



Feng Shui Your Life in 21 Days – Guiding Notes

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This is created for you if:

- You have been hearing about Feng Shui for a while but not sure where to start?
- Thought it's about decorating your home and make a nice place and that's all?

In the coming 21 days, I'm sharing a daily tip to teach you how to integrate Feng Shui into your daily life, so that you can maximize the energy around us, and through us to bring positive change to the world!

Feng Shui Your Life in 21 Days

DAY 1:

PURGE!!!

In Feng Shui we always start off with making space - that is all about cleaning up, decluttering, and purging! Let us dedicate Day 1 in purging what doesn't "spark joy" in your life anymore, as Marie Kondo coined it.

And we are not even talking about organising your "clutters" here; we are intentionally making space for something greater to come!

So check if you have any:

- ▶ music instruments you haven't played for a decade or more
- ▶ clothes without touching for over 2 years
- ▶ toys of your adult children when they were young
- ▶ souvenirs from trips that have worn out
- ▶ stuff you categorised as "one day I'll need this" but that day has never come in the past 3 years
- ▶ computer gadgets that have gone outdated ages ago like CD-ROM, OCR machine

PURGE PURGE PURGE!

Be tougher when doing this to protect your boundaries - Only items that offer me high vibes can stay in my home!!!

If the stuff are still usable of course you can organise a garage sale, give them away or to donate.

So tell me: What are you purging this time around?

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DAY 2:

CLEAN YOUR WALLET



How was the purging going? I hope it feels refreshing!

Moving on to Day 2 we'll focus on your Wallet - which is the **home of your CASH!**

I have a friend who always has a big pile of receipts in her wallet - so big that her wallet can never be folded properly, which we always make fun of 😊; you can imagine how messy she is regarding her money management!

Do you have membership cards that you don't use anymore? Expired coupons, receipts that the digits on it have faded out, coins that are really gross you don't want to touch 😊? No need to feel embarrassed, we've all been there~

In Feng Shui, the Best Colour for a wallet would be **Mustard Yellow, or Burgundy Red for 2020**. Doesn't mean you need to buy a new one if your current one aren't in this colour, just that if you are buying a new one you might consider this! Generally earthy colours are ok whichever year it is.

Then after cleaning up, **refill your wallet with grace:**) a photo of you with your loved ones :) and a large bill as your "seed money" that you never use, but just to sit in your wallet to help you feel rich wherever you go!

So any "surprises" you are having while cleaning up your wallet?

DAY 3: YOUR MUG = YOUR FLOW



What message is shown on your water/coffee mug?

Does it excite you?

Do you LOVE holding it in your palms?

Do you feel VITAL when you drink to nourish and cleanse your organs?

With your mug, I want to bring 2 key messages here:

1. Drinking 8 cups of water is KEY to send toxins away and recycle back to the earth in time, and to keep your body in high vibes.
2. If you CHARGE your glass/cup of water with your intention of the day, it will become more powerful!

Anyone here a reiki practitioner? You probably know more than I do!

A simple way to charge your drink water is by holding your mug or glass in your palms, gaze at the water while saying an affirmation or an intention for the day, then a quick thank you, and drink it while visualising and feeling the water going down your throat, and then move around to nourish your internal organs.

In Traditional Chinese Medicine philosophies, the best health practice in the morning is to drink a full cup of **Yin-Yang water before having breakfast every day** - meaning half cup of cool water, and half warm water. And if you charge your water in this - I guarantee you'll have a great start of the day!

DAY 4: A GOOD MORNING



What to do first thing in the Morning?

Morning priming is key to adjust your vibration to the highest state before you start your day!

One tip that could benefit everyone: In the morning, ***do 10 deep breaths facing the sun (East) while stretching your arms ups to the sky to open your channel of receptivity.***

Don't begin scrolling your phone before you do this!

Furthermore, in Chinese Metaphysics it's all about the **balance of the 5 elements**. Since each individual is different, picking ***your personal lucky element(s)*** is an art, and would require a precise calculation with your birth data by a Feng Shui consultant. For public education purpose here though, we can roughly determine **ONE OF** your lucky elements based on the season of your birth, so you can start experimenting with your life to see which suits you the best!

