid him if at all possible. This unwillingness of the other boys to include him in their games upset him very much. He will sometimes try to force his 'friends' to play with him, this usually ends up with punches and tears, and because he can be a little bit cheeky and loud he nearly always gets the blame if there is any trouble.

I took him to have allergy tests but that did not throw any light on the problem. I also asked the doctor if my boy might be 'hyperactive' hoping he would say 'yes' and prescribe medication for him but unfortunately,

the doctor did not think he was unduly hyperactive and said that he would not dream of putting a child on drugs unnecessarily. My husband and I went spare! We just do not know what to do with him, or how to help him, I wondered if any one had any ideas?

Dear Wishes Reader. *There could be a hundred different reasons why your child is so disruptive, and not knowing you I would not like to hazard a guess as to what is causing the problem. You say that your doctor has given him a thorough check up which revealed no underlying physical or psychological problems. Have you thought of seeking a second opinion? Try to get some positive help for your son before he gets any more out of hand. In the mean time, does anyone have any suggestions for this very worried lady?*

Have you managed to take on an unruly child and win, please let me know how, why and when and I will print your reply in the next newsletter. Thanks Joan

If you want to learn more about the fascinating and intriguing art of feng shui you can through my 12, one a month correspondence lessons.



I found feng shui around 1995, and being a naturally lucky person, feng shui quickly became an important element in my life. Now, retired from the Feng Shui Society after being an Accredited Consultant for 10 years I am honoured to be able to pass on my knowledge as well as my own good fortune to anyone who feels they have something exciting to learn and in turn help needy people to turn their lives around.

Learn about Feng Shui and how to Conduct a confident Consultation Send off now for more information about the Wishes correspondence course in the exciting art of Feng Shui

Would you like to create a much better atmosphere and aura all around your own home?

Would you like to learn how to become a Feng Shui Consultant yourself, so that you can carry out consultations for your friends and neighbours?

Would you like to learn how to start up your own business giving Feng Shui Consultations? All is covered in the Wishes 12 Monthly lessons

- The lessons are packed with feng shui knowledge that has been passed down through Chinese masters and feng shui experts over the years.
- There are tips and ideas for you to use in every lesson.
- You can learn at your own pace, in the privacy of your own home.
- Static monthly payments with no hidden extras, no asking for extra money for other items.
- Used and approved by other feng shui consultants.
- Easy to follow, chat lessons as opposed your usual complicated scholastic modules.
- Start with just an interest, everything is explained in a straight forward approach no gobbledegook.
- Four simple lessons - Four Intermediate lessons - Four Advanced lessons.
- The 12 Wishes levels cover all you need to know to get started and to eventually become a confident feng shui consultant yourself
- If you already know a bit about feng shui there is enough additional food for thought.
- Start now there is nothing to lose and everything to gain from the information contained within the lessons

The Wishes Studio is offering a special package of £35.00 per lesson including p&p Plus a £30.00 joining fee.

A Certificate of completion of will be awarded after the final lesson.

Don't want to pay monthly for your lessons? Send just £425.00. You save £25 and NO joining fee
The lessons will be sent to you once a month.

Make cheques out for the correct amount, payable to: Joan Vine
And send to: The Wishes Studio
123 Mashiters Walk, Romford, Essex. RM1 4BU

Your cheque will not be cashed until the first lesson has been sent. Lessons can be cancelled at any time. Payments made are non refundable.

When sending a cheque please remember to write your contact details, clearly please.

Name _____

Address _____

Email _____

Phone _____

Query:

Hello Joan, we have some lovely neighbours who live opposite us, but recently they have put a large dragon in their front garden. I asked them why they had put a dragon in that particular position (the dragon is facing my house) and they replied saying that they wanted to encourage good luck into their lives. I understand what they are saying but quite frankly it is making me feel uncomfortable. I wouldn't like to say anything to them but on the other hand, I don't like it. Help! I really don't know what to do.

Gina.



