

New life with ROOSTER QI

Being busy is a good thing in the year of the Rooster, which spells an auspicious time for the Dog, Rat, Horse and Dragon, and businesses associated with wood, metal and water. **EU HOOI KHAW** gets the lowdown from a Tao expert.

IT'S going to be a busier time in the coming year of the Rooster, so how could you harness the lucky qi or life force that is coming this way and make it work for you?

As usual Dr S.N. Goh, or Mrs Geraldine Tay, head of the Institute of Tao Studies in Malaysia, has some sagely as well as commonsense advice for those who will reap this year, and those who will not.

Skilled in the six skills of Tao — *San* (mountain), *Yi* (medicine), *Min* (fate), *Pu* (oracle), *Xiang* (appearance and myth) — Goh, who is also a reflexology, fengshui and appearance analysis expert, is well-placed to hold forth on what lies in the year ahead.

She did this in a talk recently at her centre in Kuala Lumpur, having done one in Hong Kong, and another in Singapore after that. Her talk was not just about predictions, but also problem solving, and how to stay in equilibrium no matter what.

Last year we entered a new cycle which determines what happens in the next 20 years, courtesy of the purple white flying star in Chinese astrology.

In the Year of the Rooster, we are in the Ta Ch'u hexagram, with the heavenly stem as wood, and the earthly branch metal.

"Wood and metal react and become

spring water. Last year the water was self-generating. This year it is depleting water," said Goh. "It needs to be nurtured and brought back to life. You can nurture it with metal."

As metal is associated with the colour white, it would be auspicious to have white in your new year dressing, while green (for wood) and black (water) would be suitable too.

"The metal industry in the coming year will have more business," said Goh. Also doing better would be industries associated with wood, water and earth. "Earth is because of the new cycle of 20 years beginning last year."

Wood industries include anything to do with paper, timber, education, and the palm oil industry, for example.

Metal businesses include iron and steel, and hardware.

Water is associated with trading. "This year the industry to do with wisdom is better such as education and computer training."

"This year's Ta Ch'u hexagram tells you that it is advisable to take calculated risks in a proper course. But it must be planned, based on facts," advised Goh.

"It is all right to travel to foreign countries. It's also fine to be so busy that you don't have time to go home and eat."

It's generally a good year for four animals — the Rat, Dragon, Horse and Dog, with the year especially good for the Dog. "But it doesn't mean the not-so-good animal years won't have anything to look forward to," she said.

This year's prosperity is in the location of the East, but East for this year is represented by the Rabbit. The *Tai Sui* (minister in charge of the year) is the Rooster. Both animals are in conflict with each other. "If you attract the Rabbit (prosperity), the *Tai Sui* will chase it away."

You can decorate your house for the new year, and not only just in the East location. Try not to change anything in this location so as to avoid problems or misfortune, or move your things in the East direction.

Goh is all for using Tao skills during the Chinese New Year period to attract lucky, healthy qi. "There are limitations of course but you should enjoy what you have rather than thinking of unreachable goals," she said philosophically.

She conducts Tao courses and offers counselling services such as on Zi Wei numerology, the almanac, fengshui and Tao strategic setting.

As for those who will encounter not-so-good influences in the Year of the Rooster, she recommends the wearing of certain

auspicious accessories in the form of jade or crystal.

The Rat: Jade dog, pi shiu (Chinese unicorn, a mythical animal), deer, prosperity bracelet (strung with various coloured crystals)

The Ox: Jade rabbit, tiger's eye, Tibetan beads

The Tiger: Dragon and horse jade, prosperity bracelet

The Rabbit: Ox and kirin, Tibetan beads

The Dragon: Jade deer, tiger, pi shiu and prosperity bracelet

The Snake: Jade rabbit, dog or rooster, kirin

The Horse: Jade tiger, deer, goat, prosperity bracelet

The Goat: Jade horse, rabbit or pig, kirin, pi shiu, prosperity bracelet

The Monkey: Jade dog, deer, pi shiu, Tibetan beads, prosperity bracelet

The Rooster: Jade dog, pi shiu, Tibetan beads

The Dog: Jade rabbit, deer, pi shiu, prosperity beads

The Pig: Jade dog, rabbit or goat, kirin, Tibetan beads

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AUSPICIOUS ACCESSORIES: Jade pichiu, crystal, tiger's eye and black Tibetan beads

THE MOUNTAIN SKILL EXERCISE: Goh in position, stepping with right foot forward, bending knee and pushing with both palms outwards. She breathes in through the nose and breathes out through the mouth, repeating the action five times



Pictures by CHOO CHOY MAY

Doing it right

WHILE we welcome in the Year of the Rooster on Feb 9, it is not necessarily the New Year. The qi of the Rooster is already in on Feb 3, says Tao expert Dr S.N. Goh.

To get ready for it, she has set the dates on things to do.

Feb 2, spring cleaning day
8am to 10am

It's a day to clean out your house, doing things you don't do often, such as tackling the dark and dirty areas, changing curtains, etc.

Even though you should start doing it between 8am and 10am, you could still complete your tasks after 10am.

Turn on all the lights in your house, even the store throughout the day and night.