- **So if you were born in Spring, your lucky elements include METAL;**
- **Born in Summer, your lucky elements include WATER;**
- **Born in Autumn, your lucky elements include WOOD;**
- **Born in Winter, your lucky elements include FIRE;**
- **Born in-between seasons, your lucky elements include EARTH.**

Still not sure? Get a reading with me!

In the coming days I'll introduce a High Vibe Morning Ritual for each lucky element one by one - I'll recommend you experiment it in your life first, and see if you feel better by picking your lucky element based on your birth season alone!



DAY 5:

SHOWER FIRST!

If **WATER** is one of your lucky elements, what you need to balance out your natural temperament and energy is the *flexible, nourishing, witty qualities that water embodies*.

A high-vibe morning ritual for those with Water as your lucky element:

Probably you won't wake up too early as you love to sleep late - creativity flows better in mid-night. So when you wake up, take a quick shower, wash your hair, drink a full cup of water to nourish your internal organs.

Spending more time in your washroom is actually good for you:) [now tell those who live with you about this lol]

For breakfast, anything from the **fridge** e.g. yoghurt, milk, soy drinks, salads etc are good choices. **Seafood** is of course also great food choices.

When you open your wardrobe, choose items in **blue, gray, black, water symbols, pearl jewelry**. Always bring a bottle of water in your handbag - you'll need it.

For transport, taking metro or boat is the best. If you live near water you'd generally feel calm.

>>> If you are not sure if Water in your lucky element or not, try taking a shower in the morning for a week and see how you feel. Experiment, experiment, experiment!

DAY 6:

OPEN THE FRIDGE



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If you love to open the fridge a lot even when it's not about the cool air, **METAL** could be one of your luck elements!

METAL energy embodies toughness, cooling, persistence, and holding strong priority about justice.

The high-vibe morning ritual if Metal is one of your lucky elements:

At best your alarm clock is a mechanic clock made of metal pieces like the big ben. As soon as you wake up, go to the mirror, and say positive affirmations to yourself while looking into your own eyes 😊 Then open the fridge, get some milk, yoghurt and white food items as breakfast.

To activate your energy, **Sing**. Hum a verse of poem or prayers. Use your voice to move the energy within and around you.

Wear a metal watch as your accessory even you don't really need a watch nowadays lol Anything white and metallic is your good luck dressing style.

So is Metal one of your luck elements, or that of your family member?

DAY 7:

FIND THE SUN!

FIRE brings infectious energy, a big heart to give and care about other people, also courage and the desire to be visible.

Take myself as an example, since my element combo in my birth chart is rather cold, my natural tendency is to stay low profile and introverted, therefore with Fire as my lucky element, I learn to embrace marketing myself more, so that I can share my passion with the world and help others!

The high-vibe morning ritual if Fire is one of your lucky elements:

The first thing you do when you wake up is to go to the balcony and see if it's a Sunny day or not; if it's a Sunny day - go conquer the world! If not, focus on improving the internal -whether it's your processes, your health or anything that needs fixing.

Then go to the kitchen - boil water for your coffee, and cook your breakfast! Tomato, eggs are good choices. In general, you should cook more to absorb more fire energy :)

Burning candles and incenses are also great ways to activate the fire energy in times when you feel overwhelmed and scattered.

For clothing choice, red, orange, pink, purple are great options!

Anyone needs more fire in their lives like I do?



DAY 8:
HUG THE TREES

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WOOD energy brings steadiness, desire for growth and consistency to one's life.

If wood is one of your lucky elements, this is your high-vibe morning ritual:

Waking up at 5am - 7am and go to the park or nature for your morning exercise. Hug some trees before you come back home. Get the newspaper delivered to your door. Eats lots of veggies, fruits and cereals for breakfast.

Bring a book with you if you take the metro. Wearing green (includes underwear) brings good luck.

The nature and forest are very healing for you in particular. So if you are feeling unwell, you know where you should go to up your vibes!

Who here finds waking up early is good for your vibes (i.e. not everyone!)? You probably need more wood to balance out!



DAY 9: JUMPING JACKS

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Finally, we are going to talk about the last elements out of the 5 elements - Earth!
Earth brings groundedness, malleability, non-moving, and inclusiveness.

