



Editorial



Welcome to the Wishes Newsletter number 2. I hope to bring you lots of hints and tips and short articles to help bring a smile or two to your face, or if nothing else – Make you think.

I have written a piece about the eating habits, that may be stopping us losing that little bit of excess weight. There is a piece about wealth and how some people just love throwing money away. Ann Lees has written an article about her cat Sparky, the little rascal.

I adore Ann's writing it always makes me smile. I have written a longer than usual piece after receiving a worrying email from a lady who would love to learn more about feng shui but is afraid it could clash with her faith.

All good Wishes to you.

Joan HWHAdvisor

HEALTH

THE EATING HABIT

Unlike a lot of other things we do, we need to eat to live, that is why I believe it is so difficult to diet or keep tabs on our weight.

Eating is a very satisfying and enjoyable pleasure to the majority of people that to go without what we enjoy is very challenging, however, if you think you are more than a stone over the national recommended weight for an adult man or woman.

Calculate your weight here.
http://www.healthdiscovery.net/links/calculators/ideal_bw_women.htm

In order to cut down you need to set your mind (mind set) into coming to terms with the fact that eating is a HABIT that can be changed. Almost everyone I know eats regularly.

- Eat roughly the same time each day.
- Eat similar food each week.
- Have similar snacks each day.
- Orders regular take-a-ways during the week.
- Regular weekly meals eaten out.

Does the above sound familiar to you? It most certainly does to me!

I have breakfast, lunch and my



UGH!

evening meal roughly the same time each day. Breakfast and lunch is roughly the same. I do try to have something different to eat each evening, meat, fish or veggie option for me, with potatoes and veg. with a small sweet. For many years now my husband and I have been going out once a week for a meal. It gives us some quality time together and it saves me having to shop, cook and clear away. Another habit? It sure is...

How to cut your calorie intake without cutting your eating habits?

1. Cut down on the amount of food you cook.
2. Try to cut down on the amount you put on your plate.
3. Cut out one of your take-away meals.
4. Only eat out once a week.
5. Don't have snacks visible while watching TV.

I would suspect that the most difficult change would be to cut down on the food you buy, cook or order. So, look at what you buy and resist the 3 for the price of 2 offers, don't buy on impulse (take a list and stick to it). Dish up smaller portions of meat, cut down on cooking fats and oils. See how you get on – More next time.



That's more like it!

Money minded

Being money minded doesn't automatically mean that you will be financially well heeled. In the past I have known many people who earned a substantial amount a month yet didn't have two pence to rub together.



I once worked with a lady who couldn't buy her lunch in the local deli until she had been down the bank so see if she had enough money in her account to pay for it... I knew another lady who could not buy just one item. If she saw something she liked – top, underwear, makeup, etc, she would have to buy three, four, even half a dozen of the same, just different colours. What a waste of money eh?



These two very nice ladies would often moan and wish they could get a rise or bonus, but whether people earn a lot or just a little it makes no odds. No matter how much your monthly income is you can always

save money somehow or the other, I like to refer to this way of saving as 'getting money through the back door'. For example, the lady who had to check her finances before she could buy her lunch could so easily have made herself a lunch at home to bring into work, but when I suggested this she smiled and said she couldn't be bothered. The lovely lady who used to buy lots of clothes said she just liked them and couldn't resist. So there you are – two people who could have had so much more but chose not to.

It is a matter of choice to be sure, but what could you save money on? Could you not cook your own meals instead of buying ready made? Could you not hunt for bargains in clothes shops, there are so many clothes shops that sell fashionable stuff at very reasonable prices and do you really need any more clothes at all?

How about cutting down on weekly expenditure like the unnecessary pounds spent on lottery tickets, booze, cigarettes, sweets and crisps? You don't have to cut these items out of your life altogether, just cut down on how much of this stuff you buy – Remember, like eating, buying becomes a regular habit. Paying out for items you don't really need and cutting down soon becomes your new habit.

