

positive life



HEAVEN ON EARTH
Diary Of A Kundalini Yogi

GO BIG AND GO HOME
Visit Your Dreams

A VERY VEGAN CHRISTMAS
Cosy Winter Recipes

TONY ROBBINS

***Giving Is
Where It's At***

WINTER 2015 **PRICELESS**

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in your

YOUR PERSONAL BEST DIRECTIONS, FABRICS AND COLOURS.

By Amanda Collins

Finding out your personal Feng Shui element can allow you to bring things in to your environment that will feed you to thrive and help you to position yourself in directions that will improve flow. *Essence Colours* are colours that feed you. For example, if you're a number 9, then your element is fire. Wood is the element that feeds fire, so bringing in little amounts of red/sunlight, red colours and wood or plants will help support you in your home - red because it represents the fire element. Your *essence colours* also help to support your energy and are the best colours for things that touch your body, such as clothing, bed sheets, even the colour of your car. Also bring in wood and green colours, as these represent wood - which feeds the fire!

Your Personal Best Direction is your best location for prosperity and great fame and it's recommended to have your back face this direction for productivity. When setting up your desk both at home or in the office, position yourself with your back to this direction. In your living room and dining room again position your back to these directions and you will be constantly supported while sitting. If you want to improve sleep, put the headboard of your bed facing the best sleeping direction.

Calculating the Male Trigram

Subtract 1 from the birth year if born between January 1st and February 5th. Add all the digits of your birth year until it reduces to a single number. Subtract this single number from 11. The result is your Trigram number. If the result is 5, the *gua* becomes 2. (i.e. a man born on 1/23/1978 would use 1977 - see rule #1, 1+9+7+7=24, 2+4=6, 11-6=5, 5 becomes 2)

Calculating the Female Trigram

Steps one and two are the same as above. Add 4 to this single number. The result is your Trigram number. If the result is 5, the *gua* becomes 8. (i.e. a woman born on 1/23/1978 would use 1977, 1+9+7+7=24, 2+4=6, 6+4=10, 1+0=1)

“Your personal Feng Shui element can allow you to bring things in to your environment that will feed you to thrive”

Number 1 Element: Water You are flexible, yet focused and determined. You're empathetic, artistic and given to deep thought but tend to worry too much and may be overly sensitive.

Essence Colours Black, indigo or dark blue
Colours that feed you Gold, silver and grey
Element that feeds you Metal
Water's shape Wavy and curvy patterns
Water material Metal fountains, aquariums and pools

Personal Best direction Southeast
Best location for sleeping North

Number 2 Element: Earth You are a very strong caregiver and can be a great leader but with Earthly intentions.

Essence Colours Terracotta, yellow, browns and beiges
Colours that feed you Red and purple
Element that feeds you Fire
Earth's shape Square, low objects associated with the feeling of stability

Earth's material Large scale furnishings, sand, clay, ceramics, marble, granite, river rocks, crystals, adobe brick and stucco
Personal Best direction Northeast
Best location for sleeping West

Number 3 Element: Wood You are

usually even-tempered but you can have sudden outbursts. You like to be moving and hate a job where you have to sit still for long. You are enthusiastic and can be loud at times.

Essence Colours Greens - but the colour is not as effective the element
Colours that feed you Black and blue
Element that feeds you Water
Wood's shape Rectangular, columns, patterns vertical or horizontal
Wood material Trees, plants and fresh flowers

Personal Best direction South
Best location for sleeping East

Number 4 Element: Wood You are insightful and often driven but, like the wind's direction, you can change your mind abruptly and often. You tend to be creative and artistic.

Essence Colours Greens - but the colour is not as effective the element
Colours that feed you Black and blue
Element that feeds you Water
Wood's shape Rectangular, columns, patterns vertical or horizontal
Wood material Trees, plants and fresh flowers

Personal Best direction North
Best location for sleeping Southeast

Number 5 Element: Metal You are a natural born leader and authority figure. However, you can be headstrong with very strong masculine energy.

Essence Colours White, gold, silver, copper, reflective colours and pastels
Colours that feed you Earth tones, browns, yellows, cream

Element that feeds you Earth
Metal's shape Oval, arches and round as when metal contracts
Metal objects or material Rod iron, steel and copper, any objects made of metal
Metal's texture Smooth, as are the surfaces of metal when formed or heated
Personal Best direction West
Best location for sleeping Northwest

element

Number 6 Element: Metal You are artistic, creative, sociable and talkative.

Essence Colours White, gold, silver, copper, reflective colours and pastels

Colours that feed you Earth tones, browns, yellows, cream

Element that feeds you Earth

Metal's shape Oval, arches and round as when metal contracts

Metal objects or material Rod iron, steel and copper, any objects made of metal

Metal's texture Smooth, as are the surfaces of metal when formed or heated

Personal Best direction Northwest

Best location for sleeping Southwest

Number 7 Element: Earth You are very stable; however, you can be stubborn. You are very youthful.

Essence Colours Terracotta, yellow, browns and beiges

Colours that feed you Red and purple

Element that feeds you Fire

Earth's shape Square, low objects associated with the feeling of stability

Earth's material Large scale furnishings, sand, clay, ceramics, marble, granite, river rocks, crystals, adobe brick and stucco

Personal Best direction Southwest

Best location for sleeping Northeast

Number 8 Element: Fire You are extremely active, sometimes to the point of being ill or burning yourself out. You are very passionate however and you can be hot tempered.

Essence Colours Reddish like a flame, reds and purples, burgundy, cranberry

Colours that feed you Green

Element that feeds you Wood

Fire's shapes Triangles, pyramids and tall pointed shapes

Fire material Candle, the colour red, full spectrum lighting, candles, lamps and night-light

Personal Best direction East

Best location for sleeping South

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