High-vibe morning rituals if Earth is one of your luck elements:

First thing first, when you wake up and get out of bed, ground your feet solidly to the ground, and start doing 1 minute of Jumping Jack to get your body warm!

And then keep cultivating mindfulness in your morning routines: When you are washing your face, when you are drinking your morning tea, when you are stretching, and when you are waking up your kids. do these little things in a mindful way with all your presence.

If you start your morning this way, you'll start your day with that juicy grounded feeling that brings you high vibes!



DAY 10: ROUND DINING TABLE

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Today I want to talk about TABLES.

In a home where the family gathers around, is a big table. We prefer round ones over square or rectangular tables because round tables promote harmony, not quarrels.

This one actually has psychological reasons for that; and when you see meetings between countries are hosted in "roundtables" , you know it is valid!

The best materials for a table in your dining room is wood. Avoid one that is made of glass - because glass table symbolically brings fragile energy to the fame and reputation of those living in the home. A round table not only promote harmony and agreements, it also brings good reputation for the family and bloodline.

So what shape is your dining table? And in what materials?



DAY 11: BEST HOURS FOR CREATIVE WORK

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A quick quiz:

When do you feel the most creative and ideas just flow to you?

- 9pm - 1am (Water)
- 3am - 7am (Wood)
- 1-3am; 7-9am (Wet Earth)
- 9am-1pm (Fire)
- 3-7pm (Metal)
- 1-3pm; 7-9pm (Fire-y Earth)

These are your most productive hours for the day according to your lucky elements. This might change though from decades to decades because each decade brings different dominating energy into our balance so among your lucky elements, you could have e.g. Fire as your top lucky element in your 20s and Wood as your top in your 40s.

I'm curious - when do you feel your brain is sharpest?

DAY 12: WHERE ON EARTH SHOULD I TRAVEL TO/STUDY AT?



Quite frequently I get clients who ask me about relocation, studying abroad, and they would like to see if there are any places that are more suitable than the other?

The answer is of course YES!

Based on your lucky element, where each element represents a direction:

Wood: East

Fire: South

Water: North

Metal: West.

So, for example, your lucky element is Water, it means heading NORTH of your birth location is good for your development in general, which are great guiding principles when you just want to have a lovely trip that also raises your vibes!

But of course for serious relocation and studying abroad decisions, we'll have to know WHEN is the best timing to do so, as well as how that would affect your ENTIRE FAMILY.

In a micro sense, this could also affect your choice of the workplace as well; say choosing an office that is South of your birth city and you have Fire as your lucky element, this job would bring you positive vibes!

How this tip inspire you for your next travel destination choices?

DAY 13: THE COLOUR OF CHI ON YOUR FACE



You know when a fortune teller says you are having good luck or bad luck by just looking on your face, they are reading the fine details of what your face has to tell!

An arm of Feng Shui is **Face Reading**. Each shape of your facial feature gives clues to your personality traits, which could be super helpful when armed with western psychology and micro-expression reading. It's a HUGE topic and today I only want to talk about one thing - **the colour of your Chi shown on the face**.

How do you know something will happen and causes big spending? when you wake up in the morning and look at your **nose tip - if it's red or pinkish, watch your wallet!!!**

Health-wise, you may be having **constipation** as well and need to drink more water to nourish the overheat in your internal organs and produce that reddish colour in the first place.

If one day you see **a yellowish colour** on your nose tip, or between your brows when you wake up, and your eyes are sharp, the face is having a healthy glow, go buy a lottery! Or do anything that generates cash flow as it's a sign of quick wealth in the coming 3-5 days!

The **colours of our Chi changes frequently and directly reflect the situation of the health of our internal organs**. That's why traditional Chinese medicine doctor also uses Face Reading as part of the diagnosis procedures.

It'll take some practice to be able to see the colours - Let me know what you see tomorrow morning!



DAY 14: LONG HAIR, SHORT HAIR?

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Should I keep long hair or short hair? Curly or straight? Which colour is best? Well in 2020, **Long Hair will be trendy!**

Since we are having a Metal Rat year, which is a heavy metal and water year, Wood would be in demand to absorb those water for good uses. Long hair represents vibrant wood element so no matter what lucky element you have, keep your hair for longer would be good for 2020.

