

FENG SHUI

World

JUNE 2014
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LILLIAN TOO
EXPLAINING
THE POWER OF
AMULETS

LUCK OF THE PATRIARCH

so important to protect
Daddy's feng shui

**SARAWAK'S BROOKE
DYNASTY** Romance of
the White Rajahs

HAND REFLEXOLOGY

PRESSURE POINT MAGIC

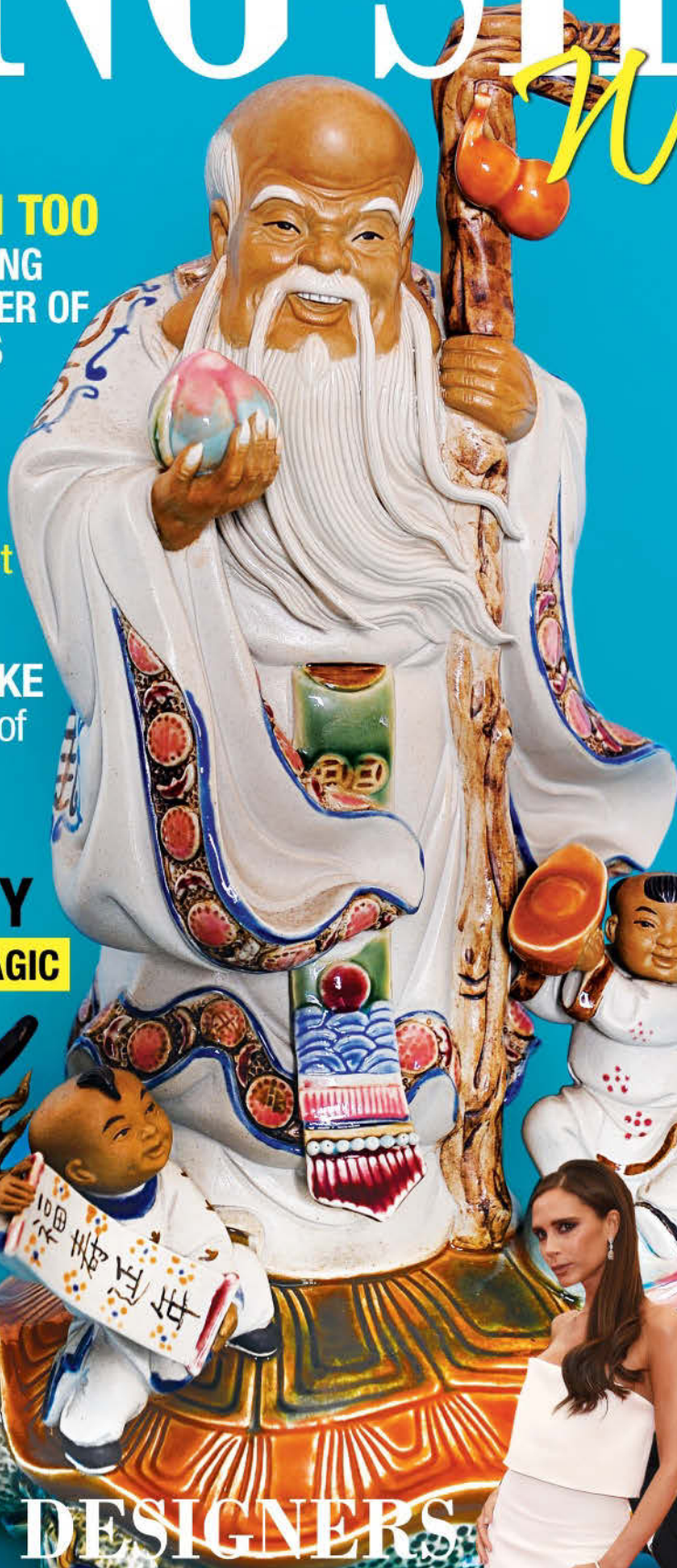
MARIO TESTINO

Interview with a
Royal & Celebrity
Photographer

Red Carpet Glamour at CANNES

Harnessing
VICTORY LUCK
in competitive
sports

THE "V" DESIGNERS
VICTORIA, VALENTINO, VERA



SPIRITUAL FENG SHUI



MANIFESTING THE PROTECTORS WITH LILLIAN TOO



**SPECIAL GUEST APPEARANCE by
KHENPO DELEK RINPOCHE**

When things go wrong for you, such as chronic illness, feelings of despair, court cases, obstacles to success, problems with the Authorities or when you suspect someone is using the dark forces (black magic) against you or someone you love... these things can be eased and remedied when you supplicate powerful Cosmic Protectors and get their help.

In this year's SPIRITUAL FENG SHUI, Lillian and WOFS have a spectacular interactive program planned for you! We are happy to announce that KHENPO DELEK RINPOCHE has agreed to appear and perform an incredibly powerful wish-fulfilling supplication to Protectors to remove all obstacles and hook the essence of success for the remaining half of the year! Don't miss this very exciting event and the opportunity to meet Khenpo and get blessings from him!

SINGAPORE

**Sunday,
13th July 2014** (9am to 4pm)
**Marina Mandarin Ballroom,
Marina Mandarin Hotel
Singapore**

Ticket Price:

S\$68 till end of June 2014, **S\$88** till 12th July 2014,
S\$128 on 13th July 2014

KUALA LUMPUR

**Sunday,
20th July 2014** (10am to 5pm)
**The Gardens Ballroom,
The Gardens Hotel,
Mid Valley City, Kuala Lumpur**

Ticket Price:

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On the Cover

In this issue we feature the powerful God of Longevity "Sau Seng Kung" who carries the auspicious peach and magical staff of Longevity. He symbolises good health and long life, and is the perfect gift for anyone whose age has passed 60! Place him in the East location to overcome illness vibes for 2014.

DZI BEADS

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bracelet at our extensive Dzi Bead Bar
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letter from the editor June 2014



National League success for Team Windhorse.



On route to a goal on Mariana.

June is a month of doubles, where the monthly flying stars align with the annual stars, making it a month of extreme fortunes, whether good or bad. Those of you on an upward spiral could find yourselves thrust ever higher, while those going the other way need to check up and turn your luck around. Inside this issue, we bring you tips, stories and reads on how you can ensure the energy of Doubles works for you.

Speaking of doubles, from the world of fashion, **Lillian Too** writes about three “V” Designers – **Victoria Beckham, Valentino** and **Vera Wang** – each of them stand-out superstars of their industry, who have the numerological **Natural Double** working for them. What they each have is also a great originality and a trademark colour you can easily recognize them by. Valentino’s partiality to red in his collections has coined the colour “Valentino Red”. Victoria Beckham is always associated with blacks (although she can carry off any colour) and Vera Wang is every bride’s dream designer, thus emanating white.

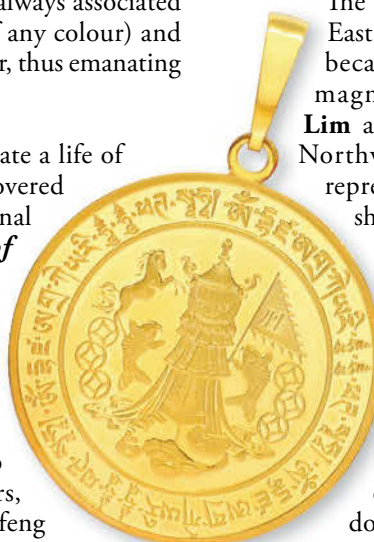
Colours have strong vibrations and create a life of their own, as **Team Windhorse** discovered in the course of their hunt for National League success. In *The Triumph of Teamwork*, I detail all the feng shui factors we adhered to when planning our this year’s **Polo Team**, from team name, team crest and team members to team colours. We went on to clinch a big victory winning the **National League Championship**, thanks to superb performances from our players, but not forgetting the help of excellent feng

shui! It was also a great win because it was a victory shared amongst friends – highlighting the very best of what polo as a sport has to offer – fabulous friendships.

In a month where both good and bad luck gets magnified, it is important to ensure you are equally shielded from bad luck even as you attempt to magnify your good luck. In *Behind the Power of Amulets*, Lillian Too addresses the concept of lucky talismans, explaining why there are so many different kinds, how they work, as well as what gives them their power. She also shares the recent *Relic Tour* at **Losang Dragpa Center**, which hosted a substantial collection of the relics of Buddhas and great Masters of our past, covering Gelugpa lamas as well as gurus from other traditions. The energies they emanated were special indeed.

The danger sectors this month are Southeast, East, Northeast and particularly the Northwest, because these feature danger stars that get magnified by the doubling effect. **Honey Lim** addresses the importance of keeping the Northwest protected, because the Northwest represents the Patriarch, i.e. the Father. She shares a detailed real-life case study of a high profile New Zealand couple whose afflicted NW sector was playing havoc with their lives. There is a happy ending, and you will find their experience a good learning activity to improve your understanding of feng shui.

From the UK, **Helen Oon** goes in search of the enchanting **White Rajahs** who dominate the history books of Sarawak; this



The Victory-Producing Amulet Medallion.



CHARM & POWER

Wear the syllable of Red Tara
to develop courage, authority
and persuasive speech.

HOUSE OF
Tara 朱

letter from the editor



Valentino, one of our featured "V" Designers, with his Shanghai collection in auspicious red.

leads her to true-blue English countryside to a Church in **Devon**, where she regales us with the romantic saga of the Englishmen who lived like Kings in **East Borneo**. She also introduces us to the magical Sarastro restaurant, the Show after the Show in London's West End, and takes us back to the times of "**King Richard**" who did so much for the acting community when he was alive; his spirit lives on in **Sarastro** under the capable hands of his daughter Sibel.

We also feature the fabulous **Cannes Film Festival**, which is as much about movies as it is about fashion and the way the movie stars wear their red carpet gowns. The event is by invitation only, and we feature some of our favourite stars including the beautiful **Eva Green** of *James Bond and 300: Rise of an Empire* fame who is even more dominatrix on the red carpet than in her movies, the super-talented **Cate Blanchett**, this year's Best Actress Oscar winner, and of course, everybody's darling, **Jennifer Lawrence**, who reprises her role as Raven/Mystique in *X-men: Days of Future Past*.

Jewellery as ever is a sure-fire way to improve your personal feng shui, and on this front we bring you OE's interview with **Elsie Chua**, who heads the Plenitude development group, on her love of fine jewellery and her use of feng shui in business and in her personal life. We also talk about the power of the **rectangular diamond**; now all

the rage, not least because they are harder to duplicate artificially, but also have excellent connotations when it comes to feng shui. Our health feature covers a form of **self-reflexology**, massaging specific pressure points on your hands to improve circulation to precise parts of the body. This can be used as a quick-fix to relieve stress, to improve health and to cure ailments.

Before leaving you to enjoy the magazine, don't forget to buy your tickets to **Lillian Too's** upcoming **Cosmic Feng Shui event**, to be held at the Marina Mandarin Ballroom in **Singapore on Sunday 13th July**, and at the Gardens Hotel Ballroom in **Kuala Lumpur on Sunday 20th July**. She will be sharing some incredible insights on how to enhance your invoke Cosmic Protectors who help remove obstacles and boost your continuing good fortune. Those attending this year's event will also get to meet and receive blessings from the precious **Khenpo Delek Rinpoche**, who will be leading a powerful puja ritual with and for all participants. Tickets can be bought at www.wofs.com and through **World of Feng Shui** outlets and **MPH bookstores**, as well as through www.sistic.com.sg

Enjoy your days in June and let's stay connected!

Jennifer Too

GODDESS GUARDIAN

Let the Goddess Green Tara keep watch over you!
Wear her TAM syllable mandala watch to
keep her close to you.

“Om Tare Tuttare Ture Soha”





Eva Green looking fabulous in a blood-red Elie Saab Couture gown.



Naomi Watts looked elegant in a grey Marchesa gown



Nicole Kidman arrives in a dazzling jewel-encrusted blue gown for the screening of her princess movie "Grace of Monaco"

CANNES FILM FESTIVAL

Stunning, Stylish & Gossip Highlights
From the South of France by Lillian Too



Julie Gayet poses with director Lisa Azuelos, MIKA together with Francois-Henri Pinault and his daughter Valentina

SALMA HAYEK escorted by billionaire husband, **Francois Henri Pinault**, who owns and runs **GUCCI** and other designer labels, was in Cannes to promote her latest animated movie, **The Prophet**, based on Lebanese author Khalil Gibran's book. As one of the co-producers of the new movie, which I plan to see as I have been a Khalil Gibran fan since forever, this Mexican beauty is



Jennifer Lawrence poses with Hunger Games co-star Liam Hemsworth and Josh Hutcherson.



Cate Blanchett at the premiere of "How To Train A Dragon 2" in a gorgeous sequined Givenchy gown.

Cate Blanchett is a very influential international megastar and it should surprise no one that her disapproval at the lack of appreciation of women beyond their motherly personas is getting a great deal of press coverage.

obviously parlaying her influence and stature in the international film world to bring a truly great book to a larger audience. Who does not adore Khalil Gibran's *The Prophet*?

Who would not identify with his words of wisdom and his philosophy of life?

I am just so thrilled that Salma Hayek has obviously used her very considerable clout in the business to have this movie made. I have always admired her impeccable styling and good taste. She looks good in almost everything she wears and we have seen any number of Salma Hayek magazine spreads to convince us that hers is the kind of beauty that just grows on you. But she is not just beautiful, she is also a fine actress, and also a great movie and TV producer who makes smart choices when it comes to her career moves, business investments and



personal life. That her husband makes the effort to always be by her side speaks volumes about their relationship. It is not difficult to find pictures of them together. They are natural and spontaneous about being seen together - no baggage here for sure. That he fully supports the things she chooses to make time for tells us this is no ordinary relationship.

They were later joined by the infamous **Julie Gayet**, the French actress who allegedly had an affair with French President **Francois Hollande**. Salma Hayek's husband even took a group picture with Mademoiselle Gayet on the red carpet with his daughter **Valentine Pinnault**. All these famous personalities

walking the Cannes red carpet can only add to the layers of glamour piling up at this annual event.

Very good for showbiz business indeed.

Eva Green was also in the South of France and I was glad to see her. I have not seen her since her starring role in the James Bond movie **Casino Royale**. The pictures of her in Cannes this year show her looking dramatically beautiful. She was promoting **The Salvation**, a Danish-made Western set in 19th Century America and she will also appear in **Sin City 2014 – A Dame to Kill For**. Eva's style emphasizes the dark side of the feminine mystique. Hers is a persona that emerges when she wears blacks and deep reds, and when she leaves her lock hanging long and black and topped with bright red lipstick.

This year at Cannes, she appears first in an all-black lace cat suit, and the following day walks the red carpet in fiery maroon, a sequined, red lace top on a gown of diaphanous see- ▶

through chiffon. She matches that with red shoes and lipstick. Not for her the lavish gown or expensive gemstones. There are only her smouldering eyes and the wildly exciting personality she exudes that define her animal sign to perfection. Born a Metal Monkey, **Eva Green** is French, has a twin sister and has always been drawn to highly dramatic roles that highlight the dark side of the feminine mystique, deep, shadowy and also dangerous. Renew your acquaintance of Eva Green if you want to see more of the dark side. Watch her in 2005's **Kingdom of Heaven**; 2012's **Dark Shadows** and 2014's **300: Rise of the Empire**.

CATE BLANCHETT PLAYS THE DIVA TO PERFECTION

She just won the Oscar earlier in the year for her performance in a Woody Allen movie about a wealthy socialite who falls on hard times. In Cannes last month, Cate Blanchett, the awesomely talented 45 year old actress from Down Under worked hard to promote her latest movie *How To Train Your Dragon Part 2*. Through the two days, she has taken great care over her appearance because honestly she looks a trillion dollars on the Cannes red carpet, truly the big-time Hollywood diva dressed to the nines and looking aloof, untouchable. On the second day, she followed a faultless walk on the carpet with some super strong diva behaviour and critical words for the Press.

The lady has had it up to her finely-powdered ears it seems. At a packed Press meet, Cate gave voice to her strong dismay at the way the Press were focusing on the wrong things. She felt dismay at how working mothers like herself were being increasingly stereotyped; she expressed disappointment at questions that focused on her ability to maintain a balance between work on high profile films and being a mother of her three sons. "It's a certainly a question



Blake Lively and Ryan Reynolds looking every inch the power couple as they attended the premier of "The Captive"

that's never asked of male actors", she complained.

"When anyone plays a mother on film, there is a whole raft of judgment in that a mother is a particular archetype or that every mother is the same," Cate Blanchett told a packed Press conference at the prestigious Awards Show. "That," she emphasized "was complete rubbish! Every mother is NOT the same." Cate has been happily married to her husband, screenwriter and playwright **Andrew Upton** for 16 years. They have three sons, Dashiell, 12, Roman, 10, and Ignatius, 6.

She was critical of the fact that "women are still paid less in practically every industry." She declared the current situation made her feel like she was back in the Middle Ages. "I am an actress at a Film Festival. I can cope with the questions, I'm a big girl. But it does surprise me that we're still asking those questions," she went on. **Cate Blanchett is a very influential**

international megastar and it should surprise no one that her disapproval at the lack of appreciation of women beyond their motherly personas is getting a great deal of press coverage.

She also complained that cameramen were scrutinizing her red carpet attire up and down too repeatedly. Well, grand fashion is very much a part of any Film Festival. It comes with the territory surely? Nevertheless, diva-type behavior also adds to the ambience of Cannes.

NEW POWER COUPLE BLAKE LIVELY & RYAN REYNOLDS

They personify the current generation, young, stunning and so in love. They personify the romanticism of Hollywood and they were in Cannes together to attend the premiere of **The Captive**. It has been barely two years since their wedding and there is no denying they bring added colour and glitz, a new kind of glamour to the festival, looking every bit a newly-minted Hollywood power couple. Blake and Ryan exude beautiful charisma and style.

AND WOULD CANNES BE COMPLETE WITHOUT AN APPEARANCE FROM JENNIFER LAWRENCE?

Is anyone surprised the producers of **The Hunger Games: Mockingjay** organized a photocall starring their hot property **Jennifer Lawrence** at the Film event? If you look closely at the pictures of this merely 23 year old, you can see she is bone tired. It shows in her eyes, but she is young and her body is still strong and resilient. Jennifer poses with her handsome hunky costars **Liam Hemsworth** and **Josh Hutcherson**, and to give them credit, they sure look good... just distracted and not having fun! Ah dear kiddos... being famous sure is hard work! ■

EMERALD CUT DIAMONDS



When George Clooney fell in love recently with a glamorous and exotic lawyer from London he reportedly proposed with a whopping emerald cut diamond which the media lost no time in getting pictures of ... In presenting his dearly beloved with a square cut whopper, the dashing **Mr Clooney** was simply echoing the good taste shown by **Mr Pitt** and **Mr Jay Z** who both also gave their very top leading ladies, **Angelina Jolie** and **Beyonce** respectively mega expensive super sized emerald cut diamonds to express their love. I am not surprised these A list crème de la crème of the today's top celebrity guys know all about the *power of the rectangular diamond*.

To start with, square cut diamonds are much harder to duplicate artificially. These days round brilliant cut diamonds have been so perfectly cloned its hard even for a professional to tell the difference between a fake and the real thing so good are the imitations! It is no wonder then that when it comes to these very savvy and wealthy leading men of the stage and screen – Clooney, Pitt and JayZ – they would listen to their jewelers and go for the emerald shape.

Plus these four cornered gems are super auspicious from a feng shui perspective; the rectangular emerald shape signifies the all powerful *sheng chi* or growth energy. Couples tied together by a hefty emerald cut ring will see their love grow from strength to strength with the passing years. More, they will also enjoy each other's success, benefiting from the diamond's super strength and hardness yet reflecting the brilliance of powerful reflected light. Love shines like a brilliant suns when you wear a large rectangular shaped emerald cut diamond.

This is why I too possess an emerald cut diamond



Angelina Jolie



Beyonce



Lillian Too's emerald-cut diamond

Love shines like a brilliant suns when you wear a large rectangular shaped emerald cut diamond.

although I have to confess I got my mega size diamond when they were a fraction of the price they are today and I got it as a gift to myself when I was in the department store business during my Hong Kong days. I had been told it would bring enormous good fortune and it did. It had to be rectangular for my good fortune to grow; for it to take root and flourish.

Square rings were not so lucky, and pink diamonds were to be strenuously avoided as these brought hidden separation luck. I am not surprised that **Jennifer Aniston** and her fiancé **Justin Theroux** (her ring is also trendy but her diamond is square) do not seem to be really getting married at all. Some years ago when the highly sought after **Ben Affleck** got engaged to the equally talented **Jennifer Lopez** they were both hit by a barrage of luck so super bad it completely shattered their love relationship causing both to marry other people within a year of their broken engagement. So now you know! ■

THE “V” DESIGNERS

Creative, Commercial, Posh, Rare and Super Successful

If you are clever and creative and you want fame and fortune alongside commercial success, try giving yourself or your brand a name that starts with the letter V. This contains numerology magic, as V is the powerful natural double. When it is the lead letter in your name, it unfolds success and great popularity for you. It doubles every good thing you do right, in a way that reflects the geometrical progression it inherently contains. The letter V is the 22nd alphabet in the English language, and the number 22 is double 2, manifesting the Taoist secret of the pairing of good fortune.

This issue we bring you three V designers who today sit truly comfortably on top of their respective mountains... **VICTORIA BECKHAM**, who epitomizes the celebrity culture of the new generation, the fabulous **VERA WANG**, whose name is synonymous with luxurious wedding dresses, and **VALENTINO**,



Valentino's crimson creations

VALENTINO personifies the continuity power of V. He is associated with the colour red.

the Italian maestro of fashion. Meanwhile also, not forgetting VICTORIA'S SECRET, LOUIS VUITTON et al...

VALENTINO, the Italian Master of design has been around since he burst onto the international scene in 1962 – yes, that's how long he has been around. Born on May 11th he also has the magic of the double ones. From the start he caught the eye of the powerful doyennes of

high society of the Sixties (Marie Helene de Rothschild) and top movie queens (Elizabeth Taylor).

Operating out of his Atelier on the posh *Via Condotti* in Rome, his was truly a maison de couture, so grand was the style he exuded. From the start, Valentino focused on the lucky colour red. He became so famous for promoting this most auspicious of colours that soon it came to be referred to in the industry as **Valentino Red**. ▶

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We are now on Apple Newsstand and Zinio.

Our same high-quality, gorgeous magazine is now available 24-7 from App Store.

And now, more than fifty years later, Valentino's latest couture collection, some of which we bring you here, *is still about red* – any number of shades of red that are so fabulous they just blow away the competition!

Through his long career, Valentino dressed Empresses and Princesses, Queens and First Ladies and movie stars too. He counted amongst his clients Empress Farah Diba, Princess Margaret, Queen Fabiola, Jacqueline Kennedy, Audrey Hepburn, Marella Agnelli, Marisa Berenson... the list reads like a who's who of global high society ladies... and even as the structure of the fashion industry transformed and went *prêt à porter* in a big way, Valentino continued to stay relevant, building through the years a continuously shifting new generation of customers, parlaying his name into exciting lines of new fashion items... accessories, bags, shoes and so forth to complement his clothes. And still he is the couture master, so today, he dresses big names like **Penelope Cruz** and **Angelina Jolie**... and as before, his clients become his close bosom pals.

Fast forward half a decade and we see the spectacular rise of another V, the inimitable **VICTORIA BECKHAM**, the lady who seemingly has it all, the icon of present day's success. She is talented beyond words; stylish, slim and so posh! You name it, Victoria Beckham has it – the fame, the wealth, the homes, the singing career, the handsome **David Beckham** for a husband, a stunning family, with enough sons to please any mother-in-law, plus a daughter for dishy husband to bond and stay home with! How smart and complete can a woman get,



VICTORIA BECKHAM is the V into the 21st century. She is associated with the colour black.

and what more could she possibly want?

Victoria wanted a career in fashion, which she epitomizes and loves with a passion. It looked easy the way she launched herself into the cut-throat world of fashion, but if you read her interviews and all the catty stories about her, you are left in no doubt that it was super difficult breaking into the tightly-knit world of fashion – BUT SHE DID IT.

She got help from her incredibly lucky name; yes she's a V... and more than that, she has the power of the 1,4,7 combination in her birth date. Victoria Beckham was born April 17th which is 4,1,7 the magical combination of numbers feng shui experts refer to as **the first PEARL sequence of numbers**. This brings more than success, it brings international acclaim that lasts! And she was born in 1974, all three numbers of 1,4,7 are also in her year of birth! She married football player David Beckham in 1999 and that created a combination of birth

charts so amazingly complementary, with each supplying the other with everything missing in their respective charts, that it was the ultimate fit of YIN with YANG. Yes, we analyzed their Paht Chee charts in great detail for my **Online Paht Chee Course** to use as a teaching aid...

With so many auspicious signs in their birth numbers and in the numerology of their names, we cannot be surprised that Victoria Beckham became a stellar superstar in the world of fashion, a genuine overnight success whose fashion empire is growing faster than any other name. She has just opened a big store in Singapore and her amazingly well-cut creations are carried by my good friend **Farah Khan** in her Melium stores in Kuala Lumpur. And if you want to know who wears her clothes – well, it is literally every actress, model or television star who wants to showcase their well-toned bodies to perfection, amongst them literally every big name in today's celebrity business.

VERA WANG is our third V icon, a lady who personifies understated

elegance, poise and good education, and who is so famous today for her couture wedding and bridesmaid gowns, just mentioning that the bride is dressed by her brings instant glamour, class, taste and couture elegance to any wedding. She has the willowy frame of a ballerina and of course she spent years training at the School of American Ballet, so she does know what being graceful is about. But she is also an alumna of exclusive Sarah Lawrence College. And of course she also studied at the Sorbonne in Paris, so there is a bit of the French in her soul. In her young days, she was a figure skater who competed at the US Figure Skating Championships. She is American of Shanghai-nese descent. Her Dad was a Doctor of Chinese Medicine, while her Mum worked as a translator in the United Nations so VERA WANG has excellent pedigree! She has even worked for VOGUE as Senior Fashion Editor and for Ralph Lauren, which is where she honed her fashion marketing skills.

VERA WANG's iconic wedding dresses are so signature there are few names that can match her in terms of bringing an ambience of instant celebrity chic. There is an immediate transmission of some special elegance associated with the dress, and of course, thousands have copied her designs around the globe. Vera Wang spin-offs fly off the shelves of bridal shops as quickly as the real thing. But for her clients of course, it has to be the genuine Vera, so for the high society bride, it has to be Vera Wang or nothing. Her couture gowns start from several hundred thousand dollars upwards, and of course, if the lady is marrying a gas tycoon or a Russian billionaire, we are talking about small change here!

Famous brides who got married in VERA WANG gowns include **Chelsea Clinton, Ivanka Trump, Mariah Carey, Alicia Keys, Jennifer Garner, Uma Thurman, Hilary Duff, Khloe Kardashian Jennifer Lopez, Victoria Beckham...** a veritable list of today's celebrity brides. Who's to say if it is the bride or her gown that creates the magic on the wedding day?

Vera Wang then is the powerful American V icon of bridal couture. Hers is the magic of white and she

is good company here amongst the V Designers that come to mind when we think of the numerology of success.

All are superbly stylish names; they make creatively-cut clothes out of the finest silks, lace and fabrics. The V Designers are internationally recognized for their posh and pricey clothes. Season after season they impress, and so they have become serious icons of style. Valentino is the couture king of Italy and the world; Vera Wong is synonymous with the world's most high-brow wedding designs, while Victoria Beckham is the latest big name in the world of celebrity fashion.

But we can also think of other mega brand names in the fashion world; corporations who have benefited just as much from the powerful V in their brand names bringing them the same level of fame and success.

VICTORIA'S SECRET selling ladies undergarments is so mega successful they have become the glamorous benchmark of their industry and have now diversified in swimwear, casual wear, college wear and scents. And who has not heard of **LOUIS VUITTON** the ultimate Paris based label associated with instant luxury.

Why is the letter V so significant? It is the natural double of course. This is what stamps V with such strong potency for long-lived success. Those of you starting out as newbies and amateurs in the fashion industry, if you think you have what it takes, creativity, street smarts, a sense of style and big ambitions, take a leaf off the stories of the Vs we feature here. Think of a name to brand your collection. Choose one that starts with V, and voila, you can instantaneously double your chances of making it unbelievably big; you can even go international. The V in your name will ensure your commitment brings success. ■



VERA WANG is the V of wedding chic. She is associated with the colour white.



2014 RMPA NATIONAL LEAGUE FINAL 18 - 26 APRIL 2014



Winning the Royal Malaysian Polo Association National League

TRIUMPH OF TEAMWORK & GOOD FENG SHUI

Feng Shui is the powerful practice of aligning energies to make things work for you, and while it is most commonly used for homes, offices and physical structures, it can also be used in apparel, kit and gear when applied to competitive sports. Feng shui astrology meanwhile can prove significant when putting together teams and managing the compatibilities between team members. JENNIFER TOO shares her journey with TEAM WINDHORSE in their quest for Championship Success in the ROYAL MALAYSIAN POLO ASSOCIATION'S NATIONAL LEAGUE this year.

I have been playing tournament polo for about five years now, and in this time have slowly moved up the levels at first playing club polo, graduating to inter-club games, Merdeka League tournaments and now the National League. Polo is a complex sport because it involves not just one player, but four in a team, and there are also the horses to consider as well. One polo match involves eight players on the field at any one time (four a side) and eight horses. In Malaysia and in many countries around the world, a tournament match comprises four chukkas; every rider should ideally change horse for each new chukka so each match requires a minimum of $4 \times 8 = 32$ horses. The higher up the levels you go, the more horses you will need, because the game is rough and tough so you can easily need two instead of one horse per chukka.

Many international league matches see one player with two horses per chukka, doubling the horse count to 64 per match!

Winning in any sport requires talent, training and dedication, but in polo, you require the added factors of **harmonious teamwork** and **careful management of the health and fitness of the horses**.

A team thus consists not just the four players on *the field* but the *entire crew of grooms, trainers, farrier and vet*. This year I teamed up with my good friend **Ali Mazlan** to form **TEAM WINDHORSE**. He brought to the team his vast knowledge and experience playing polo for many years. He manages his family's Polo Club, Tanamera, so he is also extremely knowledgeable about horse care. Plus he welcomed my feng shui inputs, so we complemented one another very well. While gaining victory in any competitive



endeavour stems from how well you perform on show day, our team was not above the adage that you always need a little bit of luck on your side. And so we put careful thought into how indeed we should go about tapping these good luck energies.

Ali left naming the team to me. As our team's debut comes in the Year of the Horse, we called ourselves WINDHORSE, after the magical horse of King Gesar of Ling, the great warrior king of Tibetan legends. King Gesar's horse, also known as *Kyang Go Karkar*, was his equal partner in all his battles for enlightenment and peace. In feng shui, the Windhorse also represents one's "success factor" – a low Windhorse or *lung ta* means you need to boost it to achieve success, while a high Windhorse heralds a time of good fortune and achievement. In more generalized terms, the Windhorse represents basic goodness and an increasing **positive life force** in our world. To me this was important, because I have played on



Saluting HRH Tengku Mahkota Pahang at the opening of the Royal Pahang Polo Club National League Tournament.

many different teams in the past, and above victory and winning I have always found that the best part of being in a team is the **comradeship** that stems from the **positive rapport** between teammates.

Our astrological animal signs, coincidentally or otherwise, fit together textbook-perfect. Our team consisted of allies and secret friends, with Dragons (**Chris Yeo**, **Marco Focaccia** and **Saladin Mazlan**) and Snake (me) forming the **House of Magic**, Ox (**Sally Ann Tan**) and Snake forming an alliance of intelligence and intellect, and Dog (**Ali Mazlan**) our secret weapon, calming the fiery energies of the year by complementing the Tiger-Horse appearance in the 2014 Paht Chee chart. We solidified our alliance by building our team crest around this idea – with all five of our animal signs surrounding the **Victory Banner**. For our team motto, we chose "**Happiness in Polo**" rather than success. I have found that if you have to choose between the two, ***happiness is far more important than success***; and besides, success usually follows on from happiness rather than the other way around. Wise advice from my mum, which I took and which worked incredibly

well indeed.

Since I am the go-to feng shui person in my sport, the most common question I get asked before the start of each season is "so what's the lucky colour for the coming year?" I share this information freely and this year told whoever bothered to ask "Blue and Yellow." The 2014 Paht Chee chart - which lays out the foundation for the year - is exceedingly unbalanced, and the two missing elements are Water and Earth. Our own team followed this advice, making these our team colours.

Our gear sponsors **TEAM PG** found us some bright sunshine yellow and royal blue shirts for our Home and Away shirts, and we added on our "Happiness Crest" to all our gear. We really got into the spirit of the team and kitted out our horses with blue and yellow saddle pads, bandages, boots and browbands. If we won, we wanted to look good doing it; and if we didn't, well then we needed the consolation of being the best-looking team.

Winning even a single tournament in polo is not easy. **Winning the whole league harder still**. It is a competitive and gruelling sport, and any number of things can go wrong. Team Windhorse weren't without our obstacles. We started the year playing the MERDEKA LEAGUE (at 3 goal level), looking not so much to win but also to use as a warm-up to the National League (8 goal level) immediately following. **Marco** ▶

Focaccia, our anchorman, injured his shoulder in our second match, leaving us no pro for the closing match. **Saladin Mazlan**, who was to join our team only for the National League, stepped in to cover for Marco, and we finished in 5th place out of 9.

We had a short break before the Nationals were due to start, when we had Marco desperately ultra-sounding his shoulder so he could at least attempt to start in the Nationals. He managed to start, but we lost our first National League match; it was a hard-fought match which resulted in a draw, followed by an extra chukka, still a draw, and then a penalty shoot-out the next day to conclude.

We had another short break due to the incredible weather, which prevented play because first the drought made the ground too hard, then the haze made the air too unhealthy, and finally the thunderstorms flooded the fields making them unplayable. When we could finally restart, we had put in more practice as a team and Marco's shoulder had more time to heal. Some background: Team Windhorse was not necessarily a favourite going in. We were made up of two amateurs and two pros with a limited number of horses, which had to last us through the whole season (i.e. they had to stay injury-free). And we had to come up against teams with more and faster horses, which were pretty much set up like mini organizations in themselves; but this made it all the more challenging, and once we started winning, all the more satisfying.

We lost one more match, **then like magic we "clicked" and didn't lose any more matches after that.**

A turning point actually was when we lost one of our blue shirts. One of our players misplaced his blue jersey, so we had to swap to **playing exclusively in our yellow set** – something we should have done from the start. This year, while both Blue and Yellow represent the missing elements of Water and Earth, it is Earth i.e. yellow that is the better enhancing agent, as it keeps the raging Fire element of the year under control. Wearing yellow made us slow down our game, allowing us to put more

The turning point came when we lost one of our blue shirts. One of our players misplaced his blue jersey, so we had to swap to **playing exclusively in our yellow set** – something we should have done from the start.

strategy behind our moves, and gave us the impetus we needed to beat some very competitive teams.

We started to read each other better and better, winning by a greater margin each time we played. Our seven consecutive wins gave us the **National League Finals** win as well as the **Championship** for the entire 2014 League – **the Big Prize** – what we were setting out to win! **Saladin Mazlan** won the Most Valuable Player prize, while **Ali Mazlan's horse Coluna** won Best Playing Pony.

It was a sweet victory and one that felt better than any I've ever had. Polo is the ultimate team sport because it is a four-player game; if you can play intelligent, structured polo with a proper strategy, you can overcome other deficiencies through sheer willpower and harmonious teamwork. The level of the tournament was 8 goals, and we made up our 8 goals with two 3 goalers, one 2 goaler and one 0 goaler. So rather than investing in one superstar higher goal player, we combined a team of players where everyone had to do a job. Our path to success was almost chess-like in the amount of planning and strategizing that went in. And correspondingly, the joy of winning came not with watching one person shine and going along for the ride, but with each team member contributing a distinct and important role.

Our National League season was a great experiment in applying feng shui principles to an organized sporting team. Feng shui has also been successfully used for the big professional Football Clubs where there is so much at stake with each win or loss.

In our team's playing experience however, while the colours, player combinations, team name, team logo and playing schedules all contributed to our success, what has been truly marvelous about the results of our feng shui was the harmony and happiness that we generated together, not just when we lifted the big cup but all through the season, through the ups as well as the downs; our good feng shui and perfect matching astrology gave us the tenacity and the resolve to keep holding on to the next victory, and the next and the next.

They say polo is the Game of Kings, and it really is, and not just because kings play polo. Yes it has that cache and is a well-known favourite pastime of Royal families the world over – in Malaysia, HRH Prince Abdullah Shah, Crown Prince of Pahang heads our organization the Royal Malaysian Polo Association and the Pahang Royal family is hugely supportive of the sport – but it is the Game of Kings because it is a sport consisting of players who demonstrate great nobility; with the speed of galloping horses, the ferocity of the turns, the wielding of potentially deadly cane mallets, it is essential the game is played with rules and respect for each other. And Malaysian polo is certainly proving to world-class in its standards - both in the quality of play as well as in the integrity of our players. We have in the recent past hosted a **World Cup Zone Qualifier** in Malaysia, with plans to bid for the **World Cup Finals** proper in the future. ■

Team Windhorse makes its next League appearance in the continuation of the Merdeka League on **15th August 2014** at the Royal Pahang Polo Club. This tournament will be particularly special as it will be held in conjunction with the celebration of HRH Sultan of Pahang's 40th Anniversary of his Coronation.



In our lucky yellow team jerseys. From left: Saladin Mazlan, Ali Mazlan, Marco Focaccia, Jennifer Too.



Saladin Mazlan of Team Windhorse, who won Most Valuable Player.



The spirit of our team was focused on harmony and having fun!



Royal Salute were sponsors of this year's National League Polo.



Anto and Hanafi working overtime behind the scenes to prepare the horses.



Windhorse vs La Sarita

Behind the Power of

TIBETAN AMULETS

What gives such PROTECTIVE POTENCY to the **MAGIC WHEELS** we refer to as **Amulets, Charms, Talismans**? We feel safer when we wear these spiritual symbols, whether overtly or covertly, with the conviction they imbue our auras with powerful protection against evil spirits, wicked forces and cosmic bad luck. But really, how do these amulets work, and why are there so many different kinds of amulets?



Powerful Protection against 8 kinds of Black Magic Medallion.

Belief in these sacred circles occupy an ambiguous position between magic and spirituality. Some think of amulets as magic, while others believe they are spiritual expressions of manifested energy. **LILLIAN TOO** has used and worked with AMULETS for many years. She has experienced their potency first-hand, seen how veteran Masters make and consecrate them, and witnessed how they have helped victims of black magic come out of love spells cast by unscrupulous people. They can dissolve the malevolent effects of inadvertent demon clashes, and protect victims of accidents and burglaries from physical harm.

In this issue, she explains what lies behind the power of amulets and how anyone can use **special incantations** and **rituals** to make their private amulets even more potent.

The use of charms is deeply rooted in the fabric of many Asian (and Western) cultures. But there are few

cultures as intensely steeped in the practice of wearing amulets as the Land of Snows, Tibet. Originally sealed off from the world, the ancient people of Tibet lived surrounded by icy high mountains and deep valleys. They were once a Shamanistic race for whom *wearing amulets* to protect themselves against the spirit forces of the high mountains was an essential part of survival. Belief in supernatural protection has thus always been part of their daily lives, and even when Tibet became completely Buddhist, their belief in amulets did not dissipate. Indeed, dependence on personal sacred objects became even more popular.

Indeed, every Tibetan lady, whether rich or poor, titled or humble, wears against her breast a tiny amulet box usually set in precious metal - gold or silver - inside which are sacred pendants, consecrated coral or turquoise, special prayers written on rice paper, as well as different symbols representing protection against spirit harm. Tibetan men

meanwhile usually wore amulets sewn inside leather pouches, tied around their arms or stuffed inside hidden shirt pockets.

From Tibet originated many kinds of amulets. The good news is that the country's Buddhist lineages have ensured ancient texts explaining the different categories of malevolent spirits have been well preserved. There are valuable text compilations on the different spirits that cause different ailments, bringing different kinds of suffering to mankind. There are also distinctive ways to subdue and suppress their malevolent intentions. It was from these texts that amulets were made.

I have English translations of some of these texts, and because I am familiar with the various categories of spirits, designing amulets to dispel illness or severe misfortune has become a fascinating and meaningful part of my cosmic feng shui work. It has been a great help that I am fortunate enough to have **learnt the spiritual rituals** related ▶

KEEP HIM YOURS FOREVER

The Taoist feng shui cure
for keeping husbands
faithful is to tie a red string
around an amethyst
geode and secure it to the
foot of your bed.



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to performing the SADHANAS, DHARANIS and PUJAS that call on different categories of the mighty PROTECTORS.

These Protectors are powerful beings and are usually part of the entourage of different Cosmic Buddhas that make up the vast pantheon of the Merit Fields. These protectors include the Lords of the Air, the Waters, the Skies, the Goddesses of Long Life and of the Earth, and the Lords of Horses. Each protector has different powers or is head of a different group of spirits.

To understand the power of amulets, it is important to appreciate that around every pocket of space, there are varying groups of *local deities*. These deities each have distinct demonic powers, which bring damage of different kinds. They trigger epidemics such as dengue or SARS, and can cause a whole range of illnesses. They can instigate barbaric acts to take place, and can cause burglaries, violence and even death to occur.

The Tibetans have classified a vast variety of local deities, demons and personified forces of nature that bring negativities into one's life. It is these wandering spirits that must be subdued, or at least appeased, to prevent them from harming the human residents who reside alongside them in their space.

And it is usually the PROTECTORS who are the ones needed to appease these spirits. These Protectors help those of us who invoke them, either through reciting their mantras or wearing their amulets. Note that there are different names for the different types of spirits, and these spirits have a hierarchy of importance and rank. Many bring illnesses, some bring accidents, and

many more simply bring aggravations that include natural disasters such as floods, fires and earthquakes. They also cause major reversals of fortunes within families, creating hostilities to burst forth among family members and friends.

SPOOKY SPIRIT PETS

In many of the countries of Asia - including Malaysia, Indonesia and Thailand - lower level spirits are actually reared by humans, who make their living as sorcerers. And these latter often use their adopted spirits to carry out their nefarious activities. When you wear amulets that include incantations to some powerful Protector, you can easily overcome the naughty tricks of these reared spirits, who often cause misfortune that is more aggravating than harmful. But when you are NOT protected, it is easy for you to fall prey to these naughty spirits!

There are also harmful spirits that live within us, that can cause our minds to get disturbed. These are usually seen as the origins to mental disturbances, and supposedly spirit possessions. In any year, when your *Spirit Essence* is low, you can succumb to the negativities caused by your own "inner demons".

The challenge in preparing some of these amulets has been trying to find modern equivalents of various plants, animal parts and herbs, often referred to as *special substances*, which need to be incorporated into the preparation rituals.

Many of the amulet manuals that have re-emerged out of Tibet are based on texts discovered by great Nyingmapa Treasure Finders (Tibetans call them *Tertons*). The Bon and *Nyingma* monasteries especially continue to use them to make woodblock-printed amulets that are consecrated and folded to be worn next to the body as protection, or pasted onto the walls of homes to protect its residents.

The texts advise that making amulets from precious metals are superior. If written on paper, amulets should be carried inside leather or snake-skin pouches; but golden, silver

or copper comprise the best material for making or keeping amulets.

Amulets are usually drawn onto circular pieces of metal. The circular shape distracts all spirits, as this is the *shape of the moon* in all its full moon glory. The circular shape also reflects the brilliant *power of the Sun*, and indeed any symbol that shows this brilliance is said to contain incredible power to attract all good! Around the amulet, there will always be some powerful mantra, usually written in old Tibetan script or in Sanskrit.

These special mantras are believed to have been given to mankind via treasure texts that emerged when the time was right, by the great **Guru Rinpoche** or **Padmasambhava**, who is generally credited with bringing Buddhism to Tibet from India. He is also said to have had extraordinary magical powers which he used to subdue countless worldly Gods and Demons, converting them into Oath-bound Protectors! Already powerful as demons, they have become even more so as Protectors, held under oath to Guru Rinpoche.

Many amulets contain potent magic wheels with *supernatural symbols, syllables and line drawings of anti-demonic tools*, which subdue evil forces. It is not possible to offer a detailed explanation of all demons that can be overcome by amulets. But in terms of their impact on human life and the bad experiences that result, they can usually be well-defined. Thus amulets are often categorized according to what kind of misfortune they protect against.

It is important for me to point out that the amulets I have learnt to make comprise only a very small part of the whole spectrum of Tibetan amulets, which is quite vast indeed, considering there are so many classes of spirits that have to be addressed and appeased. Indeed, there is so much in the cosmic world that has not yet been fully revealed to mankind. There is still an enormous body of knowledge in the magical traditions of Tibet.

Even amongst the Buddhists, there are four main traditions; and one can break these down into even more traditions when one takes note

of the dialect, village and regional differences of emphasis. So amongst the Tibetans, there are many different ways of designing amulets. They can be simple pieces of paper inscribed with spells wrapped in yellow or five-coloured cloth, or they can be more elaborate drawings inscribed with special mantras. Usually, once you start using amulets, you will eventually have quite a collection, as I have; and in time, you might even want to emulate the Tibetans and carry all your amulets in a special box or pouch.

WHAT GIVES AMULETS THEIR POWER AND POTENCY?

As far as Tibetan amulets go, their efficacy arises from the mantras inscribed on them. It is also believed that amulets worn for a long time by highly-realized Lamas are incredibly powerful. I myself possess a very special amulet given to me by my amazing Guru, HH CHODEN RINPOCHE. It is encased in an amulet box made of silver that is about 3 inches long and one inch in diameter. HH Choden Rinpoche carried this amulet his whole life,

including his years in Tibet, so inside must have been some incredibly powerful amulets, and I have benefited enormously from having this amulet in my possession!

FOUR BASIC TYPES OF AMULETS

There are four types of amulets that address the Four Rites of ritual activities. The way the amulets are constructed are generally the same, but their purposes differ.

The first is the **PACIFYING RITE** and these amulets are worn to pacify Spirit Forces, Local Spirits, Local Gods and Demons that bring obstacles that cause illness, aggravations and setbacks to occur in one's life.

The second is the **INCREASING RITE** and these are used to magnify one's prosperity, increase wealth and knowledge, and generally bring greater abundance of all the things that make one's life fuller and one's enjoyment more meaningful.

The third is the **SUBDUING RITE** and these are for subduing Spirit Forces and Demons that represent a higher level of spirits.

The fourth is the **DESTROYING RITE** and these are to employ the most wrathful potency to control and even to destroy dangerous demons and evil enemies.

Amulets are generally worn to attract happiness and abundance and to eliminate evil of various kinds manifesting in various ways. It is always good to remember that it is the **PROTECTORS** and ultimately the power of the **BUDDHAS** who are being called on to assist in making one's worldly life more pleasant and less dangerous. Hence each time one places the amulet against one's body, it is excellent to think that one is **taking refuge under the Buddhas** and the three jewels by reciting the Refuge Prayer. This simple ritual is more powerful than many people realize. ■

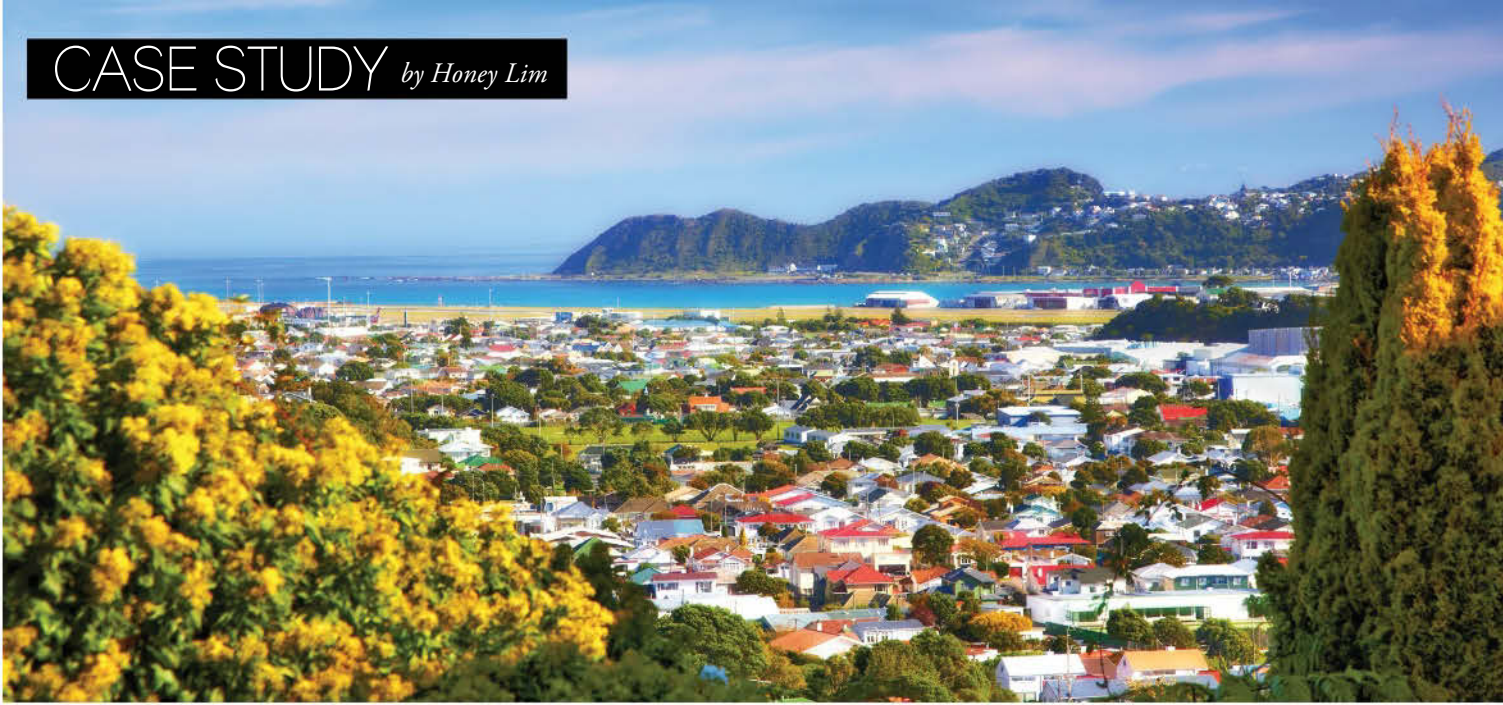
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ENHANCING THE LUCK OF THE PATRIARCH

In celebration of Father's Day, we bring you a detailed case study on how this powerful CEO's life turned around after changing the feng shui of his home!

About 10 years ago while I was living in New Zealand, my husband Patrick and I were invited to dinner by one of NZ's "power couples". This famous couple led high-profile, public lives in New Zealand, being CEO and Partner of top NZ firms, and both were directors in several public and private boards.

On the night of the dinner, Patrick and I arrived in awe of their four-storey mansion, situated on the hillside of the most exclusive neighbourhood in town! Dinner was

lovely and inevitably our conversation moved from politics and art and eventually to the purpose of why they invited us!

Andrea* had read my aunt's Complete Illustrated Guide to Feng Shui, which Patrick and I gave her as a gift at a corporate dinner 4 years ago! She had been yearning to give their very dated four-storey villa mansion a badly needed upgrade, and wanted some advice to ensure it would harmonize well with good feng shui principles! She was very excited and keen to get started, so we met on the

very next day to go through her house plans!

Here's what she had in mind:

a) Mark and Andrea have four grown children and two of them were about to get married! Their spouses were moving in with them and to cater to their growing family, she needed a larger kitchen, a bigger dining area and more entertainment space to accommodate larger family gatherings. She was determined to tear down their very tired "country-style" kitchen and replace it with a modern "open plan" granite kitchen equipped with a breakfast bar!

b) Mark and Andrea loved holding private parties as they were committee members of some of the most prestigious clubs in New Zealand! Andrea wanted her new layout to incorporate good feng shui as well as accommodate groups of 16-30 people comfortably, while showcasing her stunning harbour views, something her old layout did not do very well!

c) Mark and Andrea had always dreamt of a landscaped waterfall and pond for their garden but knew from reading my aunt's book that it had to be carefully placed or could lead to a serious reversal of fortune. She wanted some advice on whether it would be OK to place it in front of her entrance.

KITCHEN IN THE NORTHWEST

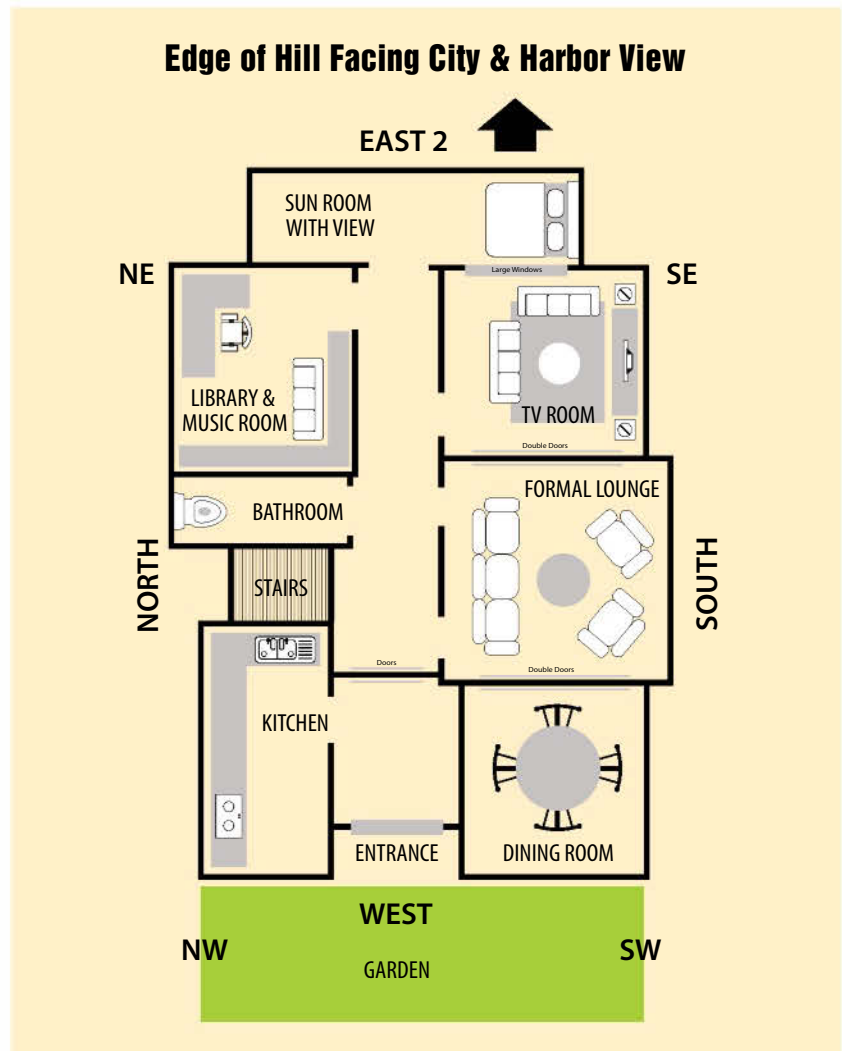
After taking directions and reviewing her plans, the first big problem we identified was that her existing Kitchen occupied quite a substantial part of her Northwest corner. If she went ahead to increase the size of her kitchen here, this would result in the kitchen occupying the entire NW sector of her home!

Under the Later Heaven Arrangement of the Pakua, the Northwest corner represents the location of the PATRIARCH. It is also the location that represents Heaven and Mentors – the sector of the home that brought the luck of helpful patrons and divine help! When a kitchen is situated in the NW, it generates the element of FIRE. The I-Ching clearly warns that fire in the Northwest creates the formation known as “Fire at Heaven’s Gate” – one of four major signs of danger!

I was rather surprised that Mark had done so well in his career despite having a kitchen here in the NW, so I asked her how Mark was doing in terms of health.

I explained to her that the Kitchen in the NW usually results in danger for the man of the house. When the NW is missing or afflicted it is usually the cause of all husband-related woes! A missing NW corner typically results in the husband never being home, or difficulty for single women of the house to find stable relationships. An afflicted Northwest corner (locked away as a store room or occupied by a bathroom or kitchen) can lead to husbands not being able to hold a stable job, husbands getting into trouble (e.g. gambling, alcoholism, etc) or husbands suffering from serious ailments.

When I explained that by enlarging the size of her kitchen in the Northwest, it would create health problems and career setbacks for her husband, Andrea started to tear up. She revealed to me that Mark was in actual fact already very ill. This was of course a secret – something that neither the public nor the board of directors knew about – but Mark had been secretly getting private medical treatment in the US for the past 4



years to deal with a rare disease that affected his lungs and chest area. The Lungs or Chest area is also the organ associated with an afflicted Northwest!

Not only was his health a constant struggle, Mark was also under tremendous stress, facing serious problems in his professional life. At that time, Mark was the CEO of a prominent government-funded organisation and the object of a hostile coup engineered by several members of the Board! Because of his strong personal friendship with the Prime Minister (who appointed Mark for the role), the Board had offered him the choice of taking voluntary retirement to save face, or to engage in a very public battle played out for all to see!

Andrea confided in us and explained that this was a recurring

pattern in Mark’s professional life since living in this house. In almost every role he was appointed to, Mark would face strong opposition from subordinates or board members. In his earlier career days, Mark was almost never home; always posted overseas, but never on permanent roles. The family lived in constant fear that his contracts would dry up any minute and the true breadwinner of the home was actually Andrea, who at that time held the role of Senior Partner in NZ’s top law firm and President of several other charitable foundations!

NEW LAYOUT for PERIOD OF 8

Persuading Andrea to move her kitchen elsewhere was not difficult after I had explained the consequences of the present location of the kitchen! She had already set aside enough ▶

money to replace the old plumbing and wiring, so changing the location of her kitchen was an easy decision. She had also planned to install an elevator in the house to “future-proof” it for old age and wanted to know where to put it! In addition to this, she had ordered two large crystal chandeliers and commissioned sculptures of Roman Gods from Italy and wanted to know where to place them!

NE 729	EAST 2 364	SE 275
NORTH 542	CENTER 186	SOUTH 631
NW 997	WEST 818	SW 453

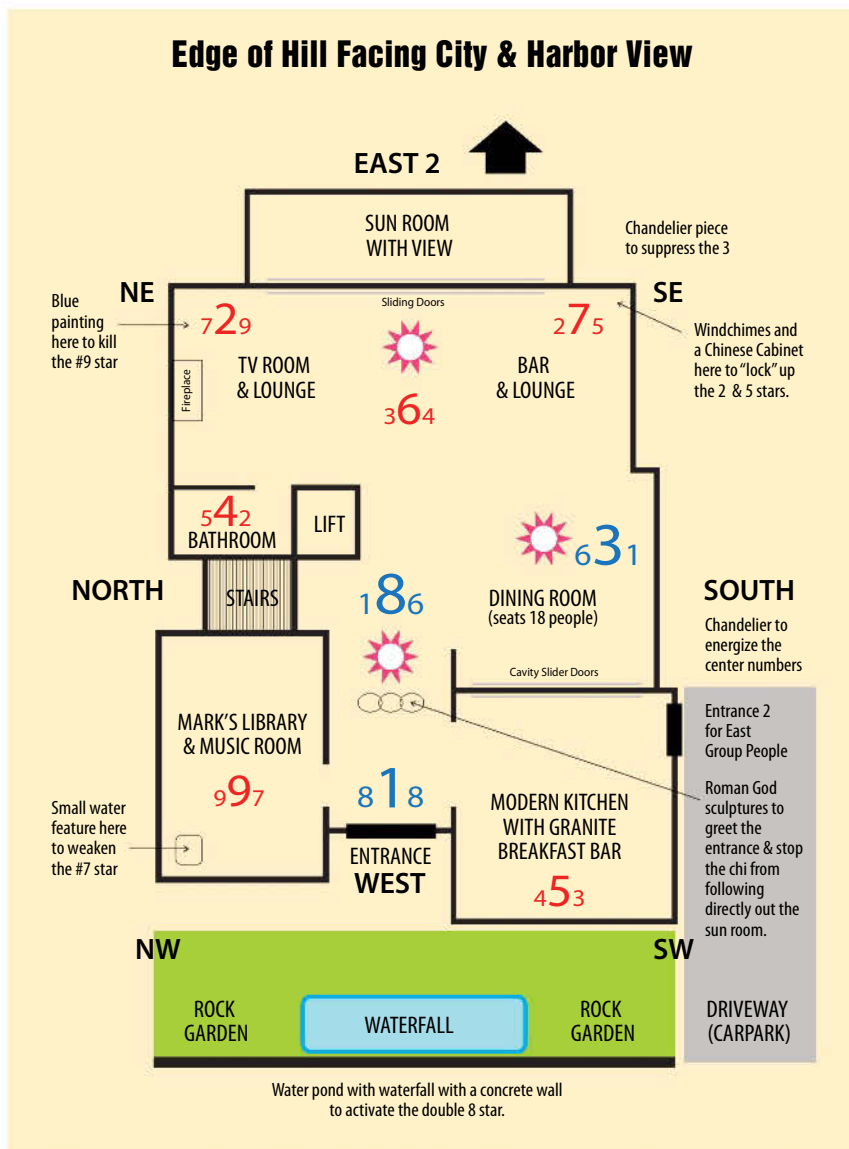
Upgrading to Period of 8

Her house was situated on the side of a hill with the back of the house facing beautiful harbour views! So this was her house’s facing direction and the Flying Star chart relevant to her house was the East 2 chart. At the time, her house was still a Period of 7 house, and so it was perfect timing to give it a facelift and convert it into a Period of 8 house! To do this, Andrea and Mark agreed to have all their carpets replaced, floors sanded and a brand new shiny zinc roof installed for the renovation!

Here are all the key changes suggested for Mark and Andrea’s house:

1 Move Kitchen away from the NW

The first thing we had to do was decide where to place her new kitchen, as we didn’t want it to stay in the NW corner. There were two convenient choices – either the South or the Southwest. The South was a good choice because it was a Fire location, but because it had very auspicious water and mountain flying stars (6/1), we felt it would be a waste to place



her kitchen in the South.

The Southwest was also an acceptable choice. In moving the kitchen to the Southwest, we were able to use the Fire energy generated by the kitchen to strengthen the Southwest Earth location, and this benefits Andrea – the Matriarch - as well as weaken the 4/3 stars, which can bring quarrels and problems with the authorities if not weakened. An open plan kitchen with a huge stone granite breakfast bar (Earth energy) was designed for this location, being very careful not to place the sink or stove in the NW or SW corners. As long as the stove or sink was not placed in the SW or NW corners of the kitchen, it did not adversely affect the Patriarch or Matriarch’s luck.

2 Separate Entrance for East Group Individuals

The second thing we did was to create separate entrances for the East Group occupants of the home. Half the family were East Group and the other half was West Group. While this home was already excellent for both East and West Group individuals because it was sitting West and facing East, it was still a good idea to give both East and West Group occupants the chance to enter their home through an entrance that were in sync with their KUA numbers.

The main entrance of the home faced WEST, which was suitable for Mark and all their daughters, but not for Andrea and her sons. So a second entrance was created next to the breakfast bar in the Southwest location

to allow East group people to enter the home. This South-facing door was perfect for Andrea as it was her *Sheng Chi direction* as well as her animal sign direction (Andrea was born in the year of the Horse).

3 Creating an OPEN-PLAN Layout

The house was redesigned with an open-plan layout (without too many walls) to allow the good flying stars to dominate these areas. The added advantage here is that the stunning views of the harbour could be seen from the Dining and Living areas!

As you can see from the new plan, the good numbers (marked in blue) were in the South (631), centre (186) and entrance area (818). The Dining room which was the main location where the family would gather and where parties would be held was situated in the South, and all the walls were removed to allow energy from the good stars to move freely. The centre stars 186 were incredibly auspicious, so we energized this location with one of her crystal chandeliers to keep it bright and open, letting the energy permeate the home.



To ensure that energy did not “run straight out” the sun room when it travelled in from the entrance, we placed her near life-size **sculptures of Roman Gods** facing the entrance to protect her home as well as act as a buffer to slow down the energy.

Andrea had strong affinity with the Roman Gods, and had commissioned beautiful stone and metal statues of **Jupiter (the King of Gods), Minerva (God of Wisdom) and Plutus (The Roman God of Wealth)**... so all three were positioned as a trinity formation: Jupiter to greet the door, Plutus to face the dining area and Minerva to face the sun room!

4 Activating the Double 8 Star and installing a Rock Garden

Andrea and Mark longed for a landscaped natural waterfall garden in front of their entrance. Because their Double 8 star was located in the West sector, this was actually an ideal place for this. The most important aspect of having a **water feature** here was to ensure that the “Mountain Star” was activated just as well as the Water star, and to do this, the waterfall had to flow from a high wall or high rock. I also advised her to crate rock gardens in the NW (Metal) and SW (Earth) corners of the garden, as these two locations benefit from strong EARTH energy.

5 Enhancing the NORTHWEST for MARK

The Northwest area has been extended and converted into Mark’s private “den” where he can read his books and listen to his huge classical and jazz music collection. This was an excellent location for the Patriarch of the house, and the Mountain star here was very strong for health. But the water star #7 here was a problem and this had to be weakened.

So in the NW corner, we placed a small water feature here to exhaust the #7 star, and a large red coloured crystal to activate the Mountain #9 star. His study desk was also oriented to face West, which was Mark’s Sheng Chi direction. We also placed a medium-sized image of Mars, the **Roman Warrior King** to protect the luck of the NW corner for Mark and keep the #7 star under control!



6 Killing the Deadly Stars

The negative stars in the Northeast (7/9), East (3/4) and Southeast (2/5) had to be weakened. Andrea had a beautiful limited edition print of **Rangitoto Island**, personally signed and gifted to her by famous NZ artist Jane Puckey, which would be perfectly displayed in the Northeast corner. Rangitoto Island was a huge volcanic mountain surrounded by water, and this would activate the direct Spirit of the NE. The Water surrounding it kills off the #7 mountain star. For the East, we installed her stunning crystal chandelier to produce strong Fire energy there and suppress the 3 and 4. She also adopted a red colour scheme for her carpets in this area. For the Southeast corner, she installed an antique Chinese cabinet with locks to “imprison” the 2 and 5. Recently, she has even added the Five Element Pagoda and Chinese Wu Lou here to suppress these two stars.

CONCLUSION

It took about a year for Andrea and Mark to complete all the necessary renovations, but it was worth it. Mark left his role with the organization with a big secret pay-out and went ahead to launch a new career in television endorsing several large brands in New Zealand.

His health improved significantly. He shed a lot of unwanted weight and adopted a more active lifestyle. His lung condition has also improved – with less frequent visits to the U.S for treatment.

Andrea became the Chairman of the law firm she was partner in, and retired several years later to take other high profile roles for charity. The couple now have five very lovely grandchildren and all their children are happily married!

** Names changed to protect privacy of the individuals. ■*



“Rangitoto Island in the Summer” by famous NZ artist Jane Puckey was placed in the Northeast Corner



He is acknowledged as one of the world's most accomplished photographers, best known for his pictures of Kate Middleton and Prince William when they announced their engagement to the world. But MARIO TESTINO has also photographed many other luminaries of the stage and screen. Today he lives the gilded life, but is much involved in charitable works. KEE HUA CHEE brings us his conversation with the man himself.

International Celebrated Photographer **MARIO TESTINO TESTS** *NEW TERRITORIES*

Mario Testino is also famous for having taken some spectacular black and white pictures of Princess Diana's five months before her death in 1997 and like many of his other works, these pictures became larger than life mementoes of the beloved Princess.

He too is larger than life with a personality to match. Towering around 6 ft 4 inches, Mario Testino looms over the celebrities he photographs,

unless they wear 6-inch stilettos and have had their hair blown and piled up high.

We met in the heart of the artistic quarter of Paris. There was no mistaking the arrival of the de facto Royal Photographer of the British Royal Family – remember he was also granted to do the honours at the wedding of Prince William and Kate Middleton.

Imposing and impressive, Mario Testino has a wonderful sense of humour. Genial, patrician and

charming, he always looks like he is about to smile or has just heard some nice joke. He displays a distinct lack of arrogance. I, like many, am impressed by his genuinely nice personality despite hobnobbing with royalty, the real kind as well as pop royalty and other super hot celebrities such as Madonna, Keira Knightley, Janet Jackson, Cameron Diaz, Meg Ryan, Julia Roberts, Kate Moss, Giselle Bunchen, Catherine Zeta-Jones, Elizabeth Hurley, Gwyneth Paltrow and Kim Basinger. He knows ►

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The results were sensational. His photographs of Diana became legendary as they showed the real woman behind the Princess who had become such a beloved icon.

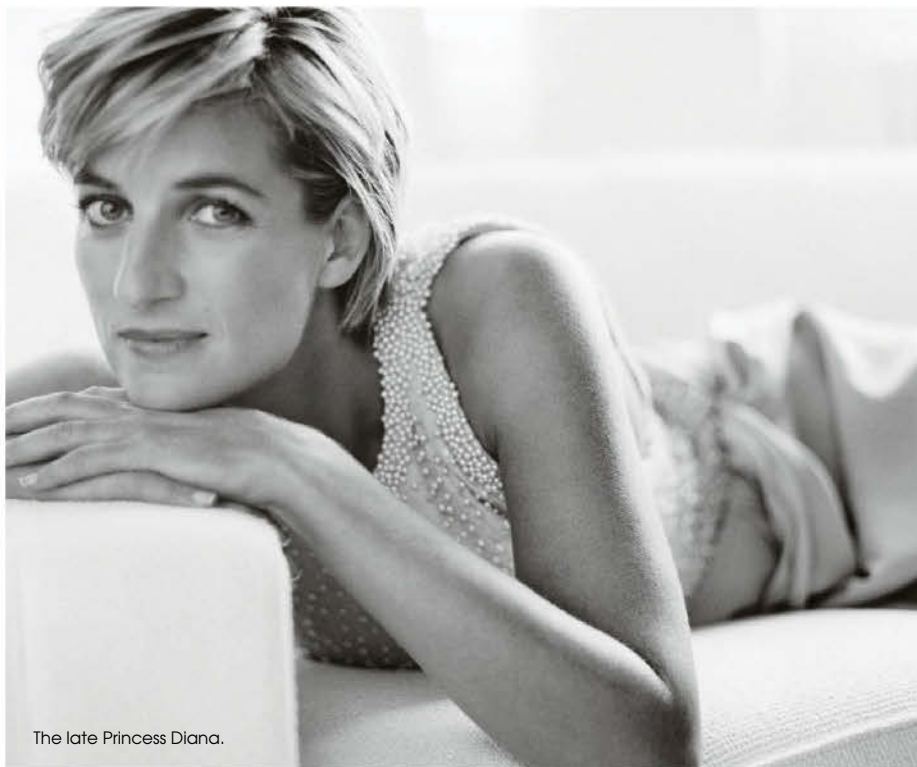
them all and they always have the nicest things to say about him.

When we met, he was eager to talk about his charitable work and confided in me that he had originally wanted to be a priest! Surprise! And of course, the Church's loss is Couture's gain. He told me that as a Save the Children ambassador, he successfully raised RM500,000 by donating a print of Princess Diana to build the **El Salvador Clinic** in his native Peru. He also raised funds for a Moscow cancer clinic for children.

"My brother died from cancer when he was ten years old. I was seventeen then and I felt so helpless, impotent, not able to do anything. One day he complained of an ache in his arm. The doctors said it was nothing serious. But he turned yellow and it turned out the ache had been caused by three tumours."

The loss of his brother had a lasting impact on him, and inspired him 30 years later to come out with the book "**Kids**" which celebrates childhood. Testino donated sales proceeds of the book to the **Sargent Cancer Care for Children**.

He explains, "Doing these charitable things has made me feel I have got some of my priestly instincts back. I know people who have everything and all they do is complain and bicker. That's giving off negative energy. When you do something positive, it not only helps others but makes you feel better too. "I don't seek glory or fame when I help to raise funds for charity. I just do it as I know that it is the right thing to do!"



The late Princess Diana.

In 2008, he donated a personal photo session with him at Elton John's celebrated annual **White Tie and Tiara Ball**, which was successfully auctioned for a staggering RM4 million to a Ukrainian tycoon. The money went to AIDS, another cause he strongly champions.

Born in 1954 in Lima, Peru, to Italian, Irish and Spanish parentage, the teenager was set to enter the priesthood but his businessman father brought him to New York as an interpreter. It was a case of 'Camera, Lights, Action!' The energy and lifestyle of the rich and famous seduced him and God's calling was put aside. Of course, now that he is a celebrity in his own right, Mario Testino can do infinitely more good by raising funds and bringing attention to worthy causes. He accepts that this just shows that God moves in mysterious ways.

After studying Economics at University of the Pacific and Catholic University of Lima, he went on to the University of San Diego in California to take up International Relations. In 1976, he moved to London and stayed for seven years in one of the 14 rooms in the abandoned Charing Cross Hospital. It was not exactly a

bed of roses. To ensure he stood out, he dyed his hair pink. To keep body and soul together, he worked as a waiter.

That humble job was to open doorways undreamt of. Serving a table of editors from British Vogue, he befriended them. They agreed to see his work, and the rest as they say is history. He was 23 then, and with British Vogue commissioning him for assignments, Testino soon found himself freelancing for this premier magazine. One assignment led to another... and as he tells it, "If you have to work as a waiter, choose a hip and happening restaurant frequented by trendy movers and shakers. You never know who might just walk in one day!"

Amongst many others, he also befriended **Carine Roitfeld**, who would become the powerful Editor of French Vogue. Making all these valuable contacts proved useful, and his phone book was eventually to become his most prized asset.

In 1991 his father died of cancer. Grief-stricken, he consulted a medium recommended by **Christian Lacroix**, who predicted a life-changing event on 15 October. By chance or coincidence, he was asked to ►



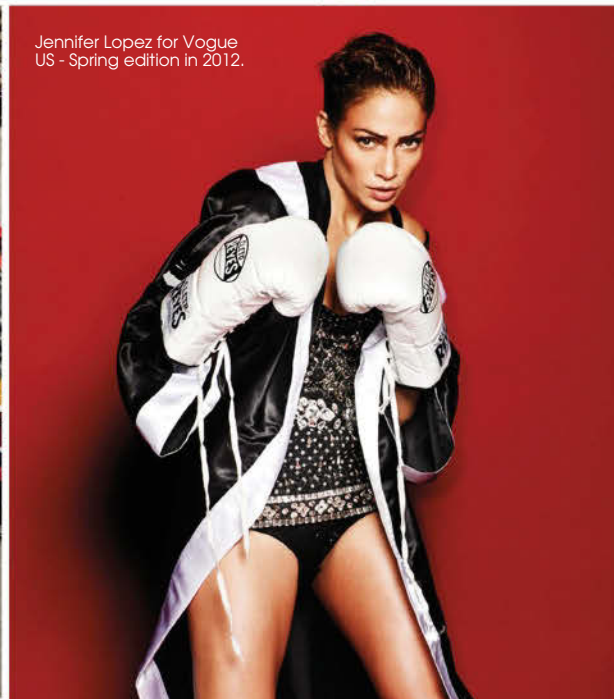
Mario Testino with Chief Editor of Vogue US, Anna Wintour.



Jennifer Lawrence for Vogue US.



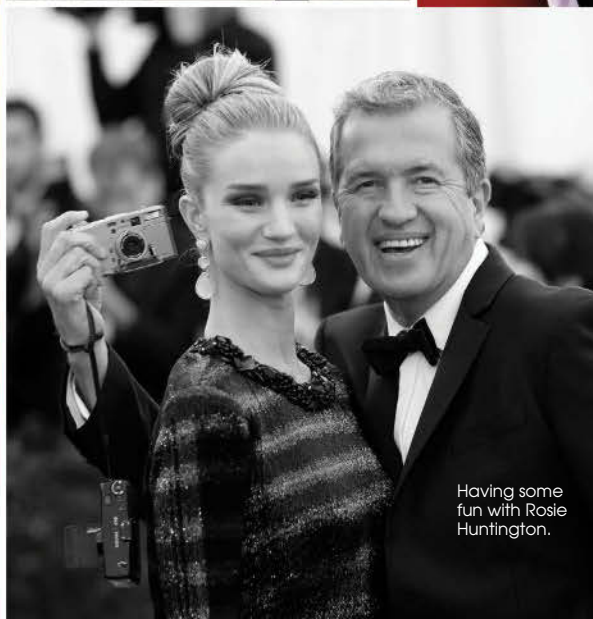
Kate Moss is one of Mario Testino's beloved models.



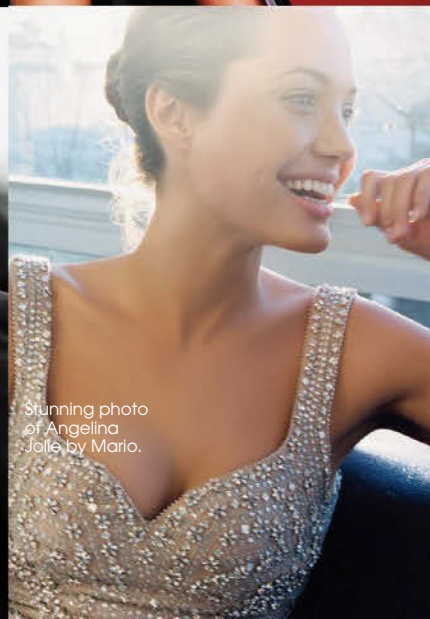
Jennifer Lopez for Vogue US - Spring edition in 2012.



Mario worked with Madonna for her album "Ray of Light".



Having some fun with Rosie Huntington.



Stunning photo of Angelina Jolie by Mario.



This picture was taken to commemorate the Prince's 21st birthday in 2003.

photograph Princess Diana for Vanity Fair on this date in 1997.

“That was a turning point,” he said.

Instead of the usual formal, elegant sitting, he persuaded Princess Diana to pose in a relaxed, fun and happy manner, a side of British royalty seldom seen in public. They bonded within minutes of meeting and when Princess Diana was sitting prettily on the sofa, Testino asked her to move. He threw himself on the sofa on his stomach and asked if she could so the same. She grinned, “I think this might be more comfortable.”

The results were sensational. His photographs of Diana became legendary as they showed the real woman behind the Princess who had become such a beloved icon.

His books ‘Any Objections?’ and ‘Front Row, Back Seat’ were released in 1998 and 1999. ‘Portraits’ was published to celebrate his Exhibition at the National Portrait Gallery in London in 2002. This held the record for a decade for the most number of visitors.

He recalled, “When staying at Charing Cross Hospital, I used to walk past the National Portrait Gallery daily to catch the bus. There



One of the official engagement photos of Prince William and Kate Middleton taken by Mario.

Prince William could not have found anyone more suitable than Catherine. Their energy and the clear sense they are working together as a team is truly amazing.

I was 25 years later, with huge banners outside with my name on them! Yes, yes, dreams do come true, even if you have to wait a quarter century.”

His collaboration with the British Royal Family continues. He was commissioned to take Prince Harry’s 18th and 21st birthday portraits. In 2005, he was honoured with his plaque on Rodeo Drive Walk of Style in Beverly Hills for his contribution to fashion and show business. In 2006, he took commemorative photos of Prince Charles and Camilla, Duchess of Cornwall to celebrate their first wedding anniversary. And of course, the famous photo of Prince William and Kate Middleton hugging during

their official engagement was also taken by him.

Of the favoured royal couple, he has this to say, “Prince William could not have found anyone more suitable than Catherine. Their energy and the clear sense they are working together as a team is truly amazing. While she has developed a perfect sense of royal responsibility, the Duchess brings life and a delightful sense of humour into the room as soon as she walks in.”

A final question; What is his favourite camera? A Leica?

“Hasselblad,” was his quick reply. Though he added hastily, “Of course, I can still take great photos with an Instamatic!” ■

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PROTECTION from LOSS OF POWER

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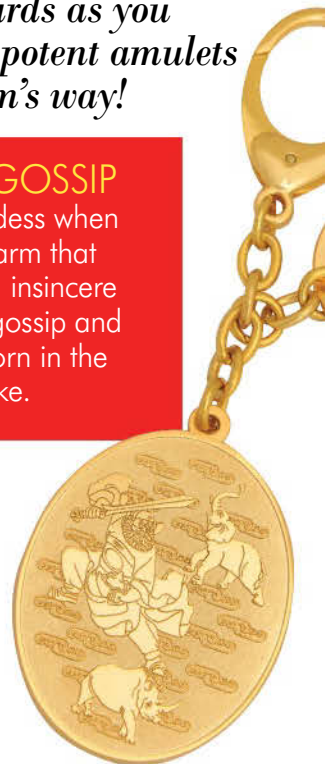
PROTECTION from INJURY & ACCIDENTS

The syllable HUM yields great protection against injury and accidents. Summer is the time when the Five Yellow is strongest. In 2014 Patriarchs are especially vulnerable to accidents this year, so wear the HUM syllable to safeguard against mishaps. Particularly important for all patriarchs, and those born in the year of the Dog and Boar.



PROTECTION from ROBBERY & VIOLENCE

Do you frequent night spots or come home late from work? Spirits and criminals with bad intentions emerge at night so carry this Night Spot Amulet to stay safe! The night spot amulet features the famous ghost-catcher Chung Kwei, and the powerful symbols to ward off robbery ills. Hang one on your car as an additional safety measure. Recommended for those born in the year of the Boar, Tiger and Ox.



PROTECTION from HATRED OF OTHERS

The Heart Sutra is the one of the most precious sutras in the world. It creates an incredible ambiance of love, blessings and financial security. Wear it to create happiness for everyone that you are meeting.





IS THE DRAGON REAL?

ARE STORIES OF THE DRAGON FACT OR FICTION?

By Sharon Saw

Phng Li Kim of 'The Paranormal Zone' talks to various experts about the mystery of this magnificent creature of legend. She looks at the myths surrounding the Dragon and catches up with the inimitable Lillian Too with whom she has an enlightening conversation...

There was a time when chivalrous knights would roam lands far and near, rescuing damsels in distress from the clutches of fire-breathing dragons (or so they tell us). These days, however, dragons only seem to appear on the silver screen, either as evil monsters, which the hero strives to slay, or as man's best friend, helping in various ways.

So is the magnificent dragon simply an enduring myth or is there more to the Dragon than many of us realize? We know that many ancient cultures boast many a draconic tale in some guise or other. Think of the *Y Ddraig Goch* ('the red dragon') of Welsh legend,



The Welsh Dragon

the celestial lung of Chinese myths and the *fabular naga* of old Indian texts, and you begin to get an idea of how universal this supposedly mythical creature is, and how deeply-rooted is its existence in our psyche. To the Chinese for sure, the Dragon is something special, as it is not only a feng shui icon, it is also one amongst the 12 animals of the Chinese Zodiac.

But it is not just in the East. The English too have their Dragon, but theirs is an evil dragon, and Saint George who slays the Dragon is an immortal hero to the West. Then there is the European Dragon contained in village folk stories, although these tend to look like the dinosaur with two webbed

wings. The Western Dragon is often viewed as demonic.

The Asian dragon, however, is quite a different creature altogether. To Asians, the Dragon is mythical and represents a great auspiciousness. Here, the Dragon is serpentine in shape, manifesting as the *naga* and *lung* i.e. as the water snake or as the sky-flying Dragon.

In Buddhist legends, Dragons are sometimes referred to as *nagas*, serpent-like creatures with human characteristics that reside in water. Nagas from some areas of south India are revered for bringing fertility and wealth to those who supplicate them. In Hinduism, *nagas* carry the elixir of life and immortality. They are not generally regarded as harmful to humans, although they can be. Nagas are often referred to as being part of the entourage of Enlightened Masters.

In China, the Dragon is also referred to as the *lung*, and this creature has a majestically long body with glistening scales, the legs of a bird with different numbers of claws and horns, and which breathes fire. Descriptions of the Chinese Dragon originate from Chinese folklore, and they are regarded with great fondness. The Chinese Dragon is considered a benevolent creature, who is high up the pecking order in the hierarchy of real and mythical creatures.

It has celestial stature and has been associated with the Emperors of China and the Imperial throne since antiquity. Historically, the iconography of the Imperial Dragon is interesting in that only the Imperial dragon is depicted with five claws. According to Feng Shui, the celestial Dragon is the ultimate good luck symbol and it features in all the Chinese divination sciences.

THE PARANORMAL ZONE, a popular TV series in Malaysia which explores unexplained phenomena, is airing a very special presentation that examines the legend of the Dragon right here in Malaysia. In a double episode on Dragons, *Phng Li Kim*, the sparkling and dynamic host of *The Paranormal Zone*, explores this challenging subject and discusses the Dragon of mythical lore and ancient legend.

Li Kim shares that “When I first received the manuscript on Dragons,

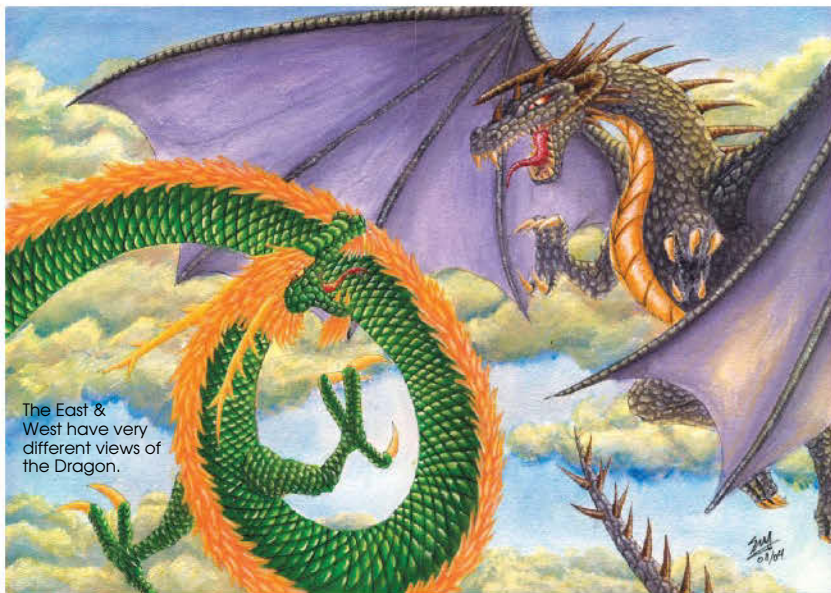


Li Kim interviews Lillian on “The Paranormal Zone” TV show.

I was reluctant to follow through with its investigation. But something within me urged me to continue, and after some thought, I decided to trust my inner voice.”

Her research included meetings with **Antares**, an author, musician and cosmic mythologist, **Mr Tapa**, a survivor and witness of the Pos Dipang mudslide tragedy in 1996 and whose father was a shaman of the Orang Asli or indigenous people, and **Russell Chen**, a young story-teller and Dragon researcher.

It was only natural that Li Kim was drawn to discuss this exciting and mysterious topic with international best-selling author and feng shui expert, Lillian Too. After all, Lillian has had over 35 years of research in the intriguing subject of Dragons, having published a book on Dragons herself called The Chinese Dragon in 1987. Lillian agreed to be featured in The Paranormal Zone’s episode on Dragons, and was more than happy to share her knowledge with Li Kim. ▶



The East & West have very different views of the Dragon.

Stunning lake shaped like a Dragon located near Bukit Tabur



What sparked Lillian's interest to appear on the show was when she was shown an aerial map of *Bukit Tabur*, also known as *Bukit H Angus*, by Wendy Loh, the researcher/scriptwriter of *The Paranormal Zone*. ***Bukit Tabur is a hill located in Taman Melawati, Malaysia.*** At the peak of Bukit Tabur, a three-to four-hour steep climb, a hiker is rewarded with a ***view of a lake, which looks remarkably like a Dragon!***

Lillian exclaimed, "You can see the two horns of the Dragon, the beautiful face of the Dragon, and even its claws; it has got five claws, and it is actually a river system. Wow I think that's amazing."

In her interview with Li Kim, Lillian shared that she definitely

believes in Dragons and in the energy of the Dragons. She says, "It's all about energy. If I believe that this image is lucky, and I put it here, and I believe it will bring me good fortune, it will. Why? Because the mind is so incredibly powerful. If you don't believe in it, the Dragon does nothing for you! But because I believe it, I wear a Dragon ring, a Dragon watch, and have lots of Dragons all over my house. It has truly become my secret

friend! And it has brought me a great deal of good fortune!"

Not only does Lillian discuss Dragons in this interview, she also shares interesting insights with Li Kim about how the Dragon is part of the 'landscape' of Malaysia, which is why Malaysia's feng shui is so amazingly auspicious. Lillian tells us that Malaysia is literally a land of milk and honey, and that there are many Dragons here. She cautions however that if we are not careful when we build and excavate our land, we can inadvertently 'injure' a Dragon by cutting into 'Dragon Lines', which would bring forth catastrophes such as landslides.

When asked by Li Kim if she has seen a Dragon, Lillian gives a happy laugh and exclaims, "I see Dragons all the time, and of course people might think I'm crazy. Where's the Dragon? It's there! But they can't see it."

Which is why it is apt to quote Li Kim at this point: as she always says at the end of each episode, "What we see may not be real, what is real we may not see." ■

Watch this intriguing interview of Lillian Too as a special guest and authority on Dragons by Phng Li Kim on **Season 2 of The Paranormal Zone**. Lillian will be appearing in the episode on **June 11**. Follow The Paranormal Zone's adventures **every Wednesday at 9pm** on ntv7 or if you miss it, catch the episode on **www.tonton.com.my!**

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The Astana which used to be the official residence of the Brooke family is now the official home of the governor of Sarawak.



LOOKING FOR SARAWAK'S WHITE RAJAHS

by Helen Oon

I studied the White Rajahs when I was a schoolgirl in a convent school in Malaysia's Borneo state of Sarawak. They are very much part of Sarawak's modern history of course and especially Sir James Brooke who was styled the first Rajah. Their story is stuff straight out of a Victorian adventure novel or a Hollywood swashbuckling movie, and when you read about their exploits, it sounds like a movie script straight out of *Mutiny of the Bounty*-meets-*Pirates of the Caribbean*, except their story is very real. The Brooke Dynasty ruled Sarawak for over a hundred years from 1841 through to 1946.

The Brookes from Britain left behind indelible legacies in the many

wonderful heritage buildings that still stand in Kuching, notably the castellated Astana, once the official residence of Rajah Charles Brooke and his son and successor Vyner Brooke, and now the official home of the governor of Sarawak. By the Astana is **Fort Margherita**, built on a hill as defence against river invasions from rebels at the time. It is designated to be a museum dedicated to the White Rajahs, which will be curated by the Brooke Heritage Trust and scheduled to open in September 2014.

THE WHITE RAJAHS

The Brooke family hailed from Somerset, next to Devon, but James



Sir James Brooke

Brooke's forebears spent most of their lives in the service of the **East India Company (1612 – 1874) in India**. This British company was formed to engage in trade with the East Indies, which covered countries in South and Southeast Asia, with shares owned by wealthy merchants and aristocrats.

James Brooke was born in India and educated in England. Like most young men of his social class then, ►

LILLIAN TOO'S

168 Feng Shui Ways to a Calm & Happy Life



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	2 Illness	7 Burglary	9 Lucky	
E	1 Lucky	3 2006 Fire dog	5 FIVE Yellow	W
	6 Lucky	8 Auspicious 3 Killings	4 Gr Duke Rich Blessed	
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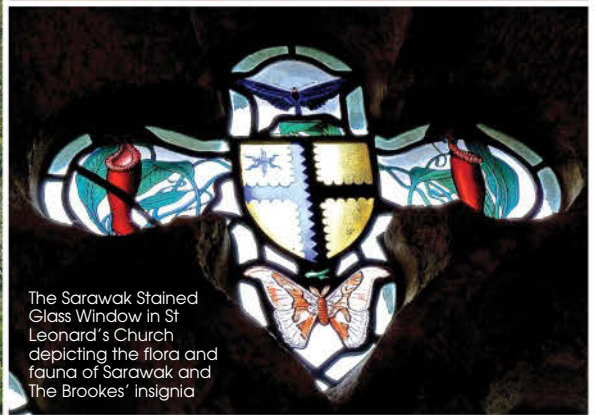
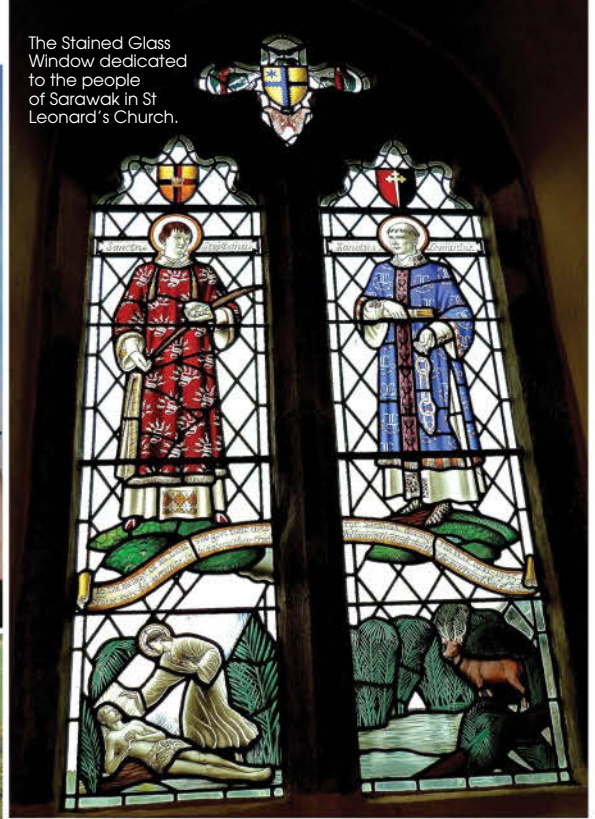
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Also available on iBookstore for IPAD + KINDLE.

Fort Margherita in Kuching.



The St Leonard's Church in Sheepstor, UK.

The Stained Glass Window dedicated to the people of Sarawak in St Leonard's Church.



The Sarawak Stained Glass Window in St Leonard's Church depicting the flora and fauna of Sarawak and The Brookes' insignia

he joined the army, but following his military career, he was later so inspired by the naval adventurers of the British East India Company, notably **Stamford Raffles**, founder of Singapore, that he used the substantial inheritance his father had left him to purchase a 142-ton topsail schooner called *The Royalist*, equipped with canons and other weaponry. It became in effect a private war ship and was accorded the same rights as the Royal Navy.

James Brooke arrived in Sarawak on the *Royalist* in 1838 and was soon enlisted by the then **Sultan (of Brunei)** to quell rebellion from the indigenous people and to fight against piracy. Brooke and his well-armed ship easily suppressed the uprising and in gratitude, *the Sultan granted him the title of Rajah to the*

fiefdom of Sarawak on 18th August 1842. James Brooke's adventures read like Indiana Jones episodes, but he brought peace and order to Sarawak. He was succeeded by his nephew **Charles Brooke**, who in turn was followed by his son **Vyner Brooke**. The latter is credited with introducing political reform in Sarawak.

The Brookes were not conquerors of Sarawak in the traditional sense. They saw themselves as Protectors, keeping the State's indigenous wealth safe from western capitalist exploitation.

In the words of Rajah James Brooke, "*Sarawak belongs to the Malays, the Sea Dayaks (Ibans), the Land Dayaks (Bidayus), the Kayans and other tribes, not to us. It is for them that we labour, not ourselves.*" Following the Japanese occupation

from 1941 till 1945, Vyner Brooke ceded Sarawak to the British Crown Colony in 1946. Sarawak became a colony of Britain until it joined Malaysia in 1963.

FROM SARAWAK TO SHEEPSTOR

Fast forward forty years, I now live in England and I discover that the three White Rajahs of Sarawak are buried in a small village called Sheepstor in a remote part of Devon in Dartmoor. James Brooke settled in this village after his retirement in Sarawak and forged a close relationship with the local community. He helped to raise funds to restore the parish church and made known his wish to be buried in the churchyard. He died in 1868 and was buried there, thus starting a tradition of each subsequent ruling

The Royal Citadel,
Devon, Plymouth.



Brooke family being interred there. I decide to pay my respects to these rajahs who had fascinated me in my schooldays.

On a bleak day, I find myself in a lonely churchyard in the grounds of St Leonard's Church in Sheepstor. The wind is howling through the trees, the leaves rustling on the ground. The churchyard seems to come alive eerily as I look for the four tombstones I am looking for. There, before me, protected by a wrought iron fence in a corner of the graveyard are the resting places of the three rajahs – Sir James Brooke, Sir Charles Brooke, Sir Vyner Brooke and his brother Bertram Brooke, lying in silent sentinel far away from their glorious past. You can't find a place more different from Sarawak than this lonely corner of Devon.

At last, I feel the **white rajahs** actually did exist. They are not just characters from a history book. Outside the iron fence are graves of the other Brooke family members, including Sir Anthony Brooke, the nephew of Vyner Brooke, the last rajah of Sarawak. Sir Anthony was the last *Raja Muda* or heir apparent to the Brooke rule, and he died in 2011

Plymouth owes its prosperity to its auspicious position at the energy sweet spot nestled between the River Plym to the East and the River Tamar to the West. Both rivers flow into the Plymouth Sound, which is protected from the sea by the Plymouth Breakwater, a stone wall, 1,560m long. The breakwater harnesses the energy from the water and contributes to the city's prosperity.

at the age of 98. I met his grandson **Jason Brooke** last year in London. It was like meeting royalty; the Brookes are considered royal by us people of Sarawak. The tombs of the Rajahs are important enough to be listed as Grade II monuments by the English Heritage.

St. Leonard's church dates back to the 15th century in this tiny village of Sheepstor. I enter the church through a solid wooden door and it is like entering a surreal world, with a typically English village church *but a world of adventure from the wilds of Borneo on the inside*. Plaques charting the lives of the Brooke family in Sarawak are mounted on the wall. I see a big bronze bust of Sir James Brooke in a corner placed on top of a faded pua kumbu, a ceremonial tapestry commonly woven by the

women of the Iban tribe in Sarawak. These tapestries are like spiritual artworks, with designs that come to the weavers in dreams, often of stylised people and animals. There are other pieces of *pua kumbu* around the church, gifts from the people of Sarawak.

In the southern part of the church is the **Sarawak Window**, a memorial stained glass window dedicated to the people of Sarawak and to the British who were killed during the Japanese occupation. It depicts the insignia of the Brookes and also the flora and fauna of Sarawak. There are pitcher plants, an Atlas moth and the Rajah Brooke birdwing butterfly named after James Brooke worked into the window panes.

On the same wall is the Brookes' coat of arms bearing the Sarawak flag ►

with the family motto “*Dum Spiro Spero*” in Latin meaning, “*While I breathe, I hope.*” I feel a sense of nostalgia observing these touching objects from my home country and the dedication of this small community to the Brooke family.

PLYMOUTH - IT ALL STARTED HERE

James Brooke set sail on the Royalist from Devonport in Plymouth in 1838. I feel compelled to visit this famous naval city on the south coast of Devon. It was a trading post since the Roman Empire. In 1620, the early settlers who were known as Pilgrim Fathers sailed from Plymouth for the New World (the Americas) aboard the ship Mayflower.

Today, Plymouth is a thriving port with ferry links to Spain and France, and is the largest operational naval base in Western Europe. Its streets of old cobbled stones run along historic buildings and there are numerous old pubs and inns that once housed sailors and traders.

Plymouth owes its prosperity to its auspicious position at the energy sweet spot nestled between the River Plym to the East and the River Tamar to the West. Both rivers flow into the Plymouth Sound, which is protected from the sea by the Plymouth Breakwater, a stone wall, 1,560m



Overlooking the Historic Mayflower Steps and the Barbican, Plymouth.

long. The breakwater harnesses the energy from the water and contributes to the city's prosperity.

The Royal Citadel, an imposing fortress built in 1666 to defend against naval attack, dominates the city. Further down the promenade is an open space of lawns with naval monuments and a prominent statue of Sir Francis Drake (1540-1596), famous sea captain of the Elizabethan era. He was the second person to circumnavigate the world after Magellan, the Portuguese explorer. This vast expanse of open space

overlooking the sea has the “bright hall” effect conveying yang energy to the city.

My search for the White Rajahs is complete as I leave Plymouth, the port where James Brooke first set sail on his propitious journey to Sarawak. The legacy of the Brookes is a romantic, spell-binding saga, and I hear there are plans for a Hollywood movie in the pipeline. I wonder if there is a role for a middle-aged Sarawakian lady living in England... well, it is a wrap for me on the quest of the White Rajahs. ■

FIVE ELEMENT YIN WATER CURE

Specially designed to soak up the angry energies of the year, the Five Element Yin Water Cure is most suitably placed in the West, Southwest and Northeast. Place the stones inside each tumbler and fill up with water.



Available at all World Of Feng Shui Boutiques or visit www.wofs.com • www.fsmegamall.com



Purba Dorja *Incense Power*

This powerful incense blend contains special waters and relics that delight the Buddha Purba Dorje. It is useful for overcoming extremely difficult obstacles related to business and finances.

Offer it to the Buddha Purba Dorje in the evening at 9pm and request for help to overcome all business problems.

SCENTS that delight *the Senses*

You can use a variety of incense blends to request assistance from different deities! Incense blends contain a special selection of fine ingredients and medicines that delight their senses when its smoke is released over hot charcoal. Here are a number of incense powders that can help make your life smoother as we enter into the darker half of the year of the Wood Horse!



Agarwood *Incense Power*

This exquisite blend comes from selected Agarwood forests and produces a darkish smoke that is favoured by all the Wealth-Deities. It's best offered on the night of a full moon to Lord Manibhadra, the famous son of Lord Norbu Sangpo who brings wealth and prosperity. The invocation to Manibhadra and Norbu Sangpo can be found on page 170 of Chant a Mantra, Read A Sutra, Say a Prayer.

Spirit *Incense Power*

This blend was compiled specially for local landlords that reside on residential areas. Local landlords govern your home and your street and can help keep your home safe from thieves and bad spirits. Place a scoop in a burning incense cup and offer it directly to the local spirits of your home address. Request for their protection and to live in harmony with your family.



Manjushri Wisdom *Incense Power*

This fragrant incense blend contains herbs that appeal to the Manjushri, the ultimate Buddha of Knowledge. Offer it to Manjushri and chant his mantra: OM AH RAPA CHANA DI to request for help in academic pursuits and good grades. Excellent for school-going children and college students to do in the mornings and just before examinations.



IT'S IN YOUR HANDS

THE BODY'S MICROCOSM MAPPED OUT ON THE PALM

By HONEY LIM

A favourite weekend ritual is my regular visit to my Foot Reflexologist. I feel a big difference in my wellbeing if I go too long without a reflex. The quality of my sleep suffers, my clarity of thinking goes haywire, and my energy levels drop. He tells me it is because as we age, blood circulation in the body gets sluggish. Lack of exercise and the build up of toxins causes the body to go out of sync. Regular reflexology sessions will fix these ills. Blood circulation improves. Toxins get eliminated!

So what if you hit a busy period and cannot make time for a reflex session? Here's what he advised. One way to keep blood circulation humming along healthily is to give yourself a "HAND REFLEX". Pressing the hands and ears can be as effective as a foot reflex. This is because there are also hundreds of reflexology points buried deep within the palm and at the back of the hands and earlobes. And if you know how to massage these points, you can really give your body a wonderful boost.

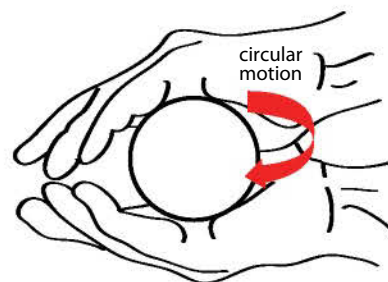
The entire microcosm of the body can be found on the hands, feet and earlobes. Massaging the points under the feet on your own can be challenging as it is difficult to apply deep pressure on the points there; in any case, foot reflexology works best when the legs are stretched out.

But reflex points on the hands can be accessed very easily, and all reflex points on the feet can also be found on the hands. Even if you didn't know anything about reflexology and began by pressing various points on your

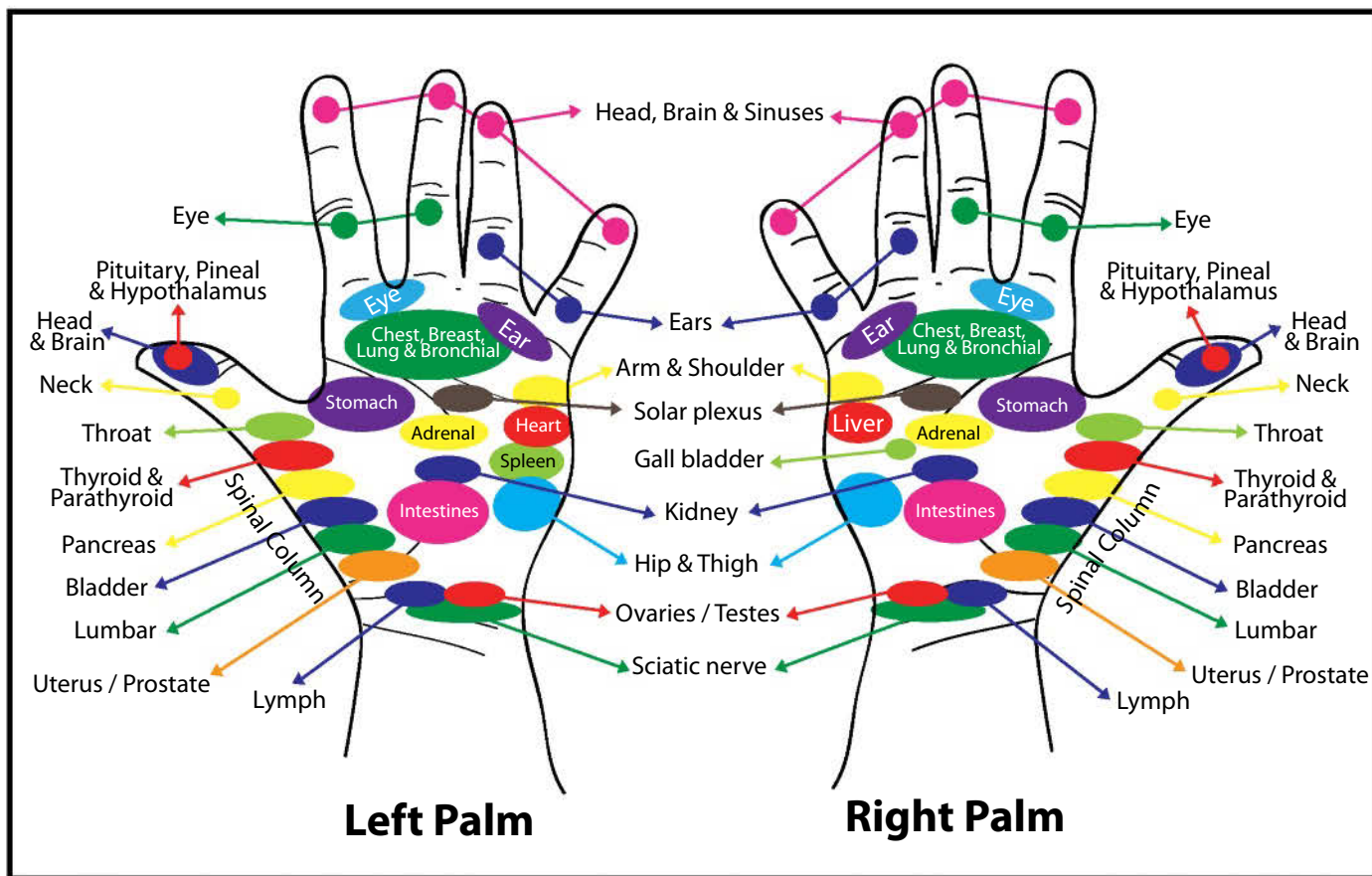
hands using your thumb, you'll start to discover certain spots that feel very tender when deep pressure is applied! Sometimes you can feel grainy, sand-like deposits moving under the flesh and this is a sign that energy flow and blood circulation to these organs may be blocked. These are areas that you should massage until they dissolve, and in doing so, should help remove blockages of energy and blood-flow to these organs. Pressing reflex points causes the muscles to relax, blood vessels to open, thereby increasing circulation. This in turn increases the amount of available oxygen and nutrients that get to cells in that part of the body.

IMPROVE DIGESTION, LIVER & KIDNEY HEALTH WITH THE ROTATING BALL TECHNIQUE

A common problem people suffer from is poor digestive health. If you are having a gassy stomach, feel bloated or experience constipation, then pressing reflex points that relate to the digestive areas can be really helpful.



A simple technique is the "Chinese Ball" technique – which entails rolling a smooth but hard wooden ball in a clockwise direction between the two palms, pressing firmly as you do so. These wooden balls can be purchased in Chinese shops that sell massage equipment, but if you cannot get them, a golf ball will do. The key is to use a very hard ball and roll it firmly between the palms. If this is your first time, you will likely feel some pain at certain points of your palm and this is normal; you might even feel a crunchy, grainy texture as the ball rolls over parts of the palm - this is a sign of mineral build-up breaking down as you massage it! Try to roll the ball over your entire palm paying

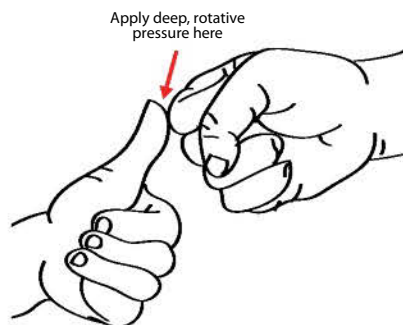


attention to the sides and the fleshy bits just below your phalanges and also the area under the thumb.

This simple technique tackles a variety of reflex points that give relief to the stomach, abdomen, liver, kidneys, lungs, chest, digestive track and intestines. Roll the ball for about one minute or more, and at the end, you should be able to feel a vibrant tingling sensation on both your palms. If you don't feel any tingling, it means you haven't applied enough pressure! Your hands should feel very hot and appear very pink, a sign that you have managed to activate the right points, and that a strong flow of blood is circulating on your palm!

SECRET TO A GOOD NIGHT'S SLEEP

The reflexology points that relate to healthy sleep, mental alertness and balanced hormonal functions are points that map to the pituitary gland, head and brain. If you have insomnia and hormone related-imbbalances, then massaging the point that relates to your pituitary gland



can do wonders for you!

The pituitary gland is a small part of the brain that controls the secretion of nine major hormones that influence growth, healing, youthfulness, sexual development, metabolism, female menstrual cycle, mineral and sugar content of the blood, fluid retention and energy levels. These hormones are responsible for maintaining the health of our cell structures and can prevent excessive fat accumulation.

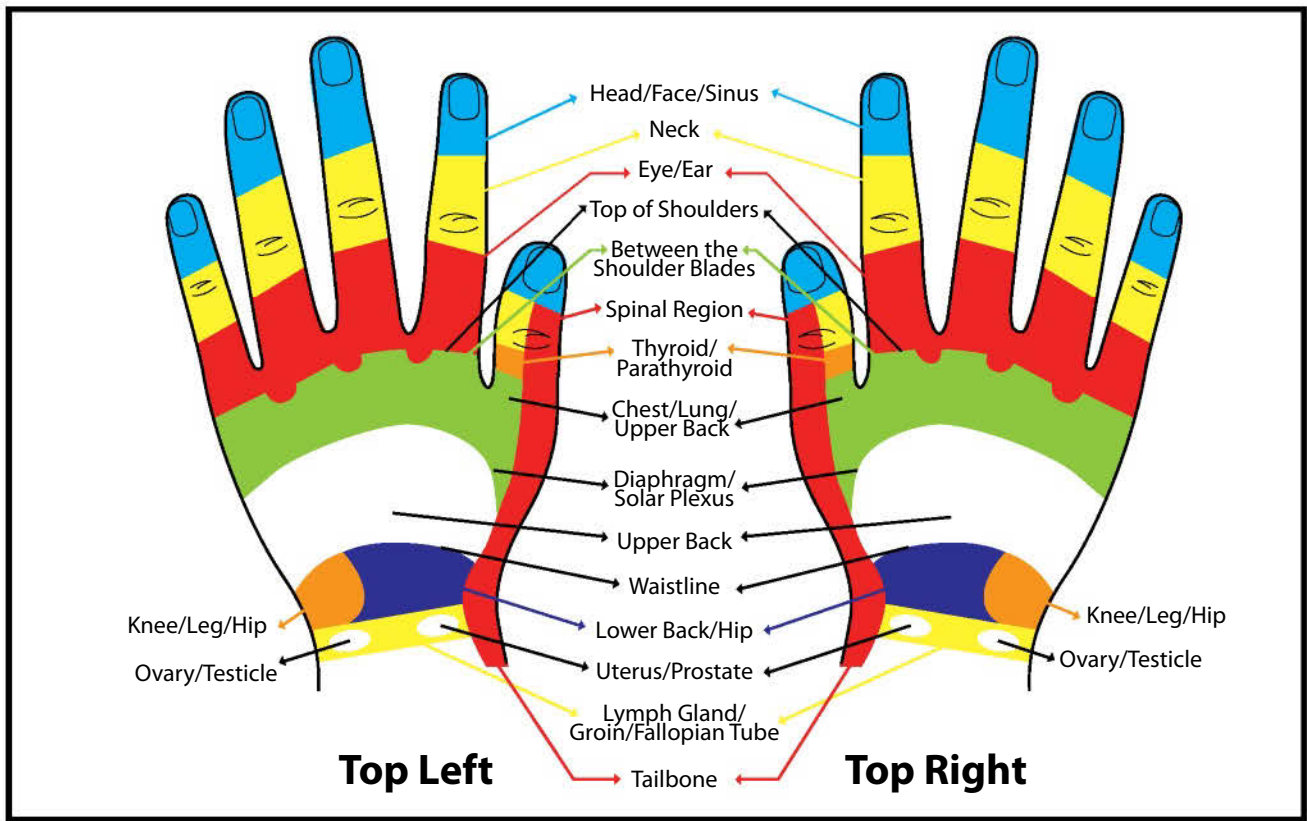
On the feet, the pituitary gland reflex point is on the whorl of the big toe. On the hands, the same point is mapped to the centre of the swirl

of the thumbprint. The best way to massage this area is to apply an even and deep rotary (circular) pressure on the thumb using the knuckle of the index finger on the other hand (see photo). Because the pituitary gland is very sensitive and easily thrown off-balance, the points that link to the gland are often very tender and sensitive.

If this is your first time massaging it, you will feel a sharp, pinching sensation. This is a good sign, as it means you have hit the right spot! Gently massage with deep and even pressure for 30 seconds to 1 minute, and then repeat on the other thumb. Regular massaging of this area will reduce the tenderness of this point and will, over time, improve the quality of your sleep.

MENTAL ALERTNESS AND SINUSES

Meanwhile, sinus reflex points are mapped very close-by, so when you apply the same technique to the finger tips, you will be massaging both points. Again, you are likely to ►



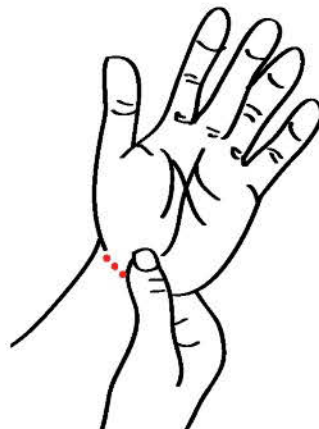
feel a pinching sensation when you first massage these points. The more tender it feels, the greater the need to stimulate that point. With regular stimulation, the pinching sensation is replaced with a dull but comforting sensation!

If you are prone to nasal congestion due to allergies, sensitive sinuses or you are experiencing a cold, these are excellent points to massage. They will aid your recovery. Another region closely related to congestion are the ear, nose and throat areas, which are located on the phalanges of the fingers. To stimulate these points, massage by placing the phalanges of one hand between the thumb and index finger on the other hand, and then work your way outwards (from the base of the fingers towards the tips). Both upper and lower sides of the phalanges should be massaged to ensure that all necessary points are covered.

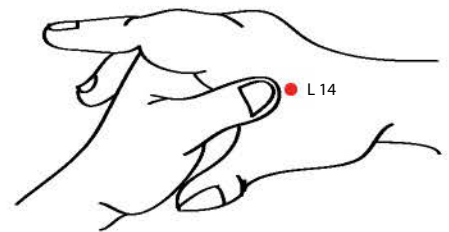
SEXUAL LIBIDO, MENSTRUAL CYCLES & MENOPAUSE

The reproductive organs for both men and women are located at the base where the wrist meets the hand.

This applies to both the front and back of the hands. For women, the uterus and ovaries are located here and it wraps around the wrist like a bracelet. Massaging these areas can improve the menstrual cycle and relieve symptoms of menopause in older women. For men, the same areas are mapped to the prostate and testes. Regular massage of these points should improve sexual libido for both men and women. Refer to the chart above and use your thumb to apply rotary pressure in these areas. If tender, continue pressing gently and more often. These points should not be massaged if you are menstruating or pregnant.



MOTION SICKNESS, NAUSEA AND HEADACHES



If you suffer from motion sickness when travelling by car or boat, this special point is worth a mention. In Chinese acupressure, this point is referred to as L14, and the easiest way to find it is to lay the hand flat on the table, then close the thumb towards the index finger. You should see a bulge appearing at the end of the crease between your thumb and index finger. The highest point of the bulge is where L14 is located. Using the thumb of your other hand, press firmly on L14 for about 20 seconds. There is no need to massage it; just applying consistent pressure will do the trick!

Another location that works wonders for nausea and motion sickness is the pericardium (marked



as point PC6) in the acupressure chart. This is a tender spot located about three fingers from the joint of your wrist. Use your thumb to apply steady pressure on this point for about 60 seconds. These two pressure points can relieve the feeling of nausea and can help cure headaches as well.

BACK AND SHOULDER PAIN

If you suffer from back and shoulder muscle pain, the best points to stimulate are areas related to the spine and shoulders. Reflex points that map to the spinal column are located on the outer side of the hand

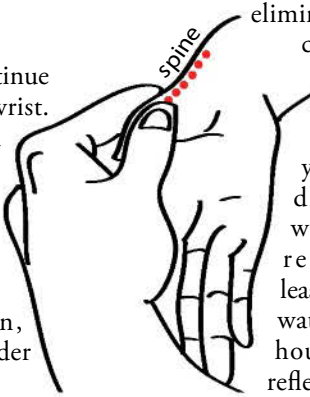


just beneath the thumb, and continue till where the hand meets the wrist. Start pressing the points from the wrist and work your way towards the base of the thumb's fingernail. Regular massages on this part of the hand are great for relieving back pain.

To relieve shoulder pain, massage the fleshy part just under the pinky fingers.

REMEMBER TO DRINK PLENTY OF WATER

The best time to have a self-reflex session is at the end of the day several hours before bed time! Avoid doing it on a full stomach, and while stimulating the pressure points, remember that while getting relief from pain, you are also giving your body a cleansing and detoxifying treatment. But efficient



elimination of toxins can only happen when the body is well-hydrated! So you need to drink plenty of water! Experts recommend at least three glasses of water within three hours following a reflexology session. ■

HEALTH AMULET KEY CHAIN

The Health Amulet Keychain features the Golden Wu Lou for deflecting illness vibes, and the Medicine Buddha to promote healing and wellness. In 2014, it is highly recommended for those born in Rooster and Rabbit years, and those whose bedrooms or offices are located in the East or West to carry this amulet throughout the year. Those living in East/West facing houses are also afflicted as both the sitting and facing palaces have illness stars. Animal signs with low health luck ratings can also benefit from carrying this amulet.



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LILLIAN TOO'S

MASTER PRACTITIONER'S COURSES IN FENG SHUI



MPC LEVEL 1 - PRELIMINARY

The Space Dimension of Feng Shui

Date: **22nd to 27th Sept 2014**

Date: **13th to 18th April 2015**

This Program will give complete beginners an excellent foundation on the fundamentals of applying the knowledge of **classical space feng shui in modern structures and homes**. Lillian will focus exclusively on all the key aspects of exterior and interior feng shui for **houses and apartments**. Learn to look out for and remedy feng shui threats that harm your good fortune – both outside and inside homes – both landed properties and apartments. Learn to recognise and read the chi flow of roads, rivers and buildings around your home or apartment building that is within your surrounding environment. Develop strong familiarity with the meaningful symbols of feng shui and apply the **two most powerful space compass formulas** correctly and effectively in your living spaces. **This course includes a special blessing ceremony to activate your feng shui eye.**

Topics covered in this course include*:

- Five Element Theory & the concept of the Tai Chi
- Landscape Formations in Feng Shui
- Defensive Feng Shui
- Traditional Feng Shui rules governing SPACE
- The Later Heaven Pa Kua Compass Formula
- The Eight Mansions (Paht Chai) *Luo Pan* and related formulas
- East-West Theory for Houses - a powerful Compass Formula
- The Art of Furniture Feng Shui Placement to enhance your living space
- Auspicious Feng Shui Symbols – the meanings behind the symbols
- Powerful feng shui remedies – the meanings behind the cures
- Practical Applications of Feng Shui – important application guidelines
- Blessing Ceremony to Open Your "Feng Shui Eye"

Pre-requisite:

There are no prerequisites for this course. It is suitable for total beginners. All those who complete the program will be awarded a Certificate of Attendance in MPC Level 1 - Preliminary.

MPC LEVEL 2 - INTERMEDIATE

The Time Dimension of Feng Shui

Date: **7th to 12th September 2015**

In this program, Lillian will go deep into teaching the very vital **time dimension** of feng shui which uses the powerful Flying Star Feng Shui formula (also known as *Xuan Kong* Feng shui for yang dwellings or *Fey Sin* Feng Shui). Lillian will explain why this method is so potent as a way of staying in sync with the energies of time frequencies. The Flying Star formula is easy to learn but harder to practise as it requires an understanding of both time and space frequencies. Lillian will explain how the passage of time alters chi quality in living spaces. These are powerful methods which the traditionalists used to gain the luck of prosperity and relationship winds from period to period and involve tapping into favourable directions and using symbolic representations and images to create powerfully auspicious or protective energy chi.

Thus, included in the Program will be detailed lessons on getting your facing directions correctly oriented; the detailed interpretation of each of the 16 feng shui charts of the current period, the annual updates that will keep your chi energy flowing smoothly, the house chakras that require enhancing through the year and the different situations that require additional compass inputs. By the end of the Intermediate Program you should be able to confidently apply **time dimension feng shui** to any home, apartment or office.

Topics covered in this course include*:

- The Three Plates of the Luo Pan
- The Nine Time Periods
- Directions of the Twenty Four Mountains & Trigrams
- Selecting Correct House Orientations
- The Sixteen Charts of Period 8 Time Feng Shui
- Interpretations of the Nine Numbers
- Special Auspicious Formations, Combinations and Exceptions
- Harnessing the Power of Axis Directions & Grids
- Activating High Potency Wealth & Relationship Spots in homes
- Designing Accurate Water Features that bring Wealth
- Annual, Monthly and Daily Cyclic Changes
- Practical Applications of Flying Star Feng Shui
- Empowering Feng Shui Hands to Transform Energy

Pre-requisite:

This is an INTERMEDIATE Program which assumes you already have a strong understanding of the fundamentals of feng shui, Landscape Formation School, 8 Mansions and East/West Theory. To qualify for registration please demonstrate that you have completed any **ONE** of the following:

Master Practitioner Course Level 1 – Preliminary, or
Master Practitioner Course (prior to May 2014)

All who complete the Program will be given a Certificate of Attendance for MPC Level 2-Intermediate.



Lillian Too rolls out her newly revamped series of Master Practitioner Courses in Feng Shui this Fall. The new format puts greater emphasis on practical applications of feng shui with the addition of more **case studies** and **new advanced formulas**. Lillian will go deeper into the **64 Hexagrams of the I-Ching**, chart the **courses of Water Feng Shui** and teach on the most **auspicious angles of doors** to capture big wealth! Included in her new courses will be aspects of **Eight Immortals Feng Shui** to add a powerful dimension of "Taoist Magic". These are highly advanced feng shui topics which Lillian will only teach to students who have satisfactorily completed Levels 1 and 2, and shown genuine desire to benefit others with their feng shui knowledge. The advanced methods will be part of the new **MPC Level 3 Advanced Program** and this is open to all past MPC students who completed their course before May 2014. Past students who would like to strengthen their grounding of Flying Star (a.k.a. *Xuan Kong Feng Shui* for yang dwellings) can attend MPC Level 2-Intermediate which will be devoted entirely to Flying Star Feng Shui and its related branches.

The new MPC program is designed to make it easier for students to enjoy learning feng shui and will include lesser known *secret* formulas. You can be confident that you will be training to become a **true expert** who is knowledgeable on all the most potent, authentic compass feng shui formulas used by reputable masters of Hong Kong and Taiwan!

Don't miss these opportunities to connect with **Lillian Too**. Her teaching style is inspiring and assuring. She conducts all lectures herself with daily revisions given by **Honey Lim** and **Stanley Ng**, her two trusted disciples. MPC Students always come away wanting more! If you'd like to get up close and personal with Lillian and soak up some of her ultra positive vibes, start with the Level 1-Preliminary Program. Like everyone who has ever attended any of Lillian's courses, you will be very glad you made the decision and the effort to come to Malaysia for the MPC!

MPC LEVEL 3 - ADVANCED

Advanced Formulas of the Luo Pan

Date: **13th to 18th October 2014**

This course was formerly known as the **Master Consultant's Course** and has been revised to include **new advanced formulas**. It is tailored for those who wish to develop a fuller understanding of compass formula feng shui, or plan to pursue a career in feng shui consultancy. In this course Lillian will cover the advanced formulas of feng shui that include additional uses of the Flying Star formula, the creation of Water Dragon flows according to the *Sam He* Compass Formula as well as the special prosperity door formulas. By the end of this course you should be able to confidently advise others on the design of homes, apartments, buildings and commercial structures.

Topics covered in this course include*:

- Secrets of the I-Ching Trigrams in Time Feng Shui considerations
- Advanced Flying Star & Castle Gate Prosperity Doors
- The 12 Phases of *Sam He* Water Movement
- Water Dragon for Interiors and Gardens
- Auspicious Land in the Garden
- Mountains & Valleys in Feng Shui
- Locating and enhancing the 5 Chakras of abodes
- Activating the Head, Throat, and Heart Spots of Buildings
- Ground and Home Blessing Rituals
- Feng Shui Date Selection from the Almanac
- Practical applications on Terrace and Bungalow Houses
- Practical applications on Apartments and Condominiums
- Practical applications on Commercial Buildings, Shop Houses & Retail Outlets
- Practical applications on Shopping Malls and Housing Developments

Pre-requisite:

This is an ADVANCED program in feng shui and will be fun and exciting only for those of you who already have a good understanding of feng shui basics and fundamentals of space and time dimension in feng shui – all the subjects already covered in Levels 1 and 2, the Preliminary and Intermediate courses of the MPC. All participants will be required to take a final examination and only those with a pass grade will be awarded a Certificate of Practice. Everyone who completes the Course will be given a Certificate of Attendance.

To qualify for registration of this course please demonstrate that you have attended and graduated from any **ONE** of the following:

Master Practitioner Course Level 2 – Intermediate or
Master Practitioner Course before May 2014
Master Consultants Course

MASTERING SPIRITUAL COSMIC FENG SHUI

Awakening the Goddess Potential within you

Date: **24th to 29th November 2014**

In this course you will learn how to harness your inner wisdom and unleash the unlimited potential of your inner mind. You will be introduced to the Goddess Tara, and all the powerful implements, visualisations and methods to invoke the Cosmic Forces. This course includes a special blessing ceremony to initiate you into the cosmic Mandala of Mother Tara.

Topics covered in this course include*:

- The Skills of the Mind
- Fundamentals of performing Cosmic Feng Shui
- The Implements of Cosmic Feng Shui
- Invoking the Goddess Tara
- Setting up your Altar & Meditational Practice Area
- Breathing Techniques to activate your Chakras
- Meditations and Visualisations to invoke Wealth, Health & Happiness
- The Art of Cosmic Divination
- The Power of Mantras for Wealth, Health and Happiness
- How to Make Amulets to attract Wealth, Success, Love and Power
- The Cosmic Wealth Ritual for Prosperity

Pre-requisite:

There are no pre-requisites to attending this course. However mantras and techniques taught during this course originate from the Tibetan Buddhist Tradition. It is important that these mantras are treated with utmost respect and conviction, so please consider if this is suitable for you to learn and practise.

* *WOFS.com reserves the right to alter the topics covered in these courses.*

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COOL CUCUMBER TIPS

Cucumbers add tang and crunch and flavour and goodness to any dish. They are easy to buy and go with just about every kind of cuisine. But did you know that the cool cucumber is also a source of great B vitamins? So they are an amazing pick-me-up when you need a quick boost of energy. They are also a super pest repellent, they clear the look of glass in seconds, and they tighten your skin so fast they are better than any expensive cream if you wish to smooth out tiredness and wrinkles in a jiffy. Here are ten fabulous ways to use a few slices of cucumber!



1 SOURCE OF B VITAMINS

Fresh cucumbers are such a great source of the vitamins and elements needed to enjoy good daily health. They also give us plenty of energy. Just consider - a single cucumber contains Vitamin B1, B2, B3, B5, B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. If you want to skip lunch and are looking for a really great substitute, consider having a couple of slices of cucumbers. They will give you the kind of pick-me-up that will last several hours!



2 EXCELLENT FOR CLEARING GLASS

If you swim and your goggles keep getting fogged up, rub a freshly-cut cucumber slice onto the glass, and like magic it will eliminate the fog instantly. You can also use cucumber slices to get rid of fogged-up steam that sticks to bathroom mirrors. The cucumber also leaves behind a very pleasant, spa-like fragrance.

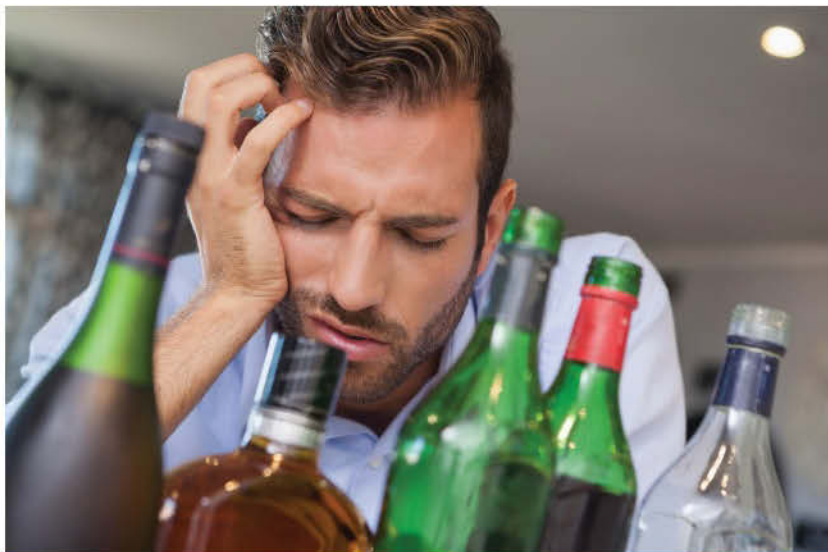
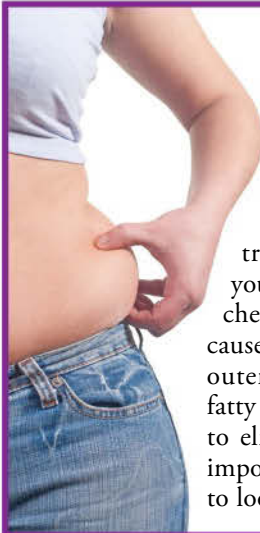
3 GET RID OF GARDEN PESTS

When gardening, it can be really tough getting rid of the aphids and snails that mess about with newly-blooming buds. But simply placing a few slices of cucumber in a small pie tin can keep your garden free of pests for a whole month. The chemicals in cucumbers react with the aluminium to emit a special scent undetectable to humans, but which all garden pests dislike intensely; so they stay well away!



4 FOR REMOVING UNWANTED FAT LUMPS AND BUMPS

When you want to look good urgently and need a quick way to disguise your cellulite before wearing your bikini, try rubbing a slice of cucumber along your problem area for a few minutes. The chemicals in the cucumber will instantly cause your skin to tighten, firming up the outer layer and reducing the visibility of fatty lumps and bumps. You can do the same to eliminate wrinkles temporarily for some important evening occasion when you have to look fresh and beautiful.



5 GET RID OF A HANGOVER OR A HEADACHE

Just back from a party and have had too much to drink? You can avoid waking up with a hangover if you eat a few cucumber slices before going to bed. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish all the essential nutrients lost while partying and drinking. This should help keep everything in equilibrium for you!

6 AS AN INSTANT SHOE POLISHER!

Cucumbers are great for giving your leather shoes an instant shine. If you have an important meeting or job interview and your shoes are looking grubby, rub some freshly-cut cucumber slices over your leather shoes and let the cucumber chemicals give your shoes an instant shine that not only looks great but also repels water.

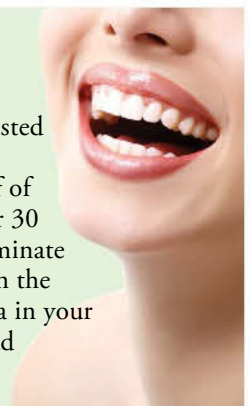


7 TO FIX A SQUEAKY HINGE

Take a cucumber slice and rub it along a squeaky hinge that is driving you wild with irritation. You will be surprised how quickly cucumber does its job. In an instant, the problematic squeak vanishes!

8 AS A BREATH FRESHENER

Run out of fresh mints and disgusted with your breath? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds. This will completely eliminate your bad breath. The chemicals in the cucumber will kill off the bacteria in your mouth responsible for causing bad breath.





9 POWERFUL ANTI-DEPRESSANT AND DE-STRESSING AGENT

If you are feeling stressed out and don't have time for a massage, reflex or facial, try this. Cut up an entire cucumber, place it in a boiling pot of water and wait for the steam to emerge. The nutrients from the cucumber will react with the boiling water to release a wonderful fragrant steam that acts like a powerful anti-depressant. The steam will soothe you with its fabulous aroma and is great for relaxing overworked and hassled mothers. Also super for students suffering from exam nerves.

10 AS A CLEANING AGENT FOR YOUR SINKS

If you want an easy way to clean your faucets, sinks and kitchen equipment, use a slice of cucumber to rub onto the surface you want to clean. Like magic, watch it remove years of tarnish and bring back the shine. Not only does the cucumber give you a good clean, it also does not leave streaks and will neither hurt your fingers nor spoil your nailpolish as you clean. ■



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DISASTER MAKES BIG NEWS IN HONG KONG

Famous Hong Kong Feng Shui Master Zheng Guoqiang was buried alive seconds after announcing he had found the perfect spot for the grave of recently deceased wealthy Hong Kong businessman!

By KEE HUA CHEE

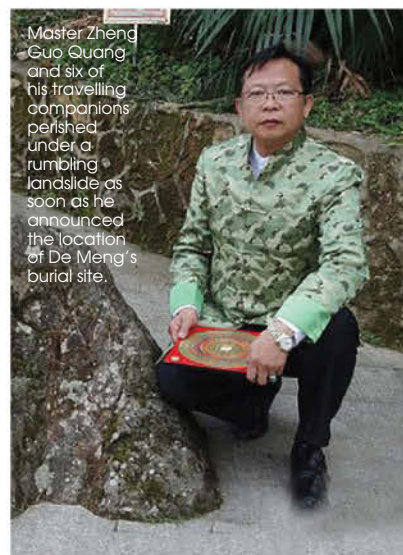
The scenario resembled a badly written, B-grade horror movie as narrated by the sole survivor of a landslide that buried 7 people. Five died on the spot including the renowned feng shui master. One died in hospital. So what do we make of this? I described this true tale of woe to Lillian and her response is enlightening indeed... makes me understand her brand of feng shui a lot better! But here is what happened... After carefully scouting the hillside cemetery grounds in mainland China for the most suitable, potent and beneficial burial site for the deceased **De Meng**, feng shui master **Zheng Guoqiang** from Hong Kong finally announced he had found the perfect spot with perfect feng shui. He spoke with a flourish, stretching his arms out wide, and even as the words

left his mouth, the earth rumbled and a huge mudslide slid behind him, bringing down tons of earth, rock and vegetation, burying the entire group of seven who were with him on that hill!

The seven included a Taoist priest with surname Wu, two family members, three executives from the cemetery showing the available spots and the feng shui master.

Cheng Kwok-kuen or Zheng Guoqiang counted many celebrities as his clients, and Hong Kong's newspaper *Sing Tao Daily* reported that he often came to mainland China to undertake feng shui consultations.

In land-scarce Hong Kong, building large mausoleums are officially frowned upon unless you are in the same league as Li Ka-Shing. So the family of De Meng, 75, commissioned Zheng Guoqiang, 55 to visit the cemetery at Zhaoqing just across the border in



Master Zheng Guo Qiang and six of his travelling companions perished under a rumbling landslide as soon as he announced the location of De Meng's burial site.

Guangdong province where land is more easily available.

Zheng checked the available plots of land armed with feng shui ►

compass having collated the horoscopes of the deceased and immediate family. It was reported he used the Zuan Kong feng shui method for yin dwellings, graveyard sites that would bring auspicious luck for the descendents.

But as Lillian often tells her students, one needs to be careful practising this branch of Zuan Kong feng shui as it can be very dangerous if you do not have the necessary protectors! Feng shui masters are not immune to the dangers of yin feng shui!

After several hours of braving the rain and wind (the two most vital elements of feng shui, which means wind and water), he assembled the group at the fatal spot and announced it had 'perfect vibrations for housing the deceased's body'.

Then, like in a horror movie, after he spoke, the earth vibrated, trembled and shook, sending down the massive, deadly mudslide.

Hong Kong's feng shui savvy public was incredulous. Many queried if Zheng Quoqiang should have seen it coming if he claimed to be such an expert on feng shui. Even his colleague, the much younger **Lee Chengze**, went on television to express his shock. "Master Zheng should not have visited the cemetery, as during that period, the weather was treacherous and violent, and 15 people had already been killed. That day was wet, windy and raining, and one should have avoided visiting cemeteries altogether."

Ten people from the Guangdong province had already

died, so Zheng was seen to have been challenging the fates and courting death, as massive storms had wreaked havoc on 7 provinces and 71 districts.

But Lillian Too has another explanation for the deaths. Lillian explained that the feng shui master had probably not obtained the necessary permission from the Protectors of the cemetery, and to presume that a foreign deceased would be welcome onto the mainland cemetery was presumptuous. She suggested that the deaths were not only due to a major imbalance of yin and yang, as "cemeteries are yin places", but that they are always also protected by Cosmic Guardians. Feng shui practitioners must be schooled in Taoist meditations and rituals to appease these guardians. Not doing so and announcing so loudly to the winds is definitely asking for trouble.

Lillian Too thus believes that the local worldly Gods, Deities and Protector Spirits who had not been properly appeased or had their permission been sought had expressed their displeasure! "It could be that the protector spirits were simply 'defending' their territory, so to speak, by preventing rank outsiders from Hong Kong from 'annexing' their turf. By creating a landslide, they had instantly removed what they saw as an irritant on their soil. Very tragic, but tomb location is a very complex practice, and only those who are truly well-versed with decades of experience should undertake such assignments." As you never know if the site you choose was actually meant for your client or yourself!

YIN FENG SHUI

In ancient China, Yin House Feng Shui for the dead is generally considered as important as Yang House Feng Shui for the living!

Also known as Graveyard Feng Shui, Yin Feng Shui, Burial Feng Shui or Tombstone Feng Shui, Yin House Feng Shui was one of the guiding forces in ancient Chinese metaphysics, where it was believed that burying their dead in an auspicious location in alignment with their birth date is what will ensure good fortune for the descendants.

To capture the Dragon's Chi, the site should not be overly exposed to the elements. Done correctly, yin feng shui results in multiple manifestations of good fortune, including wealth, health, educational success and social status.

Should the burial site be carelessly chosen so that it is constantly exposed to strong winds or scorching sunshine, is regularly flooded by rainwater with no proper channels or is devoid of sunlight, descendants are sure to suffer various forms of bad luck. When trees with big roots penetrate into the coffin, it brings a disastrous consequence to the children and grandchildren of the deceased. This



explains the importance of *Cheng Beng* when the graves of ancestors are cleaned and when local spirit protectors are appeased with offerings.

The tomb of the father of **Zhu Yuan Zhang**, founder of the Ming Dynasty, is often touted as a good example of excellent feng shui, as it created the luck for Zhu to defeat the Mongols and establish the Ming Dynasty, which lasted through fifteen Ming emperors, although this fact caused the Emperor to ban the practice of feng shui throughout his reign. In the Ming Dynasty, Lillian explains that feng shui was forced underground as the Emperor had decreed that if indeed feng shui was so powerful, the practice had to be banned completely, lest it be used to cause the fall of the Dynasty.

Chinese historians have also gone in search of the ancestral graves of luminaries such as **Sun Yat Sen, Chiang Kai Shek** and **Mao Zedong** with a view to examining the gravesite attributes that might have provided satisfactory explanations for their big political success.

Mao Zedong's father had been a wealthy farmer, but his grandfather was said to be the one responsible for Mao's rise. The grandfather had personally selected his burial site but had not been buried inside the grave for

seven years, to accommodate an auspicious date that would set into motion the incredibly powerful forces that would propel his grandson to become a latter day "emperor"!

Yin Feng Shui is a complex process and it is unlikely that there are many practitioners who are truly qualified to practise. For sure, young practitioners with insufficient appreciation of the protector rituals and prayers should not meddle in this kind of feng shui. ■

USEFUL NOTES ON YIN FENG SHUI

The 6 preliminary rules for choosing an auspicious burial site:

1 The location orientation should not clash with the astrological details of the deceased and all direct male descendents.

2 The head of the deceased needs to point to an auspicious direction. This is vital to the continued good fortune of the family name and line.

3 All prayer rituals and ceremonies must be conducted at auspicious times and dates. In fact, the selection of dates is a vital part of the burial ritual.

4 The entrance direction of water also known as the *water mouth* must be precisely positioned; this as well as the flow of rain water away must be designed to prevent flooding of any kind. The ground must never be allowed to get soggy. Feng shui masters well-schooled in Yin Feng Shui usually create a *cosmic parallel* drain (not a physical drain but an imaginary one) that maximises an immense flow of good luck directed towards the descendants of the deceased person occupying the site. This is the

most important aspect of Yin Feng Shui, as it is the flow of water around the grave that can literally pour forth immeasurable good fortune for the descendants.

5 The most popular feng shui formula for Yin Feng Shui uses the *Sarn Yuan Luo Pan* incorporating the trigrams and hexagrams of the I Ching. This is a branch of Zuan Kong feng shui, which is part of Flying Star.

6 Finally, the horseshoe, omega, armchair or U-shaped tomb must be maintained, as only this particular shape can hold 'the vital breath within'. This structure keeps the deceased within the protective embrace of Green Dragon and White Tiger, which are extremely powerful forces.



BELIEFS & SUPERSTITIONS

1 The Chinese believe that it is very unlucky to erect any kind of fencing or wall around the tomb. When the tomb is locked in, the situation for the descendants is that they too will get locked in i.e. sent into jail.

2 Do not cement or cover the top portion of the tomb with bricks. Doing so causes family members to suffer from terrible illness. Plant grass on top.

3 Do not plant colourful or flowering plants on top of the tomb. When there are flowering plants growing off the tomb, the female members of the family will find it difficult to find a husband.

4 It is not a good idea to plant a tree to provide shade for the tomb, as the roots may destroy the coffin. This is certain to lead to financial ruin.

5 The soil on the tomb must never be concave but plumped out, or the family will suffer from breathing difficulties and lung-related illnesses.

6 When the tomb site clashes with feng shui annual afflictions, the burial should not take place until an auspicious date, which can be days, months or even years later!





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Five-Eyed Dzi
Blessing by Kuvera, the god of wealth, for continuous fortunes and longevity, perfect and good luck, endless of happiness.



SARASTRO THE LEGACY OF KING RICHARD

BY HELEN OON

There is always a pang of sadness in my heart when I go to Sarastro. It reminds me of **Richard Niazi**, the late owner of **Sarastro Restaurant**. He was an ebullient and flamboyant character full of the zest of life, and he had a heart of gold. His contribution to the attractions of Covent Garden and his generosity to destitute retired actors and the homeless were legendary and gained him the moniker of “**King Richard of Covent Garden**.”

Every Christmas, he would hold a Christmas party for this underprivileged sector of society. His untimely death at the age of 67 was a great loss to the community and to the many charities he supported. He was a gourmand extraordinaire and

a lover of opera and music. Whisky in one hand and a cigarette in the other, he would regale me with his adventures and life stories when he was a young man. He came to London from northern Cyprus, the Turkish side of the island, when he was seventeen as a stowaway on a ship bound for UK. The only job he could find was as a kitchen boy in a restaurant, which set him on a path to being a restaurateur in his later life.

After years of struggling and working his way up, he acquired a semi-derelict corner property that the Westminster council had been used as a doss-house for the homeless and vagrants in Drury Lane, a once slummy part of London infamous for its prostitutes and gin-soaked outlets in the 18th century. It was



Richard Niazi was a gourmand extraordinaire, a lover of opera, music and art, and a patron to many charities.

redeveloped in the 19th century and today, it forms the heart of London's theatre land in Covent Garden.

In August 1996, **King Richard** opened his restaurant and as a homage to opera, and he called his restaurant **Sarastro**, named after a character in Mozart's opera 'The Magic Flute'. Surrounded by theatres, he was inspired to create a theatrical theme for the restaurant. The bohemian decadence and exuberant ambience spiced up with a large dose of mischief bears the hallmark of King Richard, who had a wicked sense of humour.



Richard's tasteful Sarastro Restaurant promises an operatic culinary experience complete with a string quartet and live soprano singers.

*“If Music be the Food of Love,
Eat up!” -King Richard -*

FAREWELL TO THE KING

At his funeral in 2008, King Richard was sent off with a carnival livened up by a Hungarian gypsy band strumming guitars and belting out gypsy songs with gusto followed by a string quartet. Champagne and wine flowed freely for the bevy of mourners of family and friends. Mounted police and the Chelsea Pensioners of retired military personnel escorted his cortege as we said farewell to the King on his final journey to the restaurant in the sky.

It was the mother of all funerals. His memorial service a month later was equally festive with scantily-clad Brazilian samba dancers and musicians celebrating his life. More champagne and wine flowed to toast to the spirit of the King who was probably hosting a party for the angels in heaven as he did on earth. That was the command of King Richard on his deathbed, to be sent off with a celebration of his amazing life. His spirit still lives on in Sarastro and I always feel his presence when I am there.

“THE SHOW AFTER THE SHOW”

Sarastro Restaurant provokes divided sentiments from diners – some find the whole thing distasteful, while some truly rejoice in it. Happily, most people love the place and become regular customers; they come from

Every Christmas, he would hold a Christmas party for this underprivileged sector of society. His untimely death at the age of 67 was a great loss to the community and to the many charities he supported.

the showbiz and theatre worlds, are politicians, tourists and the general public. It is a visual feast of opulent and flamboyant décor styled after a classical opera house. Indeed, most of the outlandish and ornate features are props and cast-offs from shows and operas in the theatres around the area.

It is an eclectic mix of gothic, rococo, Byzantine, Aladdin's cave and Arabian Nights all boldly featured like a Salvador Dali surreal artwork in kaleidoscopic vision. The theatrical setting comprises ten wall-mounted opera boxes with intimate booths on the ground level, holding a capacity seating for 250. The room is festooned with drapes of velvet, silk and lacy fabric and artefacts such as ballet shoes (contributions from ballerinas), weird and quirky things of a witch flying on a broom stick, a couple of huge bandaged mummy-like figures endowed with rather large phalluses, a golden Laughing Buddha, paintings and all sorts of bric-a-brac.

True to his mischievous sense of humour, King Richard commissioned artists to paint erotic art in the restrooms, which have won “best toilets in London” awards in the past. They are definitely not for the fainted hearted or prudes! The murals portray quite explicit erotic paintings, more art than pornography (depends on your sensitivity and outlook,) not quite suitable for junior eyes. Children have their own restrooms, which are primly decorated.

But Sarastro is a restaurant for grown-ups. On Sunday and Monday evenings and Sunday afternoons, there is a string quartet and live opera provided by professional singers from international opera houses including the Royal Opera House. Swing and Motown are played on Thursday evenings, currently starring **Colin Roy**, a West End actor and singer, while on Friday nights, the weekend kicks off with Latin rhythms performed by **Grace Rodson**.

A small area is cleared for diners to dance and show off some moves when the music picks up rhythmic tempo. It is a wonderful place for celebrating special occasions such as office Christmas parties, birthdays and anniversaries. Its lively atmosphere lends itself to a festive mood and it has been billed as “**The show after the show**”, being a favourite of theatregoers in Covent Garden. If you come to Sarastro and feel miserable, ►

Sarastro has a kitsch charm on the outside but step inside and you'll be transformed to a grand operatic stage!



King Richard's daughter, Sibel

go and seek help or stay at home.

It is exclusively for bon vivants who enjoy the good things in life. Woo-hoo!

A TURKISH DELIGHT

The cuisine is Mediterranean and Turkish, helmed by **Chef Ali**, a Turkish chef de cuisine who used to work at the famous Savoy Hotel in London. He and his four sous chefs conjure up a daily feast of an extensive selection of starters and main courses, showcasing some typical Turkish fare, of which the Lamb Anatolian (my favourite) is the signature dish. It is a generous portion of braised lamb shank cooked to perfection. The mezze starter has a selection of delicious Turkish snacks and the cheese borek, a cheese-filled puff pastry is especially yummy. There are equally delicious menus for vegetarians and kids.

The dessert is pure indulgence, especially Chef Ali's Raki Crème Brulee, infused with Raki, a traditional Turkish aniseed spirit served with 'Medjool Delight' dates. The food may not be haute cuisine, but it is heartily and skillfully prepared. A night out at Sarastro guarantees an evening of joviality and entertainment. A restaurant with good Feng Shui will always have that effect on people.

The food may not be haute cuisine, but it is heartily and skillfully prepared. A night out at Sarastro guarantees an evening of joviality and entertainment. A restaurant with good Feng Shui will always have that effect on people.

THE LEGACY LIVES ON

Today, Sarastro is run by King Richard's daughter **Sibel** and her uncle **Murad**. She is the heiress to his "kingdom". I have known Sibel since she was a teenager. She has

blossomed into a beautiful young lady, now happily married and is presently helming the restaurant and carrying on the legacy of her father's pride and joy. As we sit down for a chat in my favourite opera box in the restaurant, Sibel and I reminisce on the good old days during her father's time and laugh at the antics her father used to get up to.

He was always up to mischief of some sort, like a naughty schoolboy, but always with a touch of mirth and humour. Sibel says pensively, "It was daunting at first to inherit this restaurant, but I am beginning to love the business. It is hard work with 24/7 commitments, but at the same time, satisfying when the business works. I have a duty to honour my father's



Sarastro Restaurant enjoys excellent feng shui symbolism, with opulent gold furnishings and coins indented to the floors that resonate with prosperity vibes.

legacy.” Since she has the DNA of King Richard coursing through her veins, there is no doubt this “Princess of Covent Garden” will do her father proud.

FENG SHUI X-FACTOR

Sarastro is one of the most successful restaurants in London. It is packed all the time, especially on weekends and show nights. Aside from clever market positioning with its unique decor and theme, **it enjoys great Feng Shui.** Located at the junction of Drury Lane and Kemble Street, it is situated at the confluence of energy flows that disseminate into the building.

Unlike any other restaurant in the city, Sarastro is surrounded by a lush mini urban street garden with flowers and foliage surrounding the

exterior of the property grown in pots and troughs right on the pavement. This is one of King Richard’s bequests and plants are such great purveyors of yang energy to the property.

At the entrance, the name Sarastro is spelt out in rows of coins and a few feet from the front door, an indentation on the floor is filled with coins, a wealth-enhancing symbol to the business. The ambience of abundance generates prosperity luck. The main door faces West, which is Sibel’s “personal growth” direction, an excellent position for her to hone in her business acumen and develop the business further. Born in the year of Water Boar with Kua 7, her compatible industry list is “sales”, which is what running a restaurant is all about. Sibel is

taking the challenge of filling in her father’s shoes in her stride. Like a true daughter of King Richard, she is carrying on his heritage and continues to make Sarastro the talk of the town, a destination restaurant that “gladdens the heart, delights the eye and captivates the soul.” In the immortal words of King Richard, **“If Music be the Food of Love, Eat up!”** His soul keeps marching on. ■

Next time you are in London, you must not miss Sarastro! For more info or to make a reservation, go to www.sarastro-restaurant.com



Helen Oon is the author of the *Globetrotter Guide to Malaysia* and the *Wildlife Guide Malaysia* (www.newhollandpublishers.com).

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MY MOTHER LOOKED BEAUTIFUL IN DEATH

My mother took her last breath just after noon time after a hearty meal. It was a peaceful way to go and I was by her side just two minutes later. She was two months short of her 90th birthday and she chose a Monday to leave us, when every one of her children, her grandchildren and great grandchildren were in town to organize and arrange a beautiful send off and last rights for her. She looked incredibly beautiful on the day she died and because we used the package deal offered by Nirvana – to take away the hassle of arranging things – we were able to observe all the traditions and most importantly to arrange for and do all the PRAYERS we had to do to ensure she had a safe and comfortable journey through the BARDO and on to her next rebirth, although we prayed hard for her to be reborn in the Pure Land of Amitabha Buddha – which is the aspiration of all Buddhists, especially Chinese Mahayana Buddhists.

I thought to share this beautiful experience of saying goodbye to my Mum with my readers because it is such a good way **to talk about all the important things that must be done to facilitate her journey** through Bardo and into the next life. The Chinese, especially those of us who are also practising Buddhists, believe that the *soul consciousness* does not necessarily leave the body immediately upon death; it does so only after the liquid mucus comes out from the mouth or nose... and this can take anything up to a week. High Lamas who are able to meditate in the clear light often stay in their bodies (which thus do not go cold) for as long as a week! This is why we usually prefer not to bury or cremate the body immediately.

We must also make certain that upon death, no one should touch the body until someone who knows how to do so can rub *special Kalachakra sand on the crown of the head* of the deceased, using butter to make sure the coloured sand sticks. Next is to *pull the hair at the crown* (rather vigorously). This is to ensure that the soul consciousness leaves the body through the crown, because this is one way to ensure that the soul consciousness does not inadvertently fall into a lower rebirth into the animal, ghost or hell realms. This can happen should anyone inadvertently touch any of the lower orifices of the body. Thus it was really fortunate that I was there with her within minutes of her passing. I also placed the mantra wheel of Namglyama (Buddha of Immortality) directly touching her chest and *tyed the Heart Sutra scarf around her neck*. This way I was able to ensure that her body, speech and mind (represented by her crown, throat and heart chakras) were safeguarded by the Dharma through her passage through the Bardo.

My mum's soul consciousness left her body that Monday and I immediately sensed her great joyousness at being free at last. I felt a very pure joy emanating from her body as she was young again, no longer suffering from her unmovable limbs



As my mum passed away at 90 years, we sent her off not in mourning clothes, but in red.

My mum's soul consciousness left her body that Monday and I immediately sensed her great joyousness at being free at last. I felt a very pure joy emanating from her body as she was young again, no longer suffering from her unmovable limbs and her Alzheimer's, remembering me once more. I felt her smile warmly at me. It was uncanny, but through my mind, she kept smiling and smiling, completely unafraid of what lay ahead.

and her Alzheimer's, remembering me once more. I felt her smile warmly at me. It was uncanny, but through my mind, she kept smiling and smiling, completely unafraid of what lay ahead.

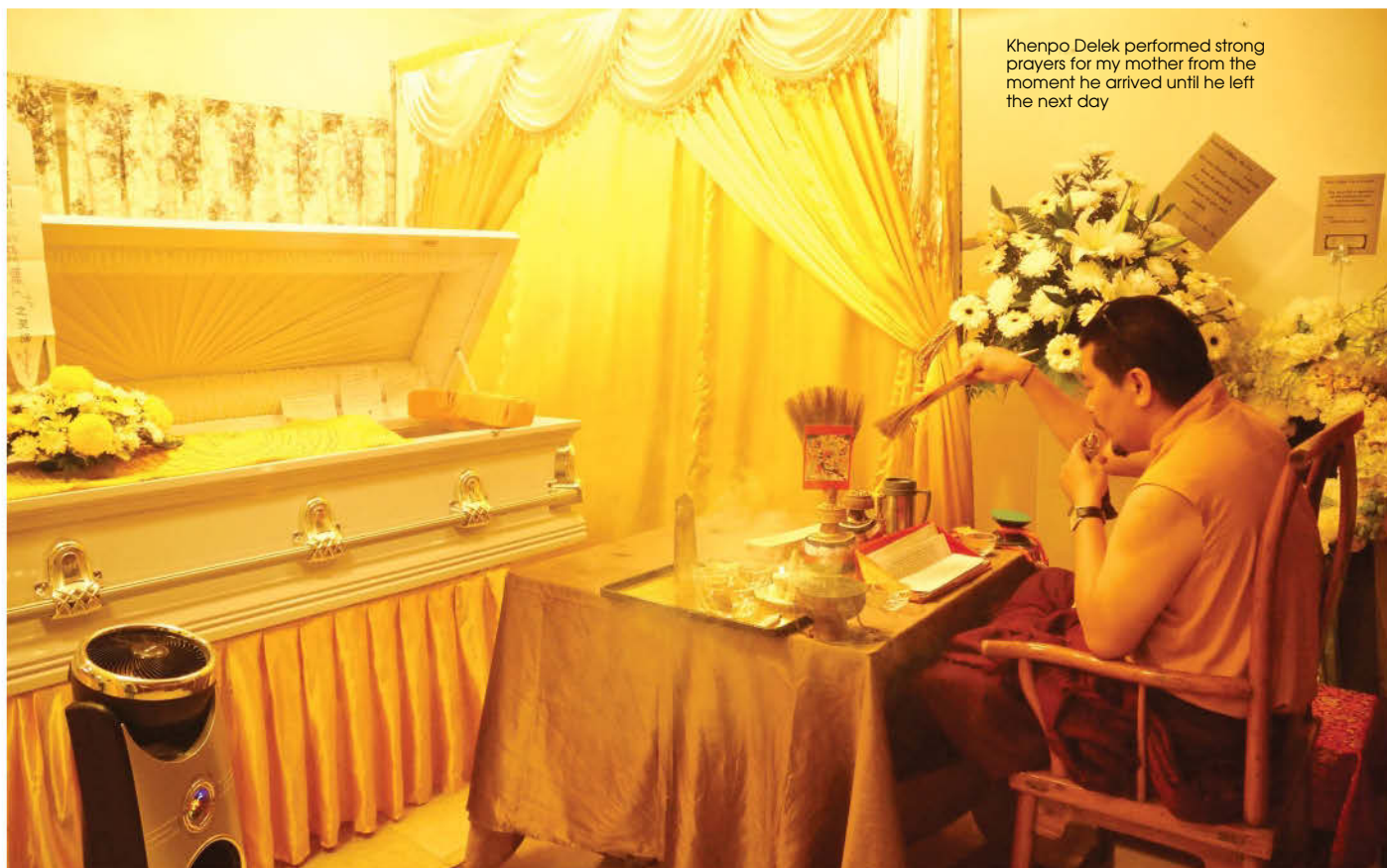
I resisted every effort to burst into tears. I knew I had to let her go and I was determined she should see me as happy as she seemed to be. I did not want even the smallest suggestion of attachment to this life to place obstacles or mar her way through the afterlife. Every member of our family made very sure not to cry in the presence of her deceased body.

I found a picture of her looking happy and healthy and I used this to place in front of the casket. Truly she looked lovely and it brought back such happy memories. I realized then that perhaps old people having Alzheimer's may not be such a bad thing after all. Why? Because I know she did not suffer any pain during the last years of her life. She was bedridden for 8 years. As for her memory, it was

completely gone about six years ago... lying on her bed being cared for by a special maid with nursing training, she had occasionally showed signs of recognition; but all she did each day was listen to the chanting of mantras and pujas from various monasteries.

This purifies all her karmic debts and because she could not move much and could not speak and her mind had become forgetful, *she surely could no longer incur any more negative karma through her body, her speech or her mind*. This realization gave me great comfort. In those years when she stayed bedridden, we had arranged for so many prayers for her, done by all my high lamas who visited me, who stayed at our home and who got to know her quite well. They prayed for her soul consciousness to be purified of all the negative karmic debts we all incur in life...

Our prayers must have been answered because so many auspicious signs manifested for us to feel reassured ►



Khenpo Delek performed strong prayers for my mother from the moment he arrived until he left the next day

that everything we could possibly have done for her actually got done – smoothly and without effort. My precious Guru, the incomparable **CHODEN RINPOCHE**, called within 30 minutes of her passing and told me He would be doing AMITABHA POWA for her immediately and He did. This is a special prayer, which ensures that her soul consciousness knows exactly how to move towards the bright light and to avoid the dim light, and more importantly, to invoke the dakinis to be by her side helping her along the path to the Pure Land of *Sukhavati*, which is the Pure Land of Amitabha, Buddha of Infinite Light.

The next day, my very precious and learned friend who is also my very beloved Guru, KHENPO DELEK RINPOCHE flew in from Taiwan in a surprise 1 day visit to do all the essential prayers through the day and night – stopping only to rest and have a light meal. Khenpo's incredible kindness did not stop there for he had earlier arranged for POWA to be done for my Mum by his root guru HH TATLUNG RINPOCHE, the Head of the Nyingma tradition and also HH SAKYA TRINZEN RINPOCHE, the Head of the Sakya Tradition, with

whom he is also very close. And then He himself had come. He had brought with him the all-important 100 Deities of the Bardo silk covering, which he immediately placed over her. Then he placed the precious ZUNG DU lineage text above her head as he said prayers for her.

Honestly, this kind of incredible kindness brings a big lump to my throat; you would feel the same too if you know just how precious this is for my mother's soul consciousness. It is the best thing I can do for my mother. Khenpo's visit just blew us all away, made me feel that this is surely a Bodhisattva, someone so pure and genuinely kind, because he had taken the first available flight to come and be with me, with us. His prayers by her side are all the most vital Bardo prayers, which only he could do. Although later he told us what *Purifying prayers and SUR practices we needed to do* for her daily and weekly during the 49 days after her death. Because she had chosen a Monday to leave us, the big prayers every 7 days fall on a Sunday when everyone can come. It was all very auspicious...

We decided to keep the last rites and the funeral low key, so we informed

only my closest friends and relatives. We also decided against an Obituary, because I could not think of any of her friends who were still alive... and in the end, it turned out for the best, as we had a very intimate group come for her Wake and my MAFIA join us at the Prayers, which Khenpo presided over. We did a beautiful SUR Fire Offering of food and five coloured cloth to ensure she did not go hungry or feel the cold in her journey through the Bardo, using the opportunity to also offer food to all the Spirits, Dakinis and other worldly beings my Mother's soul consciousness would encounter in her journey to the next life...

Next day, we performed the last rights and Khenpo Delek flew back to Taiwan. He told us to save part of her ashes to be made into Tsa tsas (miniature Stupas) to take with us on our holy pilgrimages. This would represent the *offering of her body to the Buddhas* and doing this for her, for instance in Bodhgaya where Buddha attained Enlightenment, would be an amazing offering. When we picked her bones the day following the cremation, it was pristine white. We scattered some of it into the sea like for my father 20 years ago. ■

OBLITERATE ALL OBSTACLES

The *Dusum Sangye* prayer is Guru Rinpoche's most powerful seven line invocation for removing huge obstacles! Hang this plaque in your home and chant his prayer every evening to overcome any problem you may have!



PRAYER TO GURU RINPOCHE TO CLEAR AWAY OBSTACLES ON THE PATH

Precious guru, embodiment of all buddhas of the three times;
Great bliss, the lord of all accomplishments;

Wrathful power, who dispels all hindrances and subdues demons; Pray
bestow your blessings. Please remove the outer, inner, and secret obstacles
and grant your blessings to accomplish wishes spontaneously.

Du sum sang gyay guru rinpoche
Ngo drup kun dak de wa chhen poi zhap
Bar chhad kun sel dud dul drak po tsal
Sol wa deb so jyin gyiy lap tu sol
Chhyi nang sang wai bar chhad zhi wa dang
Sam pa lhun gyi drup par jyin gyi lob



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Sol wa deb so jyin gyiy lap tu sol
Chhyi nang sang wai bar chhad zhi wa dang
Sam pa lhun gyi drup par jyin gyi lob

In Orgyen country along the Northwest end. On lotus flower rising on its stem. Supremely wondrous
Siddhis you then found. Becoming the lotus born you're now renowned. At your feet beautiful dakinis dance
and bow. Following your practice we pray each day. To shower down blessings we fervently pray.

GURU PADMA SIDDHI HUNG.

། ཨོཾ ཨུམ་རྩུབ་ཅུ་གུ་རུ་བདུ་མི་སྒྲི་ལྷོ། །

OM AH HUM VAJRA GURU PADMA SIDDHI HUM





Relics of Guru Rinpoche and the sage Kondanna



Relics of Shakyamuni Buddha



Relics of HH Penor Rinpoche

SACRED RELICS DRAW ME BACK TO LDC

Two nights in a row, I dreamt of the sacred relics of Buddhas and Buddhist Masters that were visiting Malaysia last month. The morning in between the dreams, I saw a press write-up about the Exhibition to be held at LOSANG DRAKPA BUDDHIST CENTER, a meditation society I used to visit and help out with previously. I read it as a sign to pay LDC a visit and to benefit from the sacred relics that were on show there for three days.

I love the feeling of peace and bliss that engulfs me each time I am in the presence of the **Maitreya Tour** relics. I have seen many of these relics formerly, and I also possess some very precious relics that have made their way to my home altars. Lama Zopa has in the past given me (and my friends) personal viewings of his collection each time I visit him at Aptos, his home in the United States, so I feel a strong connection to these relics. Given a chance to view them again and also to benefit from them

once more seemed too precious a chance to pass up.

I brought my daughter and grandson Josh with me and it was wonderful. I loved the energy of LDC all over again, and I have to congratulate those looking after the center for how beautifully they have maintained the place. It is so authentic and I am certain it benefits so many people who want to connect with Dharma. This is a place where anyone can get basic explanations. I always tell people that Buddha sets no conditions to helping others -

there are no pre-conditions. Anyone can receive blessings. All that is needed is your own strong request for knowledge.

Visiting the relics Show at LDC, it was like I never left!

These relics are part of the *Maitreya Loving Kindness Touring Exhibition* that started in 2011 to showcase Lama Zopa Rinpoche's personal relic collection. Since then, the Exhibition has expanded considerably. The collection has grown substantially with additions from other Masters, including relics from other Buddhist Traditions. To date, the relics have visited over 66 countries in six continents, and at least two million people have been blessed from just laying eyes on them and thinking devotional thoughts when near them. Relics look like small crystals and tiny white pearls found amongst cremated bones of great Masters. Relics also emanate as tiny coloured chips of precious agates and other gemstones. Sometimes body parts like hair, teeth and bone fragments of ancient Buddhas and Bodhisattvas

retained from another time and place also make their way into the monasteries and private collections of great Practitioners and Masters. These types of relics are often found inside ancient Stupas or handed down from master to disciple over the centuries. A great many precious relics make up the collection that travels the world as part of the Maitreya Relic tour.

I was especially taken with the relics of the historical Buddha SHAKYAMUNI – these are just too awesome! This time around, I was also over the moon when I saw there were relics of some old Nyingma masters, including relics of **Dilgo Kyentse Rinpoche**, of **HH Penor Rinpoche** and even of **Longchengpa**, one time Abbot of Samye monastery. Most of all, I saw an old letter written by **Yeshe Tsogyal**, the dakini confidante most intimately connected to **Guru Rinpoche** and relics of Guru Rinpoche himself.

I was genuinely glad I listened to my dreams and made the effort to reconnect once more, not just with the relics but also with the Center that played host to them, LDC.

I am truly overjoyed that the place is in good hands, with people



Beautiful offerings of candlelight and fruit made to Mother Tara and her twenty one emanations

who revere Buddha so sincerely and who are benefiting so many with their devotion. This is a picture of the Tara altar I set up at LDC many years ago. It is even lovelier today after many years of devoted prayers. The

main Tara was a gift from Rinpoche; there are several sets of 21 Taras. The backdrop art was by a Katmandu artist; the *tsa tsas* on the wall were from moulds made by the monks of Nalanda Monastery in France. ■

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6 AMAZING RENOVATION TIPS

The next time you venture into a renovation project, ask yourself what the purpose of the renovation is, and what you are trying to achieve from it. Set out some guidelines to determine key criteria, so that your project goal is always in focus and your budget not blown out of proportion. Here are six vital key areas to stay aware of before you commence on any project.

01 What is the PURPOSE of the renovation?

Ask yourself before you start any renovation project what you are trying to achieve. Are you renovating in order to be able to rent out the property - which then assumes that the main goal is to maximize your profits? Or are you renovating a home you are currently living in, which could mean you would like to have minimal disruption to your daily life with a small renovation, or a full-blown fit-out exercise which will require you to move out during renovation works?

When renovating for the *purpose of rental*, you need to understand the ultimate goal behind the exercise. In this case, the goal is to maximize profits for as long as possible with minimal maintenance works needed. It is important to take note that regardless of what quality of finish and equipment you place in the home, everything will slowly degrade over time. The key is to introduce items that degrade the slowest, without a high-cost implication.

If renovating for *just for a facelift*, try to reduce the impact of works. Avoid works that involve demolition, internal wiring and plumbing, as these involve higher budgets and also more disruptive works.

If renovating *for one's self*, where the concept of "Anything Goes" comes to mind, you can entertain any number of ideas, but you always need to take a step back now and again to assess the other key criteria to ensure your project can stay on track.



02 What kind of BUDGET do you have?

Always set a budget regardless of what type of renovation you have in mind. If renovating for rental, work backwards by determining the medium and maximum rental rates you can get for the location. Remember that regardless of how much effort and beauty you place into a house, the market forces will ultimately prevail and determine the rental range. So avoid high expenses that may not have a significant impact on the rental, focusing instead on the things that are inexpensive but which gives you greater flexibility on what rental rate makes the exercise profitable.



Start with your material palette. Avoid expensive items such as marble and granite, which may offer an extensive visual appeal but would hamper you when matched against rental income. Look at alternatives such as marble effect ceramic tiles, which can still offer the “marble” look but at a fraction of the cost.

Next, think of the space. Every little bit of square footage can be additional income rate for you. Look at how best to extend the home without smashing the budget. Ideal areas to focus on would be public zones around the house, such as the living and dining rooms, including the dry kitchens. These are the key areas people focus upon when viewing a home for rent, and can sometimes be the decision maker in whether you secure the tenant or not.

Next, look at the landscape and introduce items such as a pond or water feature, and plenty of greenery. The one thing I realize is that the use of a swimming pool can sometimes be overstated. Realistically, we will never be able to build a swimming pool to satisfy our aquatic needs, but we can build a pool to suit our leisurely needs. For example, instead of building a lap pool, which then tends to be long and narrow and visually disjointed, consider the use of a plunge pool, where the pool is designed for people to cool down and congregate.

If you want to be more adventurous, introduce a jacuzzi system or even a mechanical jet for stationary swimming. And always remember to spend on the landscape, as there is no better attraction to a house than a garden that is lush and vibrant.

And finally, avoid the frills and focus on the essentials. Try to avoid unnecessary costs that have little or no impact on the rent, such as the selection of bathroom accessories to lights and cabinetry. Refrain from be exploited by your emotions and impulses, and remember the ultimate goal, which is to maximize profits.

On the other hand, if you are renovating for your own

personal needs, refrainment is thrown out the window. The mindset and criteria guidelines have all changed as it is then important to take note that what we put in we will have to live with. There are however different items to go through first when assigning a budget, as not everyone has a limitless budget. The first item to look into is the *structure* of the home. Always spend on things we never look at, as while these are things we would never see, it is the backbone in a long, everlasting, maintenance-free environment.

For example, ensure the wiring used for the lights and power points are all certified by the leading industry standards. This will prevent shorting later on, or burnt-out wires which would lead to escalating costs later on. Similarly, the type of pipes and internal connectors all have an adverse effect in the upkeep of the home. Avoid counterfeits and stick to the manufacturer’s recommended fixtures, as a dollar saved today will be a hundredfold later on to rectify.

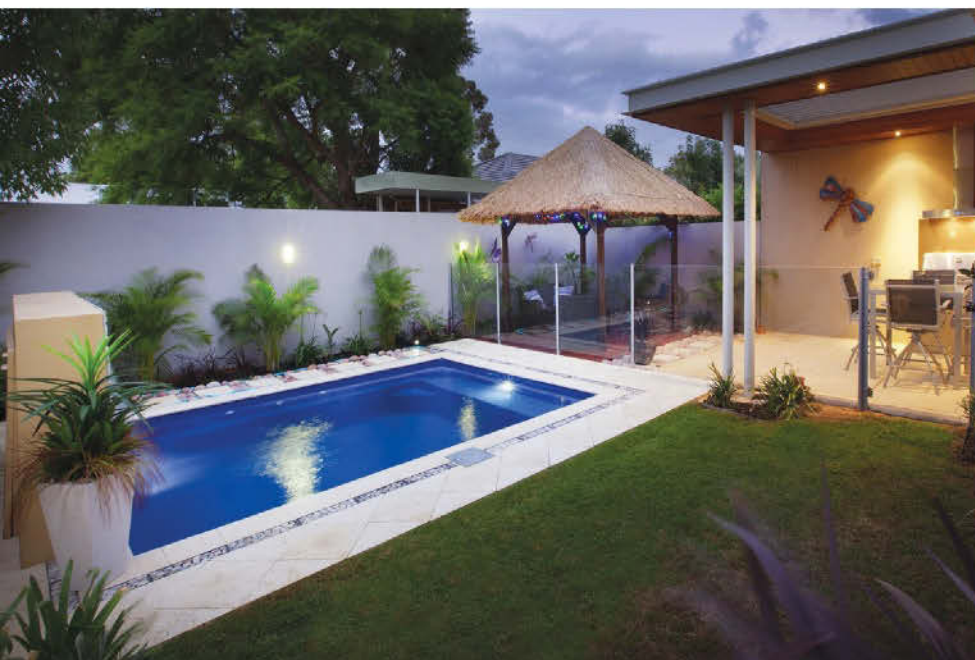
Once you have assigned a budget for your backbone, the remaining balance can then be used for the aesthetics of the house. And the selection of such items will be determined by personal appreciation and use. I would however always think of the shelf-life of your selection, and to remember that what looks nice today may change within a year or even sooner.

03 What is the Shelf-Life of the Various Components?

In a weird way, there is satisfaction in knowing that nothing lasts forever. Once you have accepted this, your expectation of what to buy is reduced, and you can then appreciate and use your things more. For example, do not assume that just because you don’t use something that it would never get spoiled; in reality, the less we use an item, the more likely for it to deteriorate over time.

Consider cabinetry works - lack of maintenance would result in a high collection of dust and moisture in the cabinet, causing peeling, odour and discolouration. However, excessive use may cause accelerated wear and tear, so when building cabinetry, it is not only important to preserve the aesthetics but even more important to ensure the mechanisms are designed to ensure a long shelf-life.

Similarly, with the selection of finishes such as sanitary ware and fixtures, a good rule of thumb is to avoid coated items such as chrome, and instead, select stainless steel items. While stainless steel may have a higher initial cost, its maintenance and replacement costs will offer higher benefits in the long run. In addition, consider the brand name items, as not everything is built equally. Not only ▶



do branded items offer a wider range of aesthetic selection, their items have gone through more vigorous quality control checks, which would translate into a longer shelf-life.

Also, what should you select when it comes to the mechanical and electrical items of the home? From experience, I find that different products work well at different stages of their product development. Do your own research and ask around about what works well and what doesn't. But having said that, don't expect everything to work without a hitch, as more often than not, you may encounter a situation where the product fails soon after you purchase it. Always remember that in every product line, there will be a small percentage of defects, and sometimes it is luck of the draw if you receive such defects. It is thus important to research the market to select a brand that has the least number of defect cases.

Similarly with lights, should you go for the more expensive, longer-lasting LED's, or stick to conventional PLCE and halogens. While there is a substantial cost implication, which may create an impact on your assigned budget, it is important to understand how you will be using your lighting. People tend to think of lighting in the terms of luminance, but it is better to think of lighting in terms of moods.

While LEDs do offer large benefits in cost savings in terms of shelf-life and energy consumption, the light emitted tends to be 'hard'. For example, the shadows it creates are harder lines and when used to illuminate decorative items, the brilliance of the product is not the same as when using a halogen fixture. Therefore, I find a balance of lighting is essential, but maintaining the PLCE lighting to create a soft ambiance while replacing localized lighting such as wall-washers, tracks and spotlights with LEDs makes sense, as the cost benefits outweigh the benefits of halogen lights.



04 Which is More Important – Time or Cost?

The next criterion to keep in mind is the balance between time and cost. In a perfect world, we would like to have everything done quickly, on time and at a low cost; but in reality, to speed up works would require more resources and hence more costs. So before you begin a project, ask

yourself what is more important to you. Would the time saved be spent on much better things or do we have ample time that we don't mind taking time to work on the house? Remember, the balance is a give and take, and should be a decision we maintain all the way to completion.

The worse scenario is to undertake a project with the intention of spending time and running around, only to falter during the midway point. Which by that time the project goes into a situation whereby no one wants to pick it up, and then it stalls, resulting in the project being placed in limbo.

In Project Management, there are only two factors that affect costs, and these are *resources* and *time*. The more quickly we make decisions, the more quickly works can be executed and the faster you can get your home. When there is indecisiveness, time delays can affect the budget adversely, as whether work is being done or not, salaries are still being paid.

Likewise, a lack of resources affects how quickly works are executed. The amount of resources being pumped into a project is determined by the owner's expectation on time and costs. So consideration of this criterion has major implications to how the project is run. On many occasions, a project is started off on the wrong foot with wrong time-cost assumptions, resulting in delayed or stalled projects; and the main cause is usually misinterpreted expectations. So be realistic when assigning

05 How Do You Maximize Functionality?

During every phase of the renovation, you will have to go back to the drawing board, whether it is to review the design or to review the costs. What happens next is to dig deep into our bag of techniques on how to achieve our design goals without compromising too much on the aesthetics.

So in a renovation project, look at the key items that would have major cost implications, such as cabinetry works, lighting and soft furnishings. These are items that can be changed with little effect on the overall look, but can change how much you have to pay dramatically, depending on what materials are selected.

For example, when we design cabinets, there are two elements to it. The first is the internal portion (or the functionality element of the cabinet) and the second is the external (or aesthetic finish). Internally, we should not compromise on the mechanism and fixtures, as the cabinets are meant to stand up to daily usage and load impact. Similarly the external finish can be value-engineered based on the cost criteria between PU paints, AC paints and laminate finish, to achieve the budget requirements. The key is to prepare a design where no matter what material is used, it stands out. The focus is thus not on the material but on the overall visual concept.

Other items such as soft furnishings can also have a huge impact on the renovation budget, so keep in mind what is essential and what are frills.

Focus on essential items first. If for rental, consider if



the rental market requires a fully or semi-furnished unit, and identify your target market. More often than not, renters come with a container in tow and may not need your furnishings, which would then become unnecessary added costs, as storage for those items would be required. If for your own personal use, look at the type of furniture in the market, as sometimes it may be cheaper to customize your own furniture than to buy off the shelf.

Even for items such as curtains, weigh the difference between fully imported curtains versus readily available market products, as the cost implication can be substantial. Avoid limited edition items unless surplus quantities can be afforded, as replacement at a later stage may become an issue.

06 How Best to Anticipate for the Future?

And finally, renovate to suit your timeline. We have already highlighted that the most essential aspect of your renovation is to ensure the internal elements of the house are of the utmost quality. The next stage then is to build depending on what your expectations are for the future, and to ensure such works are non-disruptive to the household.

For example, when building for the sake of rental and then personal

use, identify which areas you want to renovate first, and which areas would be renovated at a later date. Allow the facilities to be readily available such as wiring works, plumbing, sewerage and drainage. By doing so, any future expansion would be dependent on your needs, and any works would have minimal impact as the core costs have already been captured in the first renovation phase. Without proper planning, any future expansion

may result in additional demolition and modification works, resulting in unnecessary costs and a disruptive environment.

Another thing to consider is how you may want to expand the home later, in line with the growth of the family. As we start out in life there are the parents and then young children. But as the family grows, the need for space does also. So the question is how to best expand the house to suit the needs of a growing family. Therefore the next time we start to renovate, think of what the main purpose of the renovation is, as different uses involve different design criteria. Always assign a budget and allow the project to work within the limits of the budget. Never assign a budget with an expectation of something higher, as there is no moment as depressing as the inability to achieve the expectations in your mind.

Keep a realistic approach and maintain a tight timeline with each set task. And finally, keep in view that the ultimate goal is to complete the project. When renovating, ensure to map out the path of what we want to achieve, what we need to achieve it, by when we want to achieve it, and our expectations. ■



For Interior Design services and consultancy, contact Chris Yeo at chris@eminentbuilders.com

ELSIE CHUA

BALANCES WORK WITH INDULGENCES

OE chats with one their satisfied customers who is Executive Chairman of property developers Plenitude Bhd, a charismatic corporate lady, successful business lady, practical practitioner of feng shui & lover of fine jewellery. She shares her thoughts on work, family, feng shui & fine jewellery.



Plenitude Bhd has a diverse portfolio of properties and their developments are famous for their strategic locations, easy accessibility and comprehensive amenities. What is more unique is that all their developments conform to good feng shui principles and this is simply because their Chairman is an avid user of this living skill. Their developments include Taman Desa Tebrau in Johor, Taman Putra Prima in Selangor, Bayu Ferringhi in Penang, Lot 88 Perdana Heights (note very auspicious lot number!) in Kedah, and Bandar Perdana, also in Kedah. Plenitude has recently ventured into hotels, owning Four Points by Sheraton in Penang.



Mystic knot necklace set with Diamonds

Do you incorporate feng shui principles when designing your housing projects?

We are a local developer so we always take feng shui principles into consideration, not just because the local market demands it, but also for practical purposes. A lot of feng shui principles make the design of a home better to live in and more comfortable for the occupants. For example, correct orientation of a building allows sunlight to bathe the interiors of a home, giving the homeowner a good start to the day. While personalized factors should also be taken into account, there are generalized rules to follow when designing a base from which one can later customize a home. Careful positioning of windows is another – to allow the correct flow of winds to enhance

good ventilation. High ceilings, while they enhance a premium home, also help generate positive energy by bringing a feeling of spaciousness to the living area.

As a woman at the top, what is your secret to keeping a harmonious and productive team at work?

Being a female in top management does not necessarily make things easy for me, but there are advantages! Perhaps my feminine energy means I am more sensitive to the people



Diamond Ring set in Tanzanite.



around me; I put pressure to get things done but I also know when to pull back because you cannot push TOO hard.

Sometimes you have to let others work out how to shine on their own. Ultimately, to be a good boss you need to give good direction, and being decisive instills confidence among one's peers. This is what instills loyalty and tight teamwork.

How do you juggle work and family life?

While I am busy with a lot on my plate, I'd like to emphasize that behind every successful woman is an understanding and supportive family. It is all about prioritizing and planning. But I wouldn't trade family for a career; my home and work life complement each

other. I am blessed with what I have and without a doubt, my greatest blessing is my family. Now that my girls are grown up and are building their own careers, I have time to indulge myself doing what I love such as joining my husband when he goes scaling mountains and... other adventurous activities!

We know you love your jewellery! If you were to choose your most desirable pieces from the OE Collection, which would they be and why?

I love jewellery so much that I have a piece for every occasion and every mood! When you put on a classy piece of jewellery, it magically transforms your aura, lifts your spirits and elevates you to sophistication. I am such a believer of fine jewellery that I have amassed quite a good collection! Now I buy investment-worthy pieces only and I always get them from OE. I love my emerald earrings and now I have my eyes on some rare tanzanites. My daughters are complaining! ■



Earrings in Emeralds & Diamonds.

Jewellery featured available exclusively at OE Fine Jewellery. For enquiries, call OE@KLCC 03-21623323 email to sales@oejewellery.com.



CHENREZIG MANDALA PENDANT

This finely-crafted solid 18K pendant features the mandala mansion of Chenrezig, also known as the Goddess Kuan Yin. Wearing this pendant attracts precious blessings and protection from Kuan Yin to overcome premature death, accidents and financial misfortune. In 2014, the Five Yellow flies to the Northwest, afflicting the luck of the Patriarch, as well as those born in years of the Dog and Boar. Wear this pendant to avert misfortune and empower it by chanting the mantra of Chenrezig: OM MANI PADME HUM.



Available at all World Of Feng Shui Boutiques or visit www.houseoftoo.com • www.fsmegamall.com



WORLD OF FENG SHUI

INVITING STYLISH AND AUSPICIOUS PIECES THAT ADORN YOUR HOME...

Decorating your home with good fortune symbols is a practice that our ancient Chinese ancestors have honed into a fine art! With the help of the feng shui compass, one can strategically map out the right locations to position carefully crafted feng shui sculptures that not only transform the energy of your living space, they create a stylish ambience that attract prosperity and good fortune. Here at World of Feng Shui we are delighted to bring you our beautifully crafted feng shui cures and enhancers that not only balance the feng shui stars of the year, they beautify your home with grace and splendour. Visit our showroom at Mid Valley Megamall today and invite home our limited edition show pieces. Every piece in your home is sure to attract compliments!



WORLD OF FENG SHUI






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GOOD or BAD DAYS TO CUT HAIR



There is a little-known and rare sutra which reveals the consequences of cutting your hair on the wrong days – and the extraordinary benefits of cutting it on the correct day. The right and wrong days are based on the Tibetan Calendar and for your benefit, Feng Shui World has transcribed these good and bad days into the Western dates for you.

JUNE 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30 GOOD You will attract a sudden windfall of high value! You could receive a surprise bonus, an expensive gift or an opportunity to make some money.</p>						<p>1 GOOD Cutting our hair today leads to a brighter complexion. Your aura of attractiveness will increase and people will gravitate towards you.</p>
<p>2 GOOD Your possessions will increase. You will effortlessly acquire a new asset: e.g. a car, property, electronics or clothes.</p>	<p>3 BAD You could be sued in court or suffer a major altercation with the authorities on official business. You become quarrelsome with others.</p>	<p>4 BAD You could be sued in court or suffer a major altercation with the authorities on official business. You become quarrelsome with others.</p>	<p>5 BAD Your inner essence and vitality will be depleted. As a result you feel weak and unable to cope with even minor challenges. Avoid.</p>	<p>6 GOOD Increases your life span! This is a good day for elderly folk above the age of 60 to cut their hair!</p>	<p>7 GOOD Friendships flourishes. Those interested in romance will meet someone new, or rekindle an old flame. You may run into an old friend.</p>	<p>8 GOOD Power and authority comes to you. You could get promoted or asked to lead a new project. Your powers of persuasion improve.</p>
<p>9 GOOD Your intelligence and knowledge will increase. An excellent day for students and young children to cut their hair.</p>	<p>10 BAD Brings danger and violence. You could have an accident, get mugged, be attacked or fall into a hole. Avoid at all costs.</p>	<p>11 GOOD Good fortune comes to you. Luck in all areas of your life improve. Small obstacles are overcome without much effort.</p>	<p>12 GOOD Wealth accumulation and possessions increase. Investments yield good harvests. You could acquire new property or new business.</p>	<p>13 GOOD Cutting your hair today brings auspiciousness. Your life becomes smoother and you are blessed with good timing on all activities.</p>	<p>14 BAD You lose something or someone of value to you - like an important friend or loved one. You may be asked to leave your home.</p>	<p>15 BAD Lowers your inner resistance to dark magic and spells. Your complexion will grow pale and you could meet with an accident.</p>
<p>16 GOOD You will have powerful and influential friends. A mentor or personal friend/relative will offer really good advice or a helping hand.</p>	<p>17 BAD You lose your main source of income and the support of someone influential. A dark cloud will form over your head.</p>	<p>18 BAD You will catch a debilitating disease or fall very ill. Young children and elderly folk are most vulnerable and should not cut hair today.</p>	<p>19 GOOD A job offer or promotion will come to you. Bosses will notice and recognise you. You could be giving a money making opportunity.</p>	<p>20 GOOD Your enjoyments increase in all ways. You receive good news and be guided towards a happier and more comfortable life.</p>	<p>21 BAD You develop an eye infection and vision problems. You will miss important events and meetings in the near future.</p>	<p>22 BAD You will contract a contagious disease. You could catch a skin rash or an acute viral infection.</p>
<p>23 GOOD Brings the blessings of happiness. Your spirits lift instantly. Problems will find solutions. Heart break will dissolve. Good news is coming.</p>	<p>24 GOOD Your good karma and wish fulfilling powers increase. You attract kindness and generosity from others around you.</p>	<p>25 BAD You will have misunderstandings and conflict with others. Your relationships with your spouse, relatives and friends deteriorate.</p>	<p>26 BAD Your mind and spirit essence weakens considerably. You become vulnerable to spirit harm, depression and mental illnesses.</p>	<p>27 BAD You attract unpleasant spiritual encounters with ghosts and wandering spirits.</p>	<p>28 BAD Shortens your life span. Elderly people over 60 and sickly individuals should avoid cutting hair on this day.</p>	<p>29 BAD You could get sick or contract a disease. Avoid cutting your hair or shaving today if you have low life force or poor health this year.</p>

JUNE

FOR WEALTH, HEALTH and HAPPINESS

Our new lifestyle planner tells you what to wear, what to do and which amulets to carry to make the most out of the energy stars visiting these two months! The numbers represent the days of the month – just mark them on your calendars and follow our guide!

8 17 26

WEAR THE SEED SYLLABLE TIE

Men are particularly vulnerable to the negative energies on these days. Wear the **Seed Syllable Tie** to protect yourself against predatory females and attacks from jealous colleagues. These are not good days to take risks.



5 14 29

RINSE YOUR HAIR WITH BEER

These are excellent days to give your hair a *beauty treatment*. Rinsing your hair with beer nourishes it with vitamins and leaves your hair voluminous and shiny. It helps remove dandruff, promote hair growth and reduce build-up left by hair products. Open a bottle/can of beer and let it sit for 2 hours to flatten out. After shampooing and conditioning your hair (as normal), pour the beer over your head and massage the beer into your hair. Let it soak in beer for several minutes, then rinse off with cool water.



1 10 19 24

ATTEND A CLASS IN SELF-DEFENCE

Violent energies are latent but not strong on these days – but nevertheless it's good to be careful! Sign up for a course in self-defence this month and learn to watch your surroundings more carefully! Carry the **Anti-Burglary Amulet** on these days and stay vigilant when walking in car parks and quiet lanes.

WEAR THE VICTORY PRODUCING MEDALLION

The luck of victory is VERY weak on these days. If you have important meetings and deals to sign on these days, wear the **Victory-Producing Medallion** to ensure success in your undertakings. These are days to avoid starting anything new.



4 13 30

PLANT A TREE OF WEALTH

The strength of Wealth Growth Chi is super strong on these days! Capture this luck by planting a "wealth tree" in the Southeast part of your garden! If you don't have a garden, then purchase a potted plant or display the **Wealth Granting Tree** next to you to attract growth and prosperity! Wear the **Wealth Granting Tree prosperity amulet** on these days.



2 11 20 23

WATCH A ROMANTIC MOVIE

Romance is MEGA STRONG on these days as the Triple 4 is in the centre of the chart! It's a great day to go on a date with someone special! Whether you're watching romantic movie or curling up together at home, wear the **Double Happiness Pendant** to maximise love vibes. These are good days to charge your Love Mirrors too!

7 16 27

6 15 28



TAKE A JOG IN THE PARK

Mood swings are high on these days and you could find yourself engaged in high-octane conversations! Avoid gossipy chit chat and use the time to work off stress! A jog in the park or a session on the stair-master will help! Everyone will seem a little more wired than usual so wear the **Medallion for Calming Angry People** to keep emotions under control. These are days to avoid discussing anything important.



FLYING STAR

June

SE		S		SW
	3 3	8 8	1 1	
E	2 2	4 4	6 6	W
	7 7	9 9	5 5	
NE		N		NW

5th Month of the Jia Wu Wood Horse Year (6th June 2014 - 6th July 2014)

In each of the 9 grids, you will find 2 numbers. The number in the upper left corner indicates the annual star and the number in the lower right corner indicates the monthly star. Use a reliable compass to determine your directions or locations; the relevant grid for the kind of luck that will affect everyone in the household during that particular month. Also, if the room you occupy is located in the north sector, then you will be experiencing the kind of luck indicated by the stars there.

3
3

SOUTHEAST

This is an extremely stressful month with conflict and discord between family members. Minor disagreements could escalate into major fights and even lead to legal problems! Avoid noisy activities in this area. Place a **Red Laughing Buddha** or **3 Legged Bird with 3 Suns** here to control the afflicted chi. The double stars of conflict also indicate the possibility of violent fighting. Use fire energy of **lights** or **red furnishings** to exhaust the energy. Married couples living in this sector should wear the **Double Happiness Symbol** this month to keep their reunion strong.

8
8

SOUTH

The South brings fantastic wealth creation luck to occupants this month, particularly to females. This sector is extremely fortunate, bringing wonderful money luck and is especially good for accumulating property. Enhance this area with a **Inukshuk water feature**. Boost the chi by increasing activity. Spend more time in this sector. Face your best direction and sit in this area to increase sales and see your investments reap returns.

1
1

SOUTHWEST

There will be many new opportunities for you to excel in academia and research and in the artistic, literary and creative fields. Display a **Pagoda** or **Child with Pen** to bring literary luck and creativity. Wealth is also promising and money-making opportunities abound. Display a **Bejewelled Wealth Elephant** to cause money luck to crystallize. For the ambitious career person, this month is a good chance to create the kind of fortune that brings good career, fame and money luck. Display a **General Hua Mu Lan** to enhance career luck.

2
2

EAST

These unfavourable stars magnify negative feelings, causing unnecessary worry. Display a **Golden Laughing Buddha** here to take away worries and problems. Occupants of this sector are likely to fall ill frequently and be prone to digestive problems and diseases of the liver. Display a **Wu Luo** for protection from illness chi. serious injuries caused by accidents are possible. Hang a **Medicine Buddha Plaque** to exhaust the ill energy here. Elderly or ill persons should move out of this sector for this month.

4
4

CENTER

Success is indicated for those involved in academic pursuits or creative ventures in artistic fields. Enhance luck with a **Calligraphy Set** or **Chi Lin with 4 Scholastic Objects**. Writers and students preparing for written examinations benefit greatly from this combination of stars. Display a **Clear Crystal Point** on your desk. Romance and love luck flourishes as the stars make those who reside here very attractive to the opposite sex! Place a **Double Happiness symbol with Birds**.

6
6

WEST

Excellent money luck from heaven brings good fortune of windfall and monetary gain. This is especially beneficial for young females of the house. If your bedroom or living room is located in this sector, try to spend more time here. The Double 6 bring promising business success. Activate it with **6 Gold Bars** and **6 Gold Ingots** or a **Bejewelled Box** filled with treasures in this area to attract heaven luck. However, there is possibility of accidents caused by metal objects. Be careful.

7
7

NORTHEAST

The violent stars appear in a pair this month, bringing double misfortune to the northeast and causing the threat of burglary and violence to increase, particularly to young males. Those who reside in this sector should carry a protective amulet. Place a **Yang Water Feature** in this area to reconcile the elements. Avoid sharp metal objects, which can lead to injury and bleeding. The excess of metal energies will affect the eye region. Try not to overwork. Keep this area well-lit and protected by displaying **Anti-Burglary Plaque** and a **Pair of Blue Rhinoceros**.

9
9

NORTH

The luck of those living in this sector could be either extremely good or terribly bad depending on the numbers dictated by the natal chart of the house. But the good news is that there could be promotion luck and fantastic job opportunities for anyone residing in this sector. Enhance with fire energy. Make sure this area is well-lit as relationship luck is good this month. Enhance with a **Crystal Cluster** or **Natural Crystal**. Take advantage of the auspicious chi here by organizing social events and spending time here.

5
5

NORTHWEST

The deadly month Five Yellow joins the annual Five Yellow here to form a dangerous combination bringing misfortune and loss of money, especially to the Patriarch. Carry a **Kalachakra Stupa Keychain** at all times and place a **Vairocana Stupa** in this sector. The energies of the sector create danger of illness and serious accidents that can be fatal. Hang an **all-metal 6 Rod Windchime** to exhaust the afflicted earth energy or display a **Dragon Horse on Tortoise** to overcome the unlucky stars. Avoid sleeping in this sector.



Rat

1936, 1948, 1960, 1972, 1984, 1996



Another excellent month for the Rat when good things happen one after another. You are on a roll, and the only thing that can stop you this month is exhaustion! You may not be able to keep up with your good luck! Wear the **12 Eyed Dzi** to give your energy levels a boost, and the **9 Eyed Dzi** to increase wealth luck. To boost success luck displays a **Money Tree** in the north of your home. Carry a **Jade Allies and Secret Friend Amulet** to attract helpful people into your life. If you are single and looking for romance, enhance the SW of your bedroom with a red lampshade and a pair of Magpies. In addition, activate Peach Blossom luck with a **Rooster** figurine in the west.



Ox

1937, 1949, 1961, 1973, 1985, 1997



The violent star flies into your chart posing danger to your physical well being. Protect yourself by placing a pair of **Fu Dogs** flanking the entrance of your home. Wear a **Ho Tu Dzi Bead** to guard against harmful people. You may find yourself giving in to exhaustion so get sufficient rest. The atmosphere at work could be negative, with colleagues making insinuating remarks. Don't let them get to you. If you take what they say too seriously, their comments will become self-fulfilling prophecies. Beware of business proposals that sound too good to be true or you could find yourself getting duped. Place your **Horoscope Allies and Secret Friend** on your work desk to enhance helping friend.



Tiger

1938, 1950, 1962, 1974, 1986, 1998



This month spells danger. There is a high likelihood of loss from being mugged or getting swindled. Carry an **Anti-Burglary Keychain** to protect from being harmed by people with evil intentions. Display a pair of **Double Horned Rhinoceros** in your home to protect against break-ins. Although work may get competitive, have faith in your abilities. Handle business deals with care as you could find yourself being cheated. Do not trust people easily. Passion heats up, but don't fool around if you're married. Display a **Dragon & Phoenix** in your bedroom to strengthen the marriage. Take care of your health, as it continues to be poor. Wear the **Longevity Dzi Bracelet** to protect against falling sick.



Horse

1942, 1954, 1966, 1978, 1990, 2002



This is another excellent month for you. Your energy levels are high and you are able to juggle many things successfully. Your life appears very full this month. Don't let the month go to waste, as it is a most fortunate time for you. Do not be afraid to take on new responsibilities or risk as long as you pay attention to the details. You will see begin to results to your hard work and efforts very quickly. Display **Bejewelled Wish Granting Tree** and **8 Immortal Mountains** in the south to activate personal good luck and to keep opportunities rolling in. If you are still unmarried, you may finally move into a deeper stage of your current relationship. Place a pair of **Mandarin Ducks** in your personalized nien yen corner to generate good relationship luck with your loved ones.



Sheep

1943, 1955, 1967, 1979, 1991, 2003



This is an energy-charged month when good things happen one after the other! It is a wonder you have the energy to keep going! You are all go, and your life is full in every way. There are many new opportunities suggesting themselves if only you open your eyes to look. Which ones you want to pursue is up to you, but most things you take on will turn out successful. To boost career luck, wear a **Wealth and Victory Medallion**. Display a **General Hua Mu Lan** in the southwest sector of your home to attract people who will help you in your work and business. Health luck is good. Competitive ventures will see you coming out tops.



Monkey

1944, 1956, 1968, 1980, 1992, 2004



From a month plagued by poor health, this month things are smooth sailing again. This is a time for new beginnings. You will feel energized and motivated. Hard work will be recognized and rewarded. Money luck is indicated, perhaps a pay raise or a winning lottery ticket. Display an **Arowana** in the Southwest part of your home to help crystallize your windfall luck. Monkey in the finance, communications and transportation industries will fare well. Carry an amulet of your **Allies and Secret Friend** to harness the luck of helpful people. Your love life is rewarding this month. If you are the youngest sibling in your family, you will fare particularly well this month. Display a **Bejewelled Elephant with Ru Yi** for power, success and wealth.





DANGER



BE CAREFUL



SMOOTH



EXCELLENT



Rabbit

1939, 1951, 1963, 1975, 1987, 1999



Caution is the keyword as your chart is burdened with the double illness stars. This month will see you more prone to accidents and illnesses. Avoid risky sporting activities. Display a **Golden Wu Luo** next to your bed for better health. You may find it difficult to focus this month, so don't take too many unfamiliar challenges. Avoid strenuous physical activities that could affect your thighs. Place a **Dragon Tortoise with Ru Yi** in the North to activate career luck. On

a happier note, romance luck is good and female rabbits may find themselves especially pampered by their partners this month.

Minor health problems afflict young Rabbits, but holing up at home is the worst remedy for getting better. Get out and get some sun!



Dragon

1940, 1952, 1964, 1976, 1988, 2000



You get exasperated far too easily this month, you also find others fighting with you over petty matters. There could be trouble with the law, so stick to the rules and always keep your temper in check. Hang a **9 Amulet Plaque** in the Southeast corner of your home as a remedy for the quarrelsome energies that surround you. Work sees office politics rear its ugly head. Deal with this by displaying rooster on your desk to peck away at vicious comments. Display a **Tortoise** behind you at work to ensure unwavering support from your boss. You face obstacles when attempting to seal business deals and you may suspect your business partners are out to get you.



Snake

1941, 1953, 1965, 1977, 1989, 2001



Be careful with what you say, as this month you are plagued by the quarrelsome star. People may pick fights with you and there's a possibility of a lawsuit. It is best not to retaliate when someone becomes confrontational. Display a **Red-Robed Laughing Buddha** in the Southeast to counter negative chi. It is best to lay low this month. Working alone rather than in a group is best for you this month. Make sure you've got your back covered by displaying a **Dragon Tortoise** for support. In love, you find yourself getting annoyed easily. Singles Snakes should put their love life on hold, as the energy is not conducive.



Rooster

1945, 1957, 1969, 1981, 1993, 2005



Your luck improves from last month. You enjoy good career luck, and relationships get strengthened this month. You find yourself more energetic and you're likely to enjoy your job more than you have in a while. Take advantage of your newfound energy. Consider new projects, meet new people and be brave about cutting new deals. When good fortune is on your side, things are on a roll, anything started this period is sure to get well. To speed up good opportunities for you, enhance with **Wish Fulfilling birds**. Place them around your garden or inside the home. Windfall luck is strong. Enhance it with precious minister with windchime. Health luck is also good.

Wear a **Tortoise Shell Dzi** to enhance wellness luck.



Dog

1946, 1958, 1970, 1982, 1994, 2006



Your good luck runs out this month as the star of misfortune pays a visit. You may find this manifesting in cash flow problems, poor health, accidents or all three. Make yourself a wealth vase to protect your assets and keep it hidden in the wealth sector of your home or bedroom. To guard against ill health, display a **5-Element Pagoda** in the northwest and try to keep this area quiet. Try not to sleep or spend too much time in this sector. It is best to avoid too much travelling this month. You should be cautious when making new friends, as it will be easy to become embroiled in a scandal of some sort. Display **Chung Kwel** near the main door to ward off bad energies.



Boar

1947, 1959, 1971, 1983, 1995, 2007



Luck's not looking so swell this month. Misfortune is doubled, so great care is essential. Avoid investing or overspending. Be careful in business and try not being too trusting. Avoid yin places like hospital and funeral. Carry an **18K Gold Hum Pendant** for protection. Keep a **6 Peacock Feathers** in your car to protect from accidents. Troublemakers could make going to work something to dread. Try not to offend anyone and don't make unnecessary enemies. It is better to let any misunderstandings blow over. Display a **Vairocana Stupa** on your work desk to protect against bad luck. You may also face tension with family and loved ones. To improve harmony at home, display an **Amitabha Red Crystal Ball** in the living room.



SIGNIFICANT SPIRITUAL DAYS

June 2014

This comprehensive spiritual calendar marks all the significant and powerful days to chant mantras, perform pujas and conduct powerful rituals that will increase your wealth, success, love and happiness. Please take note of these dates and read the explanation on the facing page.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 						1
2 16 Arhats Puja 	3 	4 	5 	6 Tara Day Medicine Buddha Day 	7 Mahakala Puja 	8 Guru Rinpoche Day
9 Thousand Buddhas Day 	10 	11 	12 Amitayus Day 	13 Buddhas Birth, Parivvana & Enlightenment Amitabha Day 	14 	15
16 	17	18 	19 	20 	21 	22
23 	24 	25 5 Long Life Sisters Puja 	26 DAKINI DAY Protector Puja 	27 Shakyamuni Day 	28 Samadhi Rajah 	29

VITALITY POINTS OF THE BODY

June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Vitality Point (Men)	LEFT ANKLE	LEFT KNEE	LEFT HIP	LEFT FINGERS	LEFT HAND	LEFT PALM	LEFT WRIST	LEFT ELBOW	LEFT SHOULDER	HEART	NECK	NAPE	FOREHEAD	CROWN	THROAT	RIGHT SHOULDER	RIGHT ELBOW	RIGHT WRIST	RIGHT PALM	RIGHT HAND	RIGHT FINGERS	RIGHT HIP	RIGHT KNEE	RIGHT ANKLE	RIGHT HEEL	RIGHT FOOT	RIGHT TOES	LEFT TOES	RIGHT FOOT	LEFT HEEL
Vitality Point (Women)	RIGHT ANKLE	RIGHT KNEE	RIGHT HIP	RIGHT FINGERS	RIGHT HAND	RIGHT PALM	RIGHT WRIST	RIGHT ELBOW	RIGHT SHOULDER	THROAT	CROWN	FOREHEAD	NAPE	NECK	HEART	LEFT SHOULDER	LEFT ELBOW	LEFT WRIST	LEFT PALM	LEFT HAND	LEFT FINGERS	LEFT HIP	LEFT KNEE	LEFT ANKLE	LEFT HEEL	LEFT FOOT	LEFT TOES	RIGHT TOES	LEFT FOOT	RIGHT HEEL

The table here shows the locations of your body's vitality points on each day of the month. Getting bruised or injured, or performing surgical operations on the joints or organs located at or near these points weakens your life-span and vitality considerably and can be fatal if your life-force is already low. Refer to this table when setting dates for medical operations. When going for a deep-tissue massage, ask your masseuse to avoid pressing deeply on the vitality points of the day.

KARMA MULTIPLIED 100 MILLION TIMES

In June we have one extraordinary Karma Multiplying Day that falls on the full moon! The 13th celebrates the day that Lord Buddha came into the world, meditated to Parinirvana and became the Fully Awakened One! All deeds on this day are multiplied 100 million times. This is also Amitabha Buddha Day! This is a VERY POWERFUL day to chant many prayers, read sutras, and perform charitable deeds. Be mindful of your speech, thoughts and deeds on these dates. Take note of the activities to be avoided on these days e.g. no medical procedures on these days as the karmic results are multiplied millions of times.



Buddha Days



TARA DAY – Chanting Tara Mantras and praises on these days multiplies success and removes obstacles. Join Lillian Too and her Dharma friends online in performing Tara Puja on the 8th day of the Spiritual Calendar. Write to tarapuja@wofs.com for details on how to participate.



Medicine Buddha Day – Chanting the 7 Medicine Buddha names and mantras on this day purifies 30 eons of negative karma and brings swift healing to those who are ill. It also brings BIG success for all activities.



Thousand Buddhas Day – Reciting the names of the Thousand Buddhas of our fortunate eon on this day purifies 200 eons of negative karma and prevents rebirth into the animal, ghost and hell realms. You remove obstacles to wish-fulfillment.



Amitabha Day – Chanting his mantra purifies 200 eons of negative karma and leads you to Amitabha's heaven land. You develop strong powers of speech.



Avalokiteshvara Day – Chanting his mantra purifies 90 eons of negative karma and brings blessings of happiness, peace and goodwill. You become lucky in meeting people who will constantly help you.



Amitayus Day – Chanting his mantra increases longevity and healing for those suffering from terminal illness like cancer and AIDS. You remove the karma of premature death.



Shakyamuni Day – Chanting Shakyamuni mantra and praises purifies 1000 eons of negative karma and invite rains of blessings! You reverse the karma of spiraling into darkness and will be led irreversibly towards happiness and enjoyments in this life and future lives.



Guru Rinpoche Day – Making lavish offerings to Guru Rinpoche and chanting his mantra on this day invites the Protection of Guru Rinpoche. You will be led irreversibly to happiness, comfort and a life filled with powerful spirituality.



* Special Puja Days



Incense Puja – Good days for offering incense to Buddhas, protectors and local deities.



Protector Puja – Offering Black Tea to protectors on these days brings powerful protection against obstacles and black magic.



Long Life Sisters Puja – Offering Black Tea and Milk to the Five Long Life sisters on these days brings protection against disasters of the five elements



Naga Puja – Offering Medicinal incense to the Nagas on this day brings protection against misfortune and skin/lung diseases.



Auspicious Days



Court Days – Harmonious days for resolving disputes and attending court hearings, mediations and trials.



Long-Life Rituals – Powerful days for reciting mantras of the Long Life Buddhas – Amitayus, White Tara and Namgyalma. Also excellent for animal liberation rituals



Wealth Rituals – Powerful days to offer water to White Dzambhala Wealth deity and chant his mantras. Also very auspicious for making and consecrating wealth vases and chanting mantras & sutras for attracting prosperity luck. Chant the Sutra of *Norbu Sangpo*.



Parties & Weddings – Parties and Celebrations performed on these days multiplies and increases happiness luck.



Success Rituals – Powerful days for chanting Noble Stack of Auspiciousness, Hooking Abundance and making prayers for success.



Prayer Flags – Raising Wind Horse & mantra flags on these days bring good fortune and blessings.



Start Spiritual Journey – Very auspicious days for starting retreat, pilgrimages or performing new spiritual practice for the first time.



House Blessings – Excellent days to conduct space cleansing rituals and to invite a holy man to bless your home.



Inauspicious Days



No Court – Bad days for dispute resolution, divorce, court trials, hearings & mediation. Disagreements & disharmony prevails.



No Funeral – Bad days to perform funerals, burials, cremations and conduct wakes.



No Medical – Bad days for major surgical/medical procedures. Medical treatment will have obstacles.



No Starting Business – Starting or officiating businesses on these days bring un-ending obstacles to the business.



No Prayer Flags – Hanging Wind Horse or mantra flags on these days bring constant obstacles that will plague success.



No Weddings/Parties – Holding gatherings, parties or getting married on such days bring discord and disharmony. Friends will turn into enemies.

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ASK AUNT AGGA

If you have a problem you think feng shui can solve, ask Aunt Agga by emailing her at auntagga@wofs.com



RENOVATING THE NORTHEAST IN 2015

Q I intend on having an extension to my house built in the Northeast sector in 2015. Does this break any renovation rules?

A The renovation rules say to avoid digging or banging in the locations where the Grand Duke Jupiter, Three Killings and Five Yellow are located. In 2015 all three are in locations other than the NE sector; however, a word of caution is necessary here before you go ahead. In 2015 the Tai Sui (Grand Duke Jupiter) is located in SW1 (palace of the Sheep) which is directly opposite the NE. Thus the NE sector is said to be “confronting” the Grand Duke. Many feng shui masters feel very uneasy about allowing renovation in the sector facing the Grand Duke. So here, I suggest that before you begin, you must make strong offerings to the Tai Sui – place food and incense in the SW corner and ask the Grand Duke for permission to renovate. Place the Piyao in the NE corner at all times while renovating. Display the 2015 Tai Sui Plaque in the SW corner before starting and carry the 2015 Tai Sui amulet at all times throughout the year.



DREAMING OF TADPOLES

Q I dreamt of a pool of black tadpoles in the water swimming. What does this mean?



A Many tadpoles could mean fertility or impending wealth. You could be expecting a child soon or some windfall wealth or business opportunity coming to you. In both cases it is a good sign. You should display some three legged toads in your home to capture the auspiciousness of this dream.

HIT AND RUN ACCIDENT UNRESOLVED



Q We were involved in a hit-and-run accident 3 years ago but till today the authorities have been unable to track down the person who did it. It feels like our lawyer is stringing us along and for the past year we have not heard any updates from him. What do we do?

A Oh dear. I'm not sure what good will come out of finding the perpetrator as you will have to deal with quite a harrowing court case plus legal fees that may not amount to anything in your favour! After all it has been 3 years and evidence grows cold after this time! My advice is to drop the court case altogether – it will save you the worry and the fees! If you do want to proceed, then you really need cosmic help for this one. Chant OM MANI PADME HUM at least 1 mala a day and make incense offerings every 3 days. Ask the local landlords to help track down this guy.

BROKEN WULOU

Q My Wu Lou fell down and the top is broken. Can I still keep it?



A Definitely not! Please do not reuse any feng shui items that are broken or chipped! A broken Wu Lou cannot protect you from illness so it's time to replace it with a new one. I have found that cures have a way of telling us that they need to be changed! Here's your Wu Lou sending you a big signal that it's time to get reinforcements as it can't cope with the illness energies of that sector!

STORING STUFF UNDER MY BED

Q I am looking to buy a new storage bedframe for my wedding bed to keep more stuff below my mattress. I was told that it is not advisable as it would symbolise “sleeping on top of unwanted problems”. Is this true?

A Normally this advice pertains to “junk” that is unwanted as you definitely do not want to sleep on top of “junk”. It would be OK if what you are placing in inside are not junk. You can store winter clothes, pillows, bed sheets and blankets - that's fine. But do not store any type of junk, shoes, old items that no longer have value, photographs, books or anything that is holy or sacred.

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DAUGHTER'S PAHT CHEE SHOWS DANGER

Q I had my daughter's Paht Chee read by a master and he said that she will be facing danger till 2033! Her studies will be affected and I can already see signs of evil people destroying her school and future career. The master also mentioned that men will take advantage of her. She is a Dragon born in Dragon Hour. I thought Dragons were blessed but it seems her luck is nothing but doom. How can I protect her with feng shui cures? Please help!

A My dear, please don't let someone worry you like this! If he can tell you these things he should also be able to give you remedies! Even if he is right, all Paht Chee charts can be balanced to minimise these setbacks. Usually when someone has this kind of negative luck, it means an excess of elements or a missing element. As I do not know her self-element, I can't advise you how to balance her chart. However, I can recommend some ways to keep her safe. Firstly, I recommend getting the HUM pendant for her to wear at all times – this will keep her safe from those with bad intentions. Secondly, I suggest inviting the **Buddha Manjushri** into her life and to chant Manjushri's mantra: OM AH RAPA CHANA DHI as many times as possible. This will help her focus on studies. If she cannot remember the entire mantra, then just chanting DHI DHI DHI DHI... as many times as possible is also good.



THE BOAR HAS NOT IMPROVED THINGS WITH THE TIGER

Q Lillian's feng shui book advises me to place a boar in our bedroom to help resolve problems between me, a Metal Tiger Lady and my husband a Wood Rat. We are still arguing a lot... why is that?

A Check whether you and your husband are sleeping in a room with the natal #3 flying star? The #3 brings hostility with others and if you are fighting a lot, then this could be the problem. If this is the case you need to change your bedroom colour scheme to RED unless it is in the NW or East this year. The Boar improves relations with the Tiger but it does not improve relations with the Rat. For that you need the Ox as well. So display the Ox and the Tiger in the NE of your bedroom and check if things improve. You should also display the animal that is your secret friend.

SAILING SHIPS HAVE GATHERED DUST

Q I've had 8 sailing ships near my entrance with incredible success but over the years it has gathered a lot of dust. Can I wash the ships? I don't want to wash the luck away! How do I clean the ships?



A Yes you must keep the ships clean otherwise you will start to encounter obstacles that will deplete your wealth or stop the flow of your income! Start by removing all the items you have in the ship. Crystals can be washed and left in the sun to soak up sun vibes. Soak coins in metal cleaning solution to get rid of dirt. If yours is a wooden ship then wipe it down with a damp cloth. Use an aerosol can with air (you can get this from computer shops) to spray dust away from hard-to-reach spots. Everytime you clean your ships, always refill them with additional items (more than what you had before). This symbolic gesture ensures that you continue to prosper and increases your wealth!

BAD OFFICE FENG SHUI

Q I think my feng shui at work is very bad. The server room is on my left. I have an open balcony on my right with TV antennas & aircond-compressors shooting at me. Behind me is the air-cond, above me is a toilet cistern and in front of me are wooden blinds shooting blades at me! I'm miserable working here – vicious colleagues and difficult boss who sits next to me in a glass office. My health is declining. What can I do?



A Oh dear! Yes indeed your office desk definitely has very dire feng shui for you! In fact anyone sitting here is sure to suffer badly because the toilet is right on top! If you are so miserable here why not consider changing jobs? Until you find something new, here are suggestions to help minimise these feng shui ailments. First, hang some bamboo flutes above your computer monitor to keep the toilet energies from affecting you too much. Place two Golden Wu Lous on your desk to soak up negative illness vibes around you. To deal with office politics, place a perfectly round crystal ball and an image of Kuan Kung on your desk. Behind your chair, stick the image of a mountain (without water) facing the air-cond. Try these little suggestions and see if things improve. You can also practice visualisation – visualise your boss moving you to a much better spot in the office.

CONGRATULATIONS TO OUR WINNERS!!!



answers to
FENGSHUIWORLD
May 2014 word find &
spot the differences contests

Spot the Differences Winners

KOH SUNG WAH
621225-10-XXXX

JIVETHA D/O GUNASEGARAN
860914-43-XXXX

NG MARIE LEE
590805-10-XXXX

W	Y	F	J	E	R	E	V	X	Y	G	R	H	O	A	D	R
O	F	M	A	I	N	T	E	N	A	N	C	E	M	S	R	E
Z	C	S	J	F	K	S	W	B	C	D	F	E	R	P	L	Y
F	L	Q	O	R	C	A	E	R	M	G	A	R	D	E	N	K
Q	U	E	R	D	V	J	T	A	U	C	F	A	D	R	W	J
U	X	H	S	C	E	A	N	Z	N	A	W	Q	R	G	Z	A
B	U	T	X	V	S	B	Z	I	G	Z	A	G	W	O	T	V
S	R	R	V	I	Q	O	E	L	W	E	C	D	S	L	R	I
Z	Y	A	B	O	F	S	J	E	N	A	L	C	X	A	G	K
H	C	V	R	R	Z	I	G	A	O	G	B	A	A	R	A	C
X	D	E	M	I	X	N	S	N	R	E	G	U	E	S	Q	B
M	A	L	W	G	E	A	E	X	T	D	F	R	A	N	C	E
A	V	L	F	A	Q	R	B	S	H	Q	Z	O	G	E	H	N
Y	F	I	Z	M	S	V	B	Z	P	W	G	R	T	R	H	A
D	E	N	F	I	N	D	I	G	O	D	F	A	Q	O	K	F
A	G	G	Y	E	F	V	G	R	L	R	G	B	W	M	Y	F
Y	H	A	N	Z	B	E	F	X	E	Q	Z	O	E	A	D	L
B	S	M	Z	P	A	V	G	R	T	A	A	R	V	N	U	E
G	Q	U	Q	W	T	Z	C	J	Y	J	L	E	S	C	R	C
B	E	L	E	G	I	A	D	G	W	O	E	A	S	E	G	K
N	I	E	L	K	K	O	B	S	Y	I	D	L	J	L	B	Y
O	R	T	Z	A	J	X	E	A	M	O	T	I	F	U	H	A
B	J	N	H	H	S	G	X	E	G	C	K	S	L	C	A	W
S	A	G	F	A	W	C	R	H	V	H	L	R	N	K	N	B
K	H	A	M	M	O	C	K	V	E	T	K	O	A	F	A	W
E	D	S	Y	M	T	W	Y	O	A	I	J	C	F	G	M	C
L	E	T	T	E	R	P	R	E	S	S	B	T	S	I	K	
G	E	D	V	R	D	V	D	W	T	J	A	R	E	R	Y	I
H	O	F	F	I	C	E	P	O	L	I	T	I	C	S	T	B
D	F	T	K	O	D	B	O	N	F	I	R	E	H	E	S	R

Wordfinder Winner

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790407-05-XXXX

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IN THIS ISSUE'S FSW!
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Lucky winners will be invited to our
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Word Find



SPOT THE DIFFERENCES

To win one of three hampers worth RM680, spot eight differences between these two pictures and circle the answers in **black pen**. Lucky winners will be invited to WOFS HQ in Kuala Lumpur for the prize collection. Entries close at 12pm on 20th June 2014

WIN A HAMPER WORTH **RM680!**

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Gender: NRIC:

Address:

..... Postcode:

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(Office)(Mobile).....

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Gender: NRIC:

Address:

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Email:

Tel:

(Office)(Mobile).....



* Winners will be informed and their names will be announced in the next issue of Feng Shui World.

WORDFIND

Circle your answers in **black pen**, complete your entry form on **page 91** and send to the **address indicated**.

Our lucky winner will be invited to WOFS HQ in Kuala Lumpur for prize collection.

Hurry!!! entries close at **12pm on 20th June 2014!!!**

WIN A HAMPER WORTH **RM1280!**

1. Snake.
2. An endorsement made in a passport that allows the bearer to enter the country using it.
3. A filtering tool used in cooking.
4. Reigning FIFA World Cup champion.
5. This gas constitutes 78 percent of the atmosphere.
6. The native language used by most inhabitants of Brazil.
7. Mythical half woman and half fish living in the sea.
8. Characteristic of a father.
9. Prehistoric extinct terrestrial reptiles.
10. Remains of an animal or plant that existed in the past and excavated from the soil.
11. A Japanese Pinball game played on a vertical board.
12. The third largest island in the world.
13. The first Englishman who founded and ruled the kingdom of Sarawak.
14. One of the world's best known manufacturer of medium-format cameras based in Sweden.
15. The secret friend of the Rooster.
16. A distinguished female star.
17. One of the world's most well-known bridal gown designer.
18. Princess of Wales.
19. The capital city of Italy.
20. A nation's ruler usually by hereditary right.
21. The Roman God of Wisdom.
22. You can place a small water feature to exhaust this Flying Star.
23. Any substance that can be used as food.
24. Harbor.
25. A sum of money allocated for a particular purpose.
26. The time yet to come.

X	I	P	U	O	H	J	E	G	F	U	T	U	R	E	D	P
A	S	E	R	P	E	N	T	R	E	D	N	K	U	E	I	K
X	Q	B	E	Q	A	G	A	T	P	C	S	W	P	O	V	I
A	H	L	F	S	R	D	I	N	O	S	A	U	R	Y	A	P
R	A	O	S	T	V	R	W	O	Q	I	X	C	I	E	H	Q
K	S	H	A	R	Q	A	K	M	C	F	F	K	N	A	L	U
C	S	N	U	A	A	G	C	I	I	O	R	P	C	V	H	N
D	E	V	A	I	N	O	N	N	R	T	I	A	E	I	I	Z
F	L	B	R	N	B	N	E	E	C	C	D	S	S	S	T	F
N	B	W	H	E	J	S	L	R	U	H	A	E	S	A	P	E
I	L	G	S	R	B	H	S	V	S	E	Y	M	D	U	A	M
O	A	A	E	M	G	C	S	A	E	S	P	R	I	C	T	E
S	D	Q	G	L	I	A	N	L	S	B	A	F	A	K	E	W
I	P	F	M	P	O	R	T	D	Q	R	C	B	N	T	R	H
A	N	A	A	A	C	Y	T	K	Y	X	H	S	A	S	N	I
T	A	T	I	Q	T	L	O	C	B	V	I	Q	X	C	A	F
E	B	K	I	N	I	T	R	O	G	E	N	Z	E	V	L	B
L	N	M	H	A	S	E	C	D	E	S	K	R	Q	E	K	A
F	M	Q	G	G	S	L	G	O	Q	I	O	V	O	R	E	P
E	O	P	L	I	V	I	O	L	E	N	T	S	T	A	R	K
T	N	S	J	J	D	H	S	C	X	M	A	A	I	W	H	Y
Q	A	S	S	T	F	A	H	B	O	R	N	E	O	A	L	V
B	R	D	G	I	A	W	P	E	R	O	G	T	U	N	F	I
E	C	A	I	R	L	A	I	T	B	M	P	T	S	G	O	C
C	H	X	W	L	P	B	U	D	G	E	T	E	U	E	K	T
A	U	H	C	U	Y	H	F	X	G	L	W	H	R	N	L	U
N	R	Y	T	C	R	U	E	T	L	W	N	I	S	T	A	A
O	S	J	A	M	E	S	B	R	O	O	K	E	D	H	D	L
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T	X	S	H	N	R	Y	P	O	R	T	U	G	U	E	S	E

* Winners will be informed and their names will be announced in the next issue of Feng Shui World.

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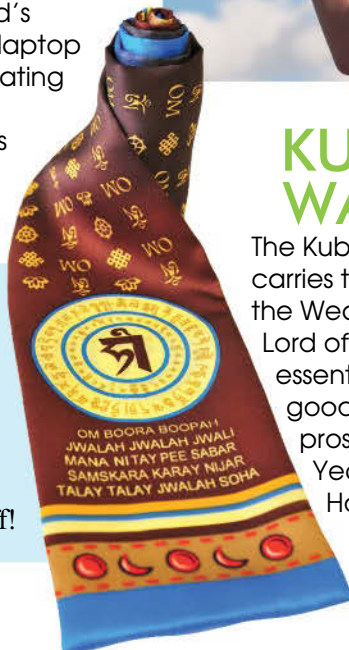
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