Feb 3

It is a day that is good for the family to gather and have a nourishing meal so as to be blessed with longevity. Goh suggests starting to cook a chicken soup at 4pm with three or five red dates and other health-giving herbs.

Feb 8, Chinese New Year's Eve

Prepare a red packet for each member of the family, putting in new notes of different denominations, totalling RM168 for adults, and RM159 for children.

The adult angpow is for prosperity; the children's is for a smooth year in studies. Sleep with the angpow under your pillow or in your pocket.

At 1am turn on the tap and fill up a metal container with water. Take the water and dab on your face to chase bad qi away, and be endowed with wisdom.

Buy two pomfrets. Eat one on Chinese New Year's Eve and the other on New Year's Day, for luck with money.

Turn on the lights throughout the night.

Open the door to welcome in the New Year at 1.05am. Clap your hands five times, doing it nine times.

Days to commence business or work

The best days are Feb 10, Feb 15, Feb 20, Feb 24 and March 3. If you can't really make it to work at these times, you could switch on your computer at home or do what you normally do at work.

Feb 10 — 2am to 4am

Feb 12 — noon to 1pm

Feb 15 — noon to 1pm

Feb 16 — 5am to 7am

Feb 20 — 8am to 10am

Feb 21 — noon to 1pm

Feb 24 — 4am to 6am; noon to 1pm

March 3 — 4am to 6am; 6pm to 8pm

What's in store

RAT

The Rat is generally blessed with luck and has a guardian angel watching over him or her. But the Rat will be inclined not to be friendly with the family, and will be a bit stiff with spouse and children. He or she should communicate more with them.

Do not fight or quarrel with people. Take a step backwards; don't show aggression.

You will have a lot of celebrations in the coming year. Even if you don't, initiate some (such as celebrating birthdays and such) to bring you better luck.

Do the Tao mountain skill exercise; breathe in and out to bring in the good qi when you open the door to welcome the new year.

OX

The Ox is involved in legal matters and tends to have quarrels with people. On the positive side he or she will have creative and artistic talent to show.

The Ox has to be careful about water, whether swimming, snorkelling or any water sport. People are tricky at the back of you, but on the other hand you could be overly suspicious.

A dissolving star comes in and all your problems even from the past year will be solved.

TIGER

The Tiger is involved with a cycle of extinguishing. You have to decide what to keep and what to let go. For instance, if you have many boyfriends, keep a good relationship going but let the bad ones die. There will be a small loss, emotional and monetary, but there will be a guardian angel to help you. There will be some achievements.

Beware of theft or burglary. Try not to visit hospitals or attend funerals. To steady your fortune, face the east in your house and breathe in and out.

RABBIT

The Rabbit is in conflict with the *Tai Sui* or minister in charge this year. Though the Rabbit is blessed with prosperity, he or she has to beware of loss, of being cheated by people. Money will come in, but it will also leak away, perhaps because of bigger expenses.

The Rabbit this year tends to retreat into himself and be isolated from others, not wanting to see friends, etc. Solve your problems by being more prayerful.

DRAGON

This animal is blessed with Dragon virtue. When the Dragon moves, he or she will become more accomplished, achieving what he or she sets out to do. There will be more achievements and prosperity.

The path is generally smooth. Beware of being too aggressive; turn it around and use it to bring in prosperity.

SNAKE

The Snake is involved with the white tiger. This means there may be some small accident involving blood, so you have to be careful. But the Snake will have literary skills, and if money comes, it will be a big amount falling into his or her lap.

HORSE

A good year for those who want romance. But there will be fruitful and hopeless relationships. There may be gossip and scandal but generally the path of the Horse is smooth this year. He or she will be blessed with wisdom and will be lucky with money.

GOAT

The Goat may lack confidence this year. Relationships with the opposite sex may not be going so well. To stay on an even keel, don't go to "yin" places, and this includes funerals. Don't be curious and go watch a shooting star or an eclipse; just avoid these. Do the mountain skill exercise to make you feel better. Breathe in and out facing the east.

MONKEY

The Monkey has to be careful about his or her health. However, there is a guardian angel watching over you. Build up your self-confidence. Be armed with facts and skill if you have to see a client. Learn to talk smartly.

ROOSTER

The Rooster sits on the path of *Tai Sui* or minister in charge. This means some obstacles, but if handled properly, the Rooster will go another step forward in terms of money or position.

Be calm when facing problems and don't be impulsive.

DOG

It is a good year for the Dog. He or she is blessed with leadership qualities and hidden prosperity. There will be achievements and advancements coming, and more money as well.

The female Dog has to be careful not to get involved with a third party (in reference to those who are married), as it can cause quarrels and legal problems. But the year is generally good, and there will be lots of celebrations.

PIG

There will be a lot of changes for the Pig, for better or worse, depending on the individual. You may not feel confident or steady, but there is a guardian angel watching over you. You have the gift of wisdom this year. You may have problems with children.

Don't isolate yourself and avoid them, but get involved in their affairs. Don't take things so seriously. If you have to scold someone, do it subtly and indirectly. Keep calm, stay prepared and enjoy whatever you have.

TAO SKILLS: Goh on harnessing the lucky qi of the Rooster