



Editorial



Hi, so much has happened since I put the last newsletter together that I have hardly had time to update the easy and shorter areas of the Wishes website let alone get cracking on a Winter Newsletter nevertheless, here goes at last...

I would like to wish all my readers a very happy New Year, Western style and it will only be a short while now before we will be celebrating a very happy New Year Eastern style, the year of the Water Dragon.

All good Wishes to you.

Joan HWHAdvisor

HEALTH

BODY CHEMISTRY

IF YOU LOOK at 'Feng Shui Chat' dated 7th January 2012, you will assume I suspect, that I placed that piece on the website for fun, but you may be surprised to hear that I didn't.

I am not an expert in body chemistry of course, but I have always noted that no matter what we eat we roughly stay around our 'natural body weight'. If we eat regular meals, choosing roughly the same type of food then there is no reason for our weight to alter, only if we overeat during holidays or we under eat during sickness will our weight change for a short time until we go back to eating 'normally' again. Don't take my word for it; try it for yourself.

Note these changes during the coming year.

- Try a strict calorie count diet for six weeks or
- Try a strict no fat and carbohydrate diet for six weeks.
- Try eating more fats and carbohydrates for six weeks, or



- Try eating more snacks and take aways for six weeks.

During either of the first two experiments you will lose weight.

During either of the second two experiments you will gain weight

Then within six weeks of returning to a normal eating pattern your body will return to its normal weight.

Anyone who continually overeats will gradually becoming obese and anyone who continually under eats and becomes anorexic could be suffering with an eating disorder, gaining or losing a few pounds during the year is quite normal.



Overspend



Your money is extremely important so you need to look after it well. Did you overspend during the Christmas period? If you did you will probably have less to keep you going over the next few months whilst you pay out even more in interest. Now is the perfect time to assess whether or not your overspending was worth all the pain of having to pay it back.

Over the next few weeks check out what has happened, if anything to the stuff you bought.

Start here: Make a list of all the different and unusual types of food and drink you bought for the Christmas holiday - Now go through your cupboards to see if it is still stored away, if so, put a line cross off those items.

For instance: I have a very cool walk in loft where I store stuff I don't want in my kitchen - At this time I still have about ten items of food unused. Knowing that I was going out to my daughters for Christmas I bought these extra items 'just in case' - Just in case of what you might ask? But it meant that I overspent by about £30:00 and the items will have to sit in my loft until we have ploughed through it. I also bought a couple of spare gifts.

I didn't have to borrow the money I spent but if you did, make sure you don't overspend next year.

Now do the same with the gifts you bought. Do your children or friend's children still play with the gifts you bought? If not, cut down next year or suggest that you pool money with your friends and family so that each child only gets one or two good gifts instead of ten they may not want or need. Do you and your friends want the expense of having to swap presents? These are all ways of saving money that your family and friends might be willing to go along with and it is worth a try, as anything is better than being in debt for months on end. More next time...

Bach Flower Remedies

You can find them in all the high-street chemists and health food outlet but what exactly are Bach Flower Remedies?

■ The flower remedies you can purchase were created by a physician, bacteriologist and homoeopath, Dr Edward Bach, pronounced (Batch)

■ Dr Bach gave up a thriving Harley Street medical practice in 1930 to concentrate all his attention to natural healing remedies.

■ Dr Bach differed from his colleagues of the time as he believed in treating people as a whole as opposed to treating peoples' illnesses.

■ There are 38 little bottles of tincture you can choose from and they can be found in almost every high-street chemist and health food store.

■ Dr Bach trained as a homoeopath which introduced him to the concept of vibrational healing. He discovered that homoeopathic substances, diluted to the point where only a minute trace of the original matter remained, could heal on a vibrational level within the body.

■ Bach flower remedies were developed to support every conceivable personality, attitude and negative state of mind.

■ The remedies were designed to be kept simple and were intended to be used for self-help.

■ Dr Bach's remedies were designed to heal and support the seven emotional problems that most human beings had to contend with.

■ The seven emotion groups were, Fear - Uncertainty - Indifference to today's circumstances - Loneliness - Over-sensitivity - Despair and the Over-care for others.

■ Through their subtle vibrational energy the remedies can restore mental harmony thus preventing almost any physical illness from taking hold.

■ The most popular Bach Flower Remedy is his 'Rescue Remedy'

Why not give the Rescue Remedy a try?



What could I really do with six million pounds?

How would you define happiness? Imagine you had to describe being happy to someone from another planet who didn't share the same emotions as us, mmmm! Difficult isn't it.

I have done a lot of writing in my time, but until I had my new - revamped Wishes website where I intended to tackle a range of subjects as opposed to just feng shui I don't think I had thought too much about having to tackle or explain such a difficult emotion as being happy.

I have always been very fortunate and on the whole I have had a very happy life, even with all the ups and downs and daily worries and problems, I would say that I was a happy person... so how to tackle this subject?