Generally, curly hair brings fire energy, and long, straight hair brings Wood energy. On colours, black blue grey is of Water energy, blonde, copper silvery colours are Metal, brown and sand colours are Earth, and purple red pink colours are of Fire.

Interestingly those who don't need wood energy in their life usually have difficulty in growing healthy long hair - that's why they tend to maintain a short hair cut.

What's your hairstyle for 2020?

DAY 15: IS HE TRUSTWORTHY?



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How can you tell if someone is a habitual liar? Well, look at the politicians and see what they face have in common!!!

In Face Reading we look at **someone's mouth's movement** to tell if he or she is hiding something from their speech. You can see that many political candidates after they have become constantly under the limelight, they will show EXPRESSIONS **with one side of the corner of the mouth drop much lower than the other (as in a crooked mouth) when they speak**. This can be explained that they are having **many internal conflicts and what they say does not align with what they believe in**, and hence it shows.

Another facial feature to take note is when you meet with someone with a **Pinocchio nose** - sharp, pointy, not much flesh, paired with eyes that are penetrating. Someone with round and meaty nose represents a kind heart and his/her giving nature, so someone with a sharp nose is more **ego-centric, put money first, and may take advantage of you**. A lot of good businessmen have a nose similar to a hawk's peek, which is a sign of being good in business; yet if you can't find flesh at all then it's a business owner who "takes it all" in terms of gain and profit.



DAY 16: LEARNING STYLES BY EAR SHAPES

Ears come in different shapes - what shape are yours?

If you are a teacher or sales of some kind, this tip will be highly beneficial to you! So the shapes of our ears give clues to **our learning style!**

Tip One: Let's divide the ear into 3 equal portions like a sandwich and see which part is the widest!

- **Top portion the widest:** You have a curious mind, intellectual and love to understand the philosophy and rationale of things. More academic, a thinker, love innovation, design, and do better in traditional grammar schools.
- **Middle portion the widest:** Learn best by DOING. A very hands-on person who does well in practical sciences e.g. making robots and performing experiments, art and handicrafts, music, dance and drama performance, cooking and sports.
- **Lowest portion the widest:** Learn best by sensory stimulation, and can be motivated by e.g. Good Food as a reward lol 😊 Good environmental setup, music, food, enjoyment are their key motivators in a sales conversation. For a child a snack could do; for adults, they usually focus on what brings them money in order to be motivated to learn.

Tip Two: Are the ears sticking out or you can hardly see them when you are in front of them?

If a kid's ears can hardly be seen when looking over in front of them, they are more attentive, open-minded, and willing to take ideas from parents and teachers.

On the other hand kids **with ears sticking out is a born debater, rebellious, and naturally good at challenging status quo.** They can usually be more risk-taking when they grow up so teaching them how to manage risk, how to make wise decisions and how to manage money and how to build resilience when they are young could save their lives! Many social activists have their ears sticking out and they can be the innovative changemaker we need in this world.

How are your ears like?



DAY 17: GEMSTONES AND FENG SHUI

Gemstones - Yay or Nay?

I get asked about this very often since most of you are into spiritual ideas and tools in the first place!

The simple answer is, if you are wearing them on you, as long as you keep the gemstone energetically cleaned and programmed it with positive vibes, they could be nice enhancers.

However, for HOME Feng Shui, don't put too many stones inside the house. The reason is that all stones carry energies, whether positive or negative vibes - you never know 🙄 a lot of stones were harvested near graveyards and warzones so basically it is hard to tell. If you've been placing too many stones near your bed and you've been having bad dreams, maybe that's why 😬 😬

And I have to especially warn you that ***don't bring a crystal cave home - never!*** In Feng Shui all pointy and sharp edges create harsh hazardous forces which create disturbing energy to our body and mind. Moreover, there might be radiative materials hidden in the large stone that you didn't aware of! We've heard of cases with tumours after having a huge crystal cave in their small apartment. Anyway allow the caves to stay in where they are supposed to be in mother nature and don't attempt to bring everything beautiful home!!!

What makes gemstone powerful is YOUR INTENTION.

No need to glorify an object!

