



5 ELEMENTS FOR SUCCESS

By Jane Langof

Success can be defined as the accomplishment of goals and the attainment of wellbeing and happiness. According to Chinese philosophy, five aspects shape the circumstances of our lives and we can apply these ancient insights to our modern world and use them to empower ourselves and create our universe.

First is a man's Destiny; Second is his Luck; Third is his Feng Shui; Fourth is his Virtue; and Fifth is his Knowledge
- Old Chinese Proverb

The universe is made up of energy, which can be classified into the five elements of wood, fire, earth, metal and water. These components are found in nature, our bodies and our surroundings, and are the fundamental building blocks of Traditional Chinese Medicine, Feng Shui and Four Pillars of Destiny, a system of Chinese Astrology.

The objective in five-element theory is to achieve a state of balance in our bodies, our surroundings and in our lives. Balancing the five elements and working with the five aspects of destiny, luck, Feng Shui, virtue and knowledge is a powerful way to help people achieve happiness, wellbeing and a lifestyle in harmony.

Destiny

Many spiritual philosophers believe certain life experiences are inevitable and part of our pre-determined life plan. We are destined to meet certain people and experience specific events to enable our spiritual growth and learning. Although our destiny is a mystery, prominent life themes can be mapped using Chinese Astrology.

Birth data is considered to be a cosmic code that represents a configuration of energy at a particular moment in time. This energy is interpreted as a combination of the five elements - fire, earth, metal, water and wood. The elements indicate luck cycles, career preferences, creativity, health, resources, strengths and tendencies of an individual. Chinese Astrology is remarkably insightful and understanding this information is a powerful way to enable one to make the most of their life's potential.

Although certain experiences are pre-determined through our destiny, we also have free will, meaning our lives are affected by our attitudes and choices. Free will and destiny co-exist and complement each other. The interaction between free will and destiny ultimately influences the quality of one's life.

My birth year is _____ I am a _____

Rat: 1912 * 1924 * 1936 * 1948 * 1960 * 1972 * 1984 * 1996

Ox: 1913 * 1925 * 1937 * 1949 * 1961 * 1973 * 1985 * 1997

Tiger: 1914 * 1926 * 1938 * 1950 * 1962 * 1974 * 1986 * 1998

Rabbit: 1915 * 1927 * 1939 * 1951 * 1963 * 1975 * 1987 * 1999

Dragon: 1916 * 1928 * 1940 * 1952 * 1964 * 1976 * 1988 * 2000

Snake: 1917 * 1929 * 1941 * 1953 * 1965 * 1977 * 1989 * 2001

Horse: 1918 * 1930 * 1942 * 1954 * 1966 * 1978 * 1990 * 2002

Goat: 1919 * 1931 * 1943 * 1955 * 1967 * 1979 * 1991 * 2003

Monkey: 1920 * 1932 * 1944 * 1956 * 1968 * 1980 * 1992 * 2004

Rooster: 1921 * 1933 * 1945 * 1957 * 1969 * 1981 * 1993 * 2005

Dog: 1922 * 1934 * 1946 * 1958 * 1970 * 1982 * 1994 * 2006

Pig: 1923 * 1935 * 1947 * 1959 * 1971 * 1983 * 1995 * 2007

Since the (traditional) Chinese zodiac follows the (lunisolar) Chinese calendar, the switch-over date is the Chinese New Year, not January 1 as in the Gregorian calendar. Therefore, a person who was born in January or early February may have the sign of the previous year.

* See page 9 for general characteristics of Chinese zodiac animal signs.

Luck

Although everyone has a unique path and their own definition of success, people attract opportunities based on their thoughts, attitudes and actions. Successful people create opportunities using common techniques you can apply to attract abundance into your life:

- Be your own best friend and monitor the thoughts you have about yourself. Consciously try to show yourself kindness, acceptance and understanding.
- Embrace your uniqueness and avoid comparing yourself to others. Focus on making the most of your own journey in life.
- Make a list of the things in life you are grateful for. Practice feeling gratitude and use positive affirmations that come from a place of abundance rather than deficiency. Affirm 'success and money come easily to me', rather than 'I want more money'.
- Build a vision board and collect images of things that represent experiences and emotions you wish to feel. Attach them to a board or produce a slideshow with inspirational music. Energise your dreams by engaging into this creative process.
- Build your confidence by recognising opportunities and accepting challenges. Overcoming challenges helps you to realise you can achieve greater things.