First I thought about what makes or would make me feel happy... And my very first thought was to win a lot of money on the national lottery. This week a lucky ticket holder won over 6 million pounds - Phew! What I could do with that. Then I wondered why money was the first thing that came into my head? Frankly, money isn't really a god to me; I would just love to have it to give it away as I think I have almost everything I want or need. I have a pleasant home, a car that goes and enough food to eat, (too much if you read my piece on money) I am not really

a clothes person so I have enough clothes and shoes to keep me happy so what could I really do with 6 million pounds apart from give the majority of it away to family, friends and charities.

If you have a life threatening illness, money cannot buy your health back, you are just fortunate if you get over the illness. Fame and fortune doesn't necessarily promote happiness, you only have to read the gossip columns in any celeb' magazine to see that.



So what does promote happiness, well I can only speak for myself when I say that having a peaceful conscience and living as peaceful a life as possible is about as good as you are going to get.

And what does being peaceful mean?

- Peace is accepting the difference in others - The fact that we are all different with different traits to our characters and different needs.
- Peace is about understanding another person's worries - The fact that we all worry about different things and situation in our lives.
- Peace is sharing another person's burden - We all have personal burdens that are lightened by another's help and assistance.
- Peace is about helping a stranger in trouble - We can feel very alone in a strange place, how wonderful when someone strange comes to our aid.

**May I wish you all a PEACEFUL heart...
Speak next time.**

Sparky's garden

I promised Eric when we moved here I wouldn't ask him to dig another pond as its such hard work, and I avoided any mention of one when we were planning the garden layout. Secretly I was disappointed, not least because they provide so much entertainment such as whirligig beetles, water boatmen, dragonflies and so much more.

But a promise was a promise, so my lips were sealed, although in our first spring here Eric did catch me pacing out an area on the lawn, but I told him it was for a flower border. Hmm, I think he was suspicious even then.

As summer progressed I'd occasionally say to him how right he had been not to have a pond; after all, we'd only spend hours sat by the water looking at the busy creatures living there and searching for newts or frogs. It would be such a waste of time. Another day I'd comment it would be nice to take our chairs out onto the grass when we had a coffee, but there really wasn't anything to look at, was there?

I was beginning to doubt my previously tried and tested methods for 'working' my man but suddenly in September Eric declared he wanted a pond. Well, what's a girl to do? The man must have what he wants.

Sparky cat's ears pricked up at the sound of digging and he went to investigate the ever-deepening hole in the lawn. As work progressed his enthusiasm increased; soft earth in which to



scrabble, slopes to slide down, shelves for hiding to jump out and scare the birds, in fact simply hours of fun. He was less pleased with the pile of soil Eric threw into the corner as it blocked his exit from the garden into the wood beyond, but he's nothing if not adaptable, so a bit of excavation by paw here and there provided a suitable cat sized passageway.

When the pond was ready for water, Eric ran the hosepipe around the lawn and turned on the tap, but I think it was at this point he lost credibility in Sparky's eyes. In a cat sense, he was simply appalled, I could see by the set of his eyes. Why ruin a perfectly good playground?

He sulked for a while, but was

somewhat mollified when the water level reached the top and he could drink it.

Within a day we saw a dragonfly hovering around the edges and two water boatmen on the surface; how did they know?

Sparky perked up considerably when he saw Eric fixing a bird table to the arch - what a stroke of genius!

No need to chase around the garden after birds, they would come to him, if only he could just figure out how to get up there. Not to be deterred, a bit of prowling around the base and a quick scramble up the trellis soon sorted that out, and now all he had to do was sit quietly and surely he wouldn't be noticed.

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, called 'Snow Dance'



For the use of my picture I would like you to give a small amount to the homeless especially at the time of the year....

Please donate a small amount here:-
<http://www.shelter.org.uk/donate>

THE NEW GARDEN.

Dear Editor,

I have recently moved from a flat to a house and have settled in nicely. We have quite a lot of work to do to get the place as we would like it so we certainly have our hands full for the time being however, I am new to gardening and I don't have a clue where to start. I used to love helping my grandfather in his garden, he used to grow lots of fruit and vegetables and I can still remember how delighted I was to help him dig up potatoes and pull carrots so I am really looking forward to getting stuck in. Please can you help me to get started with some useful tips please? Marion Downs. ...

Dear Marion, from your very enthusiastic letter it seems as though you have a wish come true at last, but where and how to start and tips...

You say that you have lots to do in the house so that is going to use up lots of mental and physical energy besides a good bit of your cash. So for the time being I would concentrate on that.

As for the garden, well, it's always a good idea to allow your new garden a whole year so that you can see exactly what is in there. Lots of plants die right back during the winter months so by uproot lots of your new garden now could mean losing some good plants and shrubs so give your garden a year's grace until you know exactly what you want to keep and what you want to get rid of. Keep a note of all the plants you want to keep and make simple sketches of the way your garden is laid out and how you might want to change it.