Reply:

Hi Gina, don't worry this problem is quite easy for you to address. This sounds as though your neighbours are trying a bit of DIY feng shui, but quite honestly this type of feng shui is not usually very successful as you really need to know what you are doing and why you are doing it. Unfortunately a fs application can work against you instead of for you and if your neighbours think their dragon will bring them good luck they may have wasted their money as well as their hopes.

Dragons represent the East, spring and new growth, and if it is facing you it may just send you some good luck as opposed to your neighbours, however, if you are happy with your life in general and the dragon is still making you feel uncomfortable then just put a really small mirror (makeup size) in a window facing the dragon and that will reflect the agitating feelings coming off the dragon, and it may just reflect a small amount of good luck back on to your nice neighbours. But don't hold your breath.

Query:

Hello Joan, I am doing a temporary job at the moment and I need to get a permanent position, but I just cannot get anything I like.

I want to work in an office of some sort but I want something really interesting and exciting. It must also pay well as I live alone and need the money. I have tried activating my 'work and careers' area and my 'helpful people' area but so far I have had no luck, what else can I do to get the job I want. Susan. London

Reply:

Hi Susan, this sounds like a bit more DIY feng shui. I would not have thought that a qualified consultant would have advised you to activate these two areas at once for employment especially as you say that part of your careers area is in your bedroom.

You never, ever, activate your bedroom for work.

From what you have said in your long email it sounds as though you are looking for the perfect job of work, but unfortunately these chances are very few and far between and the chances of landing a wonderful career is of fairytale making. But.....

Your job is what you make it and if you are fortunate enough to have employment it is really down to you to make it interesting, make it exciting and above all making it enjoyable. Approach your job with optimism, get on with it, be keen to help and if anything has to be done, do it efficiently and with a happy temperament - gradually, as your bosses see what a happy approach you have to your work they may ask you to do more demanding tasks, which in turn makes your work that more interesting.

Always do your job to the best of your ability and eventually you will not need to activate any areas in your home apart, that is, from your relaxation area.

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Query:

Hi, I was born on the 29th May 1971, can you please tell me what my Chinese animal is please. Theresa. Westminster.

Reply:

Your were born in the year of the Metal Pig



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Query:

Hello Joan, I have just moved into a new flat and although I like it and I think I am going to be very happy here, there is one thing that is worrying me. My sink and my oven are quite close to each other. There is only a very small piece of table top between them. Now I know enough about feng shui to know that fire and water don't mix and it is not good to have them too close. I have toyed with having a plant standing on the little piece of tabletop, I have also tried standing a bunch of flowers on the there but somehow it doesn't look right. Do you have any suggestions? Many thanks. Marion James. Essex

Reply:

Hi Marion, it is lovely to speak to you again. Glad to hear you have settled into a nice flat. I do know how you feel about having your oven and sink too close together it is unsettling isn't it? Also, although plants are very acceptable in a kitchen they have to be put in just the right spot for them to look good and for you to feel comfortable with them. However, for you to feel happy you do need a barrier of some sort placed between your sink and oven and most barriers you or I could come up with will not really work as your small piece of tabletop just isn't wide enough, so it seems that we will have to go back to the green-stuff. You are not happy with a bunch of flowers in a vase and you don't like the

look of a potted plant so why don't you plump for semi-permanent greenery such as herbs. Herbs always look right in a kitchen no matter where they are placed and you can buy quite small pots of herbs in most supermarkets at very reasonable prices. They only need quite small pots or vases so they will not take up too much room, and of course they will be near enough to the sink for you to keep them well watered and near enough to the oven for you to grab a small sprig or bunch. How does that sound? You could of course pick a small bunch of herbs from your parent's garden I know they grow plenty and I am sure they would be delighted to keep you stocked up. If they give you rosemary, make sure you put something like parsley or anything with a rounded, soft leaf, to counteract the spiky looking rosemary, and enjoy. Let me know what you think.



Best wishes from

Joan Fiero
HWHAdvisor

If you would like to send a query to the Wishes Consultation Room
email me at joan@grabawish.com
or see the online Wishes Consultation Room at www.grabawish.com