Be your own best friend. Consciously try to have good thoughts about yourself and show yourself kindness, acceptance and understanding.

I am _____

I can _____

I believe _____

Things in my life I am grateful for _____

Images that represent experiences and emotions I want to feel

Now find these images and create a vision board or slideshow.

Feng Shui

Your home and your surroundings are a reflection of your destiny and free will, and you are attracted to a home to help you learn the life lessons you need at a given point in time. Understanding the patterns you attract can help you make the changes required to make improvements in your life.

Traditional Feng Shui consultants believe each building contains an energetic blueprint that is a configuration of the five elements. This energy affects us on a physical, mental and spiritual level; the aim of Feng Shui is to bring balance and harmony in order to improve opportunities.

While traditional Feng Shui cannot provide a one-size-fits-all solution, as each building is unique, there are general ways you can make improvements to boost Feng Shui in your surroundings:

- De-clutter, organise and clean your space to enable energy to flow more freely. Pay particular attention to places where you spend the most time, such as your bedroom and working areas.
- Ensure the front of your home is appealing and well maintained, as this represents your ability to attract opportunities.
- Make your bedroom a peaceful place and avoid electrical equipment and other active objects.
- Bring natural light and fresh air into your home to refresh the energy. Introduce air-filtering plants, such as English Ivy, Peace Lily or Chinese Evergreen, into living areas to recycle indoor air.
- Surround yourself with things you love and avoid displaying unwanted items around the home as they bring about unfavourable energy.
- Take care with the placement of water features, mirrors and the colour red, as these can have a significant influence on your Feng Shui.

Do I need to de-clutter? ☐ Yes ☐ No

If yes, rooms that I need to focus on _____

Is my home organised? ☐ Yes ☐ No

Do I need to spring clean? ☐ Yes ☐ No

If yes, rooms that I need to focus on _____

Is the front of my home appealing? ☐ Yes ☐ No

Is the front of my home well maintained? ☐ Yes ☐ No

If no, how can I improve the front of my home? _____

Is my bedroom peaceful? ☐ Yes ☐ No

If no, how can I improve my bedroom? _____

Am I surrounded by things I love? ☐ Yes ☐ No

Virtue

According to Eastern beliefs, our past and present deeds and actions have karmic effects. Therefore, you can shape your experiences in life by doing what is right and following your truth. This involves showing kindness, love and forgiveness to others and to yourself.

People who follow their truth and do what they believe in are connected to a field of consciousness that feeds back with positive energy and experiences.

Do I regularly show to others

Kindness ☐ Yes ☐ No ☐ Unsure

Love ☐ Yes ☐ No ☐ Unsure

Forgiveness ☐ Yes ☐ No ☐ Unsure

Is there one area that I can improve in?

Do I have blocks around showing these virtues to others?

Am I able to accept from others

Kindness ☐ Yes ☐ No ☐ Unsure

Love ☐ Yes ☐ No ☐ Unsure

Forgiveness ☐ Yes ☐ No ☐ Unsure

Knowledge

The fifth element of success is knowledge, education and self-development. Having a stable foundation enables you to better withstand challenges in life. Continue to learn, to build your knowledge and meditate to develop your intuition. Devote time and resources to become centred, grounded and to develop your self-awareness.

Success

The tools available in Chinese metaphysics can help you to attract harmony, happiness and abundance. Understand your definition of success and choose to manifest the life of your dreams!

What is my definition of 'success'?

What steps will I take to manifest this success in my life?

'What is success? To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty; To find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded.'

- Ralph Waldo Emerson ❖

Jane Langof loves helping people improve their happiness and wellbeing with Feng Shui and great design. For more information and Feng Shui tips visit www.fengshuiconcepts.com.au, email jane@fengshuiconcepts.com.au or phone 0412 002 757.