Having a garden landscaped professionally isn't cheap by any stretch of the imagination so I suggest you do some of the simple jobs yourself.

Only have professional in to lay heavy paving, erect fencing and suchlike. If possible, get willing friends to help you put in a small pond or feng shui water feature and garden lighting and then spend as much time as possible out there enjoying your handiwork. Let me know how you get on.

Good luck. 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

All about the Chinese New Year in this issue so here goes...

Query:

Hello Joan, I know that the Chinese New Year is almost here and I have been told that it is a dragon year, can you give me some idea as to what is in store for us please. Lizzy

Reply:

Hi Lizzy, I hope you and the baby are well and happy it was great to see you the other week... Well - What a year this looks like being. The Chinese New Year which is to be celebrated on the 23rd January is the year of the Water Dragon - 4710, and is heralded to be a very auspicious year. The basic element for a dragon is EARTH, which will, in time, override the element of WATER, so with this element tussle going on things aren't going to be as smooth as perhaps we would like, however, it looks as though it is going to be a better year than this year has been.

The New Year promises to be good for industry especially, any company that relies on wood and paper so if you are in a career that relies on, or is associated with wood, paper, agriculture, office work or any job where paper is concerned, materials, fashion and suchlike. Your job looks as secure as anyone's for the time being.

There doesn't seem to be much change in the world, with unrest and upheaval in Eastern countries continuing, with natural disasters still playing havoc with the ordinary peoples of the world, however, the Chinese New Year promises to be just a bit better than last year and we have to be grateful for small mercies.

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Query:

Hello Joan, according to my birthday/date I am a ram. Could you please give me a hint or two on what to expect in the coming year - Jenny

Reply:

Hello Jenny, lucky you - to be a RAM - Yes it looks as though you could enjoy a successful period in the coming year. However, things may not be quite so smooth in the relationship area, so I would advise you to enhance your bedroom with romantic and calming additions if you find yourself bickering with your partner. You could also place a rose quartz crystal at the side of your bed which should help. If you are bickering with your children, enhance the 'Children's' area of the ba gua chart with fresh flowers, or if it's your friends and neighbours who are being difficult, enhance the 'Friends and Supporters' area of the ba gua chart then you should have a quieter and more peaceful life all round.

A very short piece for the other animal signs: It seems that TIGERS could have a relatively successful year, with not as much turmoil as last. RABBITS could have a bumpy year. The HORSE may have a more exciting year than last. DRAGONS need to keep a low profile in order to avoid getting into difficulties. The OX looks like having mixed fortunes so beware. The PIG needs to look after his money. The SNAKE needs to be strong this year. The MONKEY is lucky on the whole, but could possibly face more problems than usual. The DOG needs to keep alert regarding his finances. The ROOSTER needs to keep calm and the RATS will be fine if they look after their health.

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Query:

Hi Joan, my feng shui animal is an ox, what sort of a year do you think I am going to have and what enhancements can I use to make it even better than predicted. Many thanks from Annie.

Reply:

Hi Annie, well, the ox person will have to be quite careful this year as they have a mixture of good and poor luck, a lot of your future during the year will be down to how you tackle your fortune. Take great delight in the good things that happen to you through the year and if your fortune suffers a down turn, you should try to make the best of it by trying to be positive, strong and forward looking.

No matter what happens there is always a light at the end of the tunnel and a positive outlook can always make you feel a lot better. You may be fortunate in as much as any misfortune you come upon this year may be easy to handle and put right - I hope that is the case, but any other Ox reading this needs to be aware that there are all levels of good and bad fortune and we can have anything happen and any degree.

So, to sum up - Just enjoy the good and make as best a job as you can of the bad...

Wishing you good luck.

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Query:

Hello Joan, I have heard that my year ahead isn't going to be so great is there anything I can use to ward off ill luck and sha chi. Sheila

Reply:

Hi Sheila, unfortunately you didn't tell me what animal sign you are, if you are a Dragon, you need to watch your back and your finances - you must be careful not to get caught up in a financial scam, so if I were you, I was steer clear of getting into any so called good 'deals' going the rounds and don't embark on anything where there is any financial risks, best keep a low profile and just keep things ticking over. If you are a rabbit things could be quite difficult and challenging, so again I would advise you not to get into anything too deep this year, especially if there is the risk of losing all you have built up over the years.

However, your relationships should shine and be happy. But whatever animal sign you are under, rather than ward of ill luck it might be better for you to encourage good luck by having an indoor water feature incorporating a dragon or stand a dragon near to your water fall or fountain.

Place a lovely rose quartz crystal in your bedroom and bright colours such as red and pink are good colours for you to have around the house.

Good luck I hope you have a great year



Best wishes from

Joan Fiu
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