DAY 18:

5 MOST IMPORTANT AREA OF YOUR HOME



You know the worlds works in a cycle. An area of good luck this year, the next year it will rotate to somewhere else! So there must be a chance that your kitchen will fall into the negative star zone someday.

The most important thing is - ***Where do you spend time in the most?***

Therefore the 5 most important zone of a home is:

- Main Door (mouth of Chi)
- Balcony (another mouth of Chi)
- Bedroom (where you spend 8 hours + a day)
- Study or Work Room (Where you engage in wealth generated activities)
- Kitchen (where you prepare food for your entire family)

For example if you don't cook at home, the kitchen is not very important to you, and so the negative energy won't impact you as much.

Moreover, negative energy is coming from external. Therefore if there is a room with no window that falls into the negative energy zone, that negative energy won't be activated, unless you renovate to move the large furniture around.

So the BEST strategy to activate the Positive energy is to spend more time in that zone! And avoid spending time in the negative energy zone.

So no need to go into panic mode :) Feng Shui of the year is like a weather forecast- be well informed, and plan accordingly!

Want a deep dive of Feng Shui and learn how to apply in your home?

Get my [Feng Shui Playbook](#) here, a 100+ page step-by-step guide to Feng Shui Your home inside-out!

DAY 19: 3D VISION BOARDING



Usually, it involves pasting exciting magazine clippings of our long-for holiday destination and our dream house options, a passionate love partner, a big pile of cash, and of course affirmations and keywords of our desires for the new year to come.

Then we'd be putting this vision board in our altar, or somewhere visible that keep reminding us of our goals and vision for the year.

Sometimes, it's effective. Sometimes, it's not. Do you know why?

Because the intentions on the vision board are not activated by the right place, at the right time!

Where we spend the most time in, shape who we are.

So in essence, creating ***a 3D vision board involves knowing WHERE is the best place to manifest which type of your visions (e.g. aligning with wealth energy when manifesting wealth-related goals), and WHEN to do so to infuse the highest positive energy into your space!***

How can you level up your game in the vision boarding exercise by incorporating Feng Shui, and your sweet home in this manifesting work?

I did a vlog on this topic! [Check that out!](#)



DAY 20:

FENG SHUI FOR METAL RAT YEAR (PART 1)

In the **Metal Rat year**, how can you leverage the BEST energy of the year to build a wonderful life? We'll need to know the **annual Flying Stars**.

First, get your floor plan out, draw a 9-square grid on it, and take a compass to measure the directions of your own from the center of the home.

South & East: negative health and hazardous stars >>> Solution: copper items, bells, singing bowls to weaken the earth energy here

North East & South West: Friendship, network and fame star: If you are in sales, need more clients, and attract more fans to your work, put a bottle of water here (or your mug!) to activate the energy while sitting here making calls and writing marketing messages!

North: Quarrelsome star: Good for you if you are in law or competitive sports; otherwise, put something red here to reduce the agitation.

tomorrow we'll continue and talk about how to attract and keep more wealth in the Metal Rat year!



