

FOUR PILLARS TO GOOD HEALTH

PROSPER TIMES

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SPOTTING HEALTH THREATS FROM YOUR BAZI

CASE STUDY:
ANALYSING SINGER TERESA TENG'S BIRTH DATA

UNDERSTAND YOUR BAZI
TO SLIM DOWN

PALM READING SPECIAL:
HOW TO READ YOUR HEALTH LINE?

Special Article:

一开大门便见窗口是坏风水吗?



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DEAR READERS,



As we are busy accumulating our wealth and fulfilling our hectic social life, we often overlook one very important aspect, Health. You may have life goals, dreams to realise and crucial roles to fulfill but all these would not be possible if you do not have a healthy mind and body. This issue of ProsperTimes™ reveals how our BaZi (also known as Eight Characters) divulge health warning signals. It also sheds some light in how BaZi is related to weight gain and slimming down possibilities.

Tomorrow's good health starts TODAY! Read on to find out more.

Still focusing on our ever important health, this issue's "BaGua Mirror" shares with you some palm reading techniques to take pulse of your well being. Learn how to identify the Health Line and take precautions on likely critical health problems. Look out for these healthy insights in this segment.

The Flying Star Feng Shui series will continue to share with you some tips in applying simple Do-It-Yourself (DIY) Feng Shui for the month of August. A small amendment in the placement in a particular sector may help to alleviate the negative impact for that month! You never know, it may just work for you!

August has always been a special month for my home country, Singapore. We gained our independence 45 years ago. This August is especially noteworthy as we are the first country in the world to host the inaugural Youth Olympics Games (YOG) and play host to delegates from 204 countries and administrative regions. I would like to make use of this opportunity to wish Singapore Happy 45th Birthday and continuous progress and prosperity! I wish YOG tremendous success and all participating athletes best of luck!

祝新加坡国泰民安，国运昌隆，欣欣向