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

What is Feng Shui



- Feng Shui is the gentle art of placement.
- By practising and living by its principles it helps us to dwell in harmony with the heavens, one another, the environment and nature...
- We are not separate from the world around us and unless we know how to respect what we have, we can be neither, happy, content or productive...
- Feng Shui is not a religion; it is a harmonious way of living...
- Feng Shui heightens our awareness to our own spiritual beliefs...
- Feng Shui enables us to intertwine our feelings of spirituality with that of the natural world and each other. Its teachings uphold and respect the rules of all Holy Scriptures as well as the laws made by man for man.
- Feng Shui encourages us to love, support, be respectful of and have thought for one another.
- Its teachings encourage us to have regard and be kindly to the fauna and flora of our planet and it reminds us of the necessity to consider the planet upon which we all dwell at all times.
- Feng Shui shows us how to take good care of our own health and well-being and that of our families, friends and neighbours.
- The same Feng Shui principles applied to our homes enable us to live contented and more positive lives within the confines of our own private dwellings. This realistic and sensible attitude to our homes, one another and life, spills happily and easily into our businesses and working conditions.
- It offers us sound common sense attitudes and a quiet confidence as well as a genuine and calm pride in what we can accomplish in our daily lives.
- It offers hope to the hopeless, help to the helpless, compassion to the distressed and added strength to those who have the energy to give freely of themselves...
- It also teaches us to be generous by taking gratefully, what another man has to offer!

And Good luck!

Happy being miserable

Most of my life I had been under the impression that everyone, and I mean every single person would like to be happy, but over the years, I have gradually come to the conclusion that there are some people who are not really happy unless they are miserable.

Some people make little or no effort to enjoy their home or work and are often at loggerheads with their family and friends. To have a happy life, you have to make and keep friends with the people around you, you have to try to enjoy your home life and make it interesting and agreeable and if you have a paid job, no matter what work you do you need to make the best of it and work to the best of your ability, doing your very best at work is the only way you can make your job interesting and worthwhile.

For two thirds of my adult life I worked for outside business companies. The first part of my working life was carried out at a dressmaking company in London's Oxford Street where I helped make wedding dresses and evening gowns. Even though I say it myself – I was rather good at the job and I loved

every minute of it. Gorgeous materials, fabulous styles, usually I couldn't wait to get into work to see what lovely gowns I would be asked to work on.

The second third of my adult life was spent in a large, American stock broking company not five minutes walk away from London's, Liverpool Street station. I really loved the work there. I used to organise all the high-powered lunches for the stock brokers. It was very exciting work; I got to hear lots of inside information – Wow, what a buzz. I often helped waitresses serve the wine and lunches and if we had a small lunch I would do the whole job alone. I was really happy there.

The third and middle section of my adult life was taken up with family life, as I stayed at home for 18 years while my children were growing up. Those days were wonderful; I had the greatest of joy bringing up my children. I was fortunate enough to be able to earn a small amount of money by doing some out-door dressmaking work, and although times were often financially tough, through very



careful management we always kept our heads above water and we were fortunate enough to be able to get most of the items that made for a pleasant home.

Look around at any area you are not feeling happy with and make an effort to improve the situation. If you are not happy at work, try to work out what it is you are not happy with and make some changes, try to enjoy your job whatever it is. Offer to take on more work if you don't have enough to keep you occupied or try to delegate if you are overloaded. Try to be friendly and helpful to all those around you and most people will only be too pleased to help and assist you to make your working life more enjoyable and successful.

If you are not very happy at home, try to work out why... Are you bored and tired of a mundane routine, are the kids getting you down, do you have family or friends you can turn to if you need help? If not, why not? Try being more sociable, and if you are willing to help other people it is almost inevitable that they will help you. Try being more thoughtful to your partner and try to find some small amount of time so that you have occasional quality time with each other. Try making your home, no matter how grand or humble a secure and happy haven for your partner, your children and any extended family you have.

And many happy wishes to you – Speak next time.



A day in the life of... SPARKY CAT

I'd just recovered from a bad cold – and Eric's cooking. His repertoire consists of eggs in various forms, his favourite being poached, and he adopts a 'take it or starve' approach to sick wives, so I take it.

Woken by the sun streaming in through the curtains, Sparky cat went out to play early, and as I was about to get dressed he appeared under my bedroom window with a live wood pigeon in his mouth. Shit!!

Out I ran in my pyjamas, cornering them both by the garage. Because the bird was relatively heavy Sparky was having trouble keeping hold, so I managed to wrestle it from him, much to his disgust.

I could see the pigeon still has all its flight feathers, despite appearances to the contrary – the garden resembled the stuffing for a feather mattress.

Knowing from past experience how badly wood pigeons take to being kept in whilst recovering (they simply go bananas), I ran with it to the bottom of the garden, Sparky in hot pursuit, said a quick prayer to the angels and chucked it over the tall hedge. As I didn't hear it thud to the ground on the other side I assumed it had flown away.

A swift rugby tackle caught Sparky cat just as he was preparing to scale aforementioned hedge in pursuit, and his teeth in the back of my hand rounded off the incident nicely.

I don't fare well if my morning routine goes awry and this had thrown me seriously off balance, but surely he couldn't get up to more mischief that day.



Breakfast eaten, I was musing on what to do that morning when the most appalling noise assaulted my ears; it was an animal in pain, my animal.

For the second time I ran frantically into the garden, this time following the screams to the side hedge, where a black cat had Sparky pinned down in a corner and was beating seven bells out of him. Shit again!!

The black cat considered our garden part of his territory when we moved it a few months previously, and he wasn't having any of a feline newcomer.

I brought the now bleeding Sparky indoors then we left him to sleep whilst we went to Lincoln to buy a bloody great water gun with which to deter the black cat.

We got lost around the city of course – I was navigating, a sure sign we'd get lost, but eventually the shop was found, purchase made and we headed home.

Sparky cat was nowhere to be found, having pulled down the barrier I'd put in front of the cat door, but he soon appeared in the garden, obviously in great pain and bleeding.

15 minutes later we were at the vet. Yet another chunk of hair was cut away for inspection (the first wound hasn't grown over yet), antibiotics and painkiller administered and a bill for £65 presented.

I was too stressed to cook when we got home, so Eric made – guess what? – yep, poached eggs on toast!

Ann Lees

PIC' FOR GOLD

This is one of my favourite spots. I am not the greatest photographer in the world but 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.

The picture I am putting in this time is one of my most adventurous as far as my photography prowess goes. As opposed to the genie in a bottle I like to think of this picture as 'Magic in a glass'.

Please feel free to use it for whatever you want. There is no royalty payment but I suggest that you give a small amount to charity. The charity I have chosen this time is for Kidney research.

If you can spare the time I would love you to contact me and tell me why and were you used my picture...
joan@grabawish.com



"Magic in a glass".

For the use this picture I would like you to donate a small amount to 'Kidney research'. You or a relative may need their help someday...

Please donate a small amount here:-

<http://www.kidneyresearchuk.org/support-us/overview.php>

NOTHING WORKS FOR ME.

Dear Editor,

Please help! I so want to be active and do lots of interesting things but somehow opportunities don't seem to present themselves to me. It is not as though I don't make the effort as I belong to a few different groups and we go out a good deal but I would love to lead and be very go-a-head but I always seem to miss any chances that come up, what can I do to become the person I want to be...

Dear Wishes Reader, *there are any number of reasons why people don't get to do what they want, and the cause isn't always what one would assume. It isn't necessarily lack of money, opportunity, being too busy with work or family, or physical ability, so what is it?*

Well, the two main reasons for not achieving is either inertia, where someone wants to achieve but cannot make the effort, or in your situation it's most likely to be 'fear of rejection'.

There really isn't anything very much anyone can do about people who want to achieve but cant be



bothered – it is a state of mind that can only be changed by the person themselves however, if it is fear of rejection I believe there are ways to tackle the problem.

Perhaps in the past you have offered to take up a position or organise a function and either someone has criticised your handling of it or something has gone wrong and you have been blamed or ridiculed? No one likes to be in that position but usually after a few days or a week all is forgotten. Except for people like you of course, your mistake or failure screams at you for weeks on end and in some cases years, which is hampering your urge to move on. Perhaps opportunities do come up for you but because of this fear, you back off and feel miserable when someone else takes up the challenge.

If you are in this situation, please try to put any mistakes behind you and try to turn you fear of rejection into positive acceptance. You only need to make a success of a couple of future tasks and your fear of rejection will have been conquered.

Best wishes from 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 _____

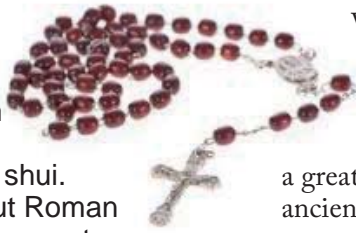
Address _____

Email _____

Phone _____

Query:

Hi Joan,
I have a major problem dealing with the art of feng shui.



I am a devout Roman Catholic and I cannot bring myself to indulge my interest in this way of living. If only it did not conflict with my beliefs! I would love to learn more about feng shui but I don't feel that I can. Is there any way that I can use some of the principles set out without resorting to the religious aspect of it? **Dana...**

Reply:

Hello Dana, thank you for your troubled email to me. This query comes up so many times and on so many occasions that I feel it worth spending some amount of time reassuring you.

As soon as I received your email I put a blog up on the website for you to read. I have copied parts of the blog (see that in italics), and I will expand on some of the points to you and anyone else who has a problem with the art of feng shui

"In China and its neighbouring countries the practice of feng shui has been around for thousands of years and although it had its deepest roots in Taoism, Buddhism and Confucianism, it is definitely not a religion any more than science, construction engineering, geography or interior design."

The reason feng shui has its roots in the religions above is because at the very beginnings of feng shui, some 3 to 5 thousand years ago the only people who were respected enough for the public to turn to and to consult in times of trouble or



when there were important decision to making, were religious leaders. Religious leaders were, and still are great thinkers, wise and have a great knowledge of people, and in ancient China they were probably amongst the only people who could read and translate script.

"Feng shui is not at all spiritual, even though many practitioners like to give the impression that it is."



Many consultants like to give the impression that their practice of feng shui is very spiritual but it is not so. I am not suggesting that these practitioners are not spiritual in any way, or that they are trying to dupe the public, but a consultant can give a purely practical feng shui consultation without the use of any form of spirituality at all. Many practitioners also like to give advice on their other practices such as angels, supernatural happenings and other bazar and mystical trends, however, none of that is to do with feng shui, they are all added extras and none of these other practices need be used.

"Feng shui can be practiced and enjoyed with great results if you have no spiritual or religious leanings at all."

Feng shui is not at all magical or mystical despite what some consultants and enthusiasts say. Nothing or no one can work miracles and feng shui enhancements are only recommended to help remind the client of what they need to do to make things happen in their lives.

"Basic feng shui is very practical, down-to-earth and rational."

If you think about feng shui practically, you will realise that people are happier if they are healthy, have enough money to keep up their standard of living and if they are in tune with their family, friends and neighbours. Many people don't know what it is that makes them feel unhappy or uneasy. This is where a practitioner can go in and give advice. It stands to reason that if people live in a run-down home or area they are going to feel far happier if they move to a smarter place. If they are bored with the colour of their lounge or perhaps didn't like it when it was first applied then they are going to feel happier if a consultant tells them to change the colour of their lounge to something else. Usually a light colour, as lighter colours are naturally more uplifting than a dark or dull colour.

"If the art of feng shui is ever put down or ridiculed in my hearing I will usually ask that person or group if they would feel better in themselves and more uplifted if, from their back window, they either looked out over a beautiful garden, fields, mountains or some other tranquil scene or, if they looked out over an industrial estate or a land-fill site? I have never yet had anyone choose the latter..."

And so it goes on ad infinitum.....

I do hope that you will consider following your feng shui interests, it is wonderful to be able to help other people become happier in their lives. I will say again that feng shui is NOT a religion and being in tune with feng shui should not in any way hinder your faith, unless your faith is extremely weak and fragile, or you are looking for a reason to change your spiritual leaning.



Query:

Hello Joan, I have an irritation health matter that I would like to speak to you about. I have been suffering with chronic indigestion for some time now. It seems to make no difference what I eat. I have been advised by my family and friends to cut out fats and oils, stop eating chocolates, cheese, nuts, to eat slower, etc., etc., but no matter what I try my problem remains. Please can you give me some advice as to what I can do to get rid of this miserable problem?
Rene Summers. Essex



Reply:

Hi Rene, I am sorry to hear of your problem, indigestion is very depressing and uncomfortable. Most of the advice you have been given is pretty regular and I assume you have tried some of the general antacid remedies from the chemist and none of them are working. You didn't advise me on your general health, or what weight you are. If you are a little over-weight it could simply be that causing the problem in which case, you could ease off some of your meal portions to see if things improve, however if your indigestion or heartburn has not improved within a week or so, I would suggest you consult your GP or health advisor.

It is probably something very simple, but it is best to get it checked out. Let me know how you get on.

Query:

Dear Joan, I understand from the Wishes website that amongst other things you are giving advice about food, so perhaps you can help me.

I am middle-aged and I have had to watch my weight for many years now. Before I married and had children I could eat what I wanted and I was really slim, but once I had had my two children my weight shot up and before I realised it I was carrying over three stones (48lb) more than I wanted. I try to eat sensibly and have cut down on all the obvious weight adders and I am now pleased to say that I think I have my weight under control. I am doing okay with my breakfasts, (I usually eat the same thing each morning). And I am doing quite well with my evening meals, my problem is lunchtime. I have taken to eating a salad for lunch every day, have been doing so for months now, but I am becoming increasingly bored with these salads. I usually have all the regular salad vegetables with a small amount of meat, fish or cheese. Is there anything else I can have with my salad vegetables? Please help before I go off the rails. **Jill Handley.** London.

Reply:

Hi there Jill, first I would like to congratulate you on taking control of your weight. It is difficult to do, but with determination it can be done very successfully. I am also glad to hear that you got stuck in before you weight escalated out of control, as it is easier to tackle a small problem than it is a very large problem.

Regarding your email... Yes there are other things you can add to your basic salad vegetables, although you can alternate the type of salad



greens you are eating and you can add other grated vegetables to the salad if you wish, try not to eat exactly the same greens every day as your basic plate will become ever more dreary. Try adding colour through the use of peppers, beetroot, carrots, chives and red onions. As for the toppings, meat, fish and cheese, I am sure you must have explored the different types of all these items? I guess you know that there are dozens of different types of cheese for example, and fish can be purchased in different types of dressings, I tried tuna in Thousand Island dressing on my daughter a short while ago and she thought it was great.

But while the summer is here why not have a go at putting something altogether different on your salad vegetables. At the moment I am putting fruit on top of my salad! This morning I cut up a large pink grapefruit and mixed it with some yummy raisins popped it in the fridge and after draining of the juice, (and drinking it) I tipped it onto my salad at lunchtime. Hardly any calories, fresh, light and very yummy, and there are any amount of different fruits you can use. However, you do have to remember to have some good quality protein

Best wishes from


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