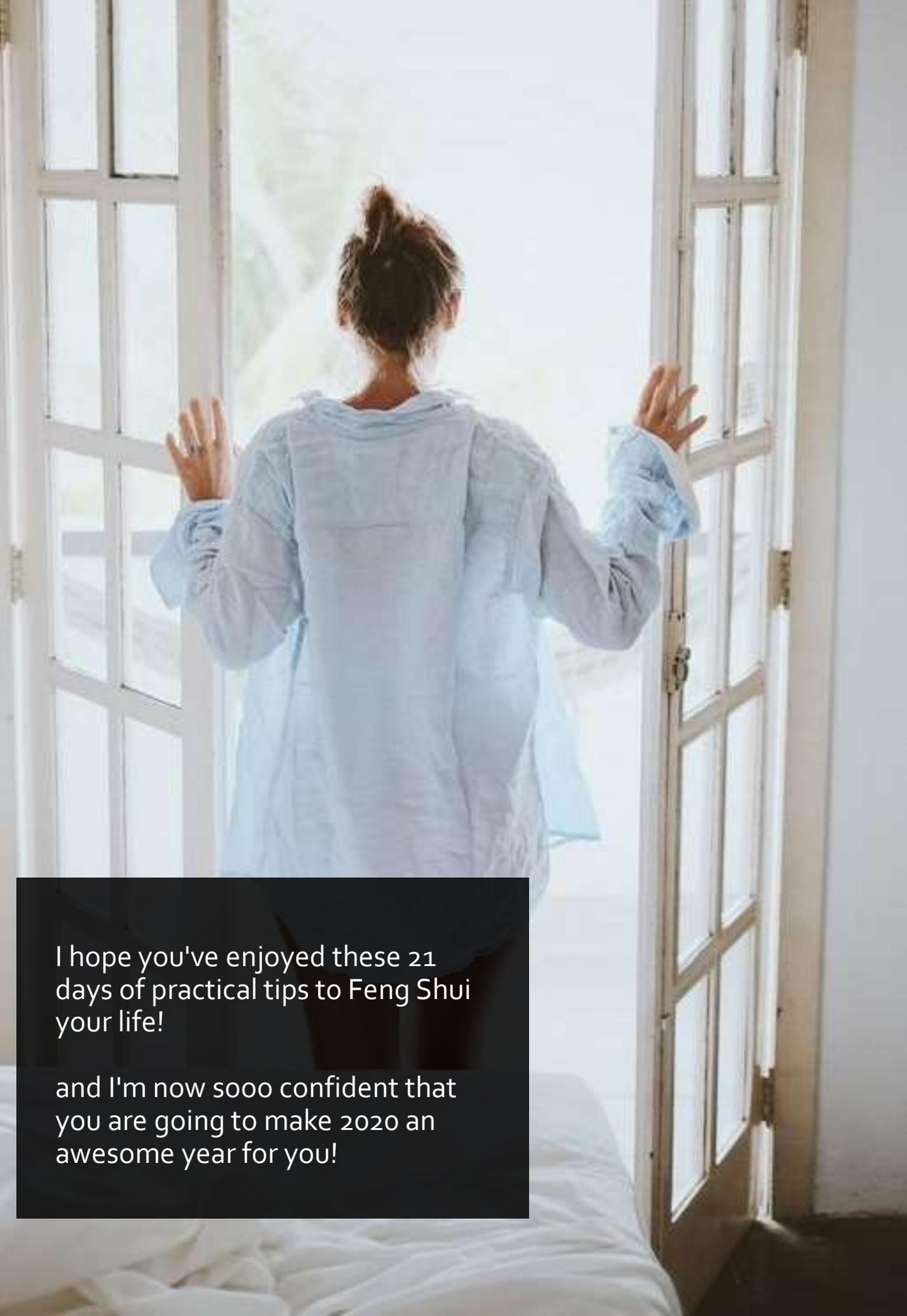
DAY 21: FENG SHUI FOR METAL RAT YEAR (PART 2)

Today we talk about the most concerned topic - how to attract more wealth into our life! So first, the wealth-related stars in 2020 are:

- **North West: For those who have a job**
- **South East: For increasing power at work, job security and promotion and pay raise**
- **North East: For attracting more clients**
- **West: For better investment return**

Rules for activating wealth energy:

- Make sure these areas are clean, tidy, free of clutter, and with smooth energy flow and sunlight in
- If you have a washing machine, rubbish bins, rubbish collection area outside of your house or toilet in this area, then consciously focus on reducing leakages, or use the energy to do some renovation work, charity, or leisure trips to spend them happily!
- The best activation is to **PERFORM WEALTH GENERATING ACTIVITIES** in one of these zones. Because **YOU** as a living breathing human being with intentions **YOU** are more powerful than the water fountain or money tree of course 😊😊😊
- Of course you can use these are for your 3D vision board purpose that we've discussed on Day 19!



I hope you've enjoyed these 21 days of practical tips to Feng Shui your life!

and I'm now sooo confident that you are going to make 2020 an awesome year for you!

A photograph of two women sitting by a window. The woman on the left is smiling and looking towards the woman on the right. The woman on the right has her back to the camera, looking towards the first woman. The scene is brightly lit by natural light from the window.

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Always Guiding Me.

Choose Flow

Life Decision Made Easy

LET'S BEGIN!

*May your life be always filled
with Love, Health And
abundance!*



Written With Love,
Shu Om Mani, Feng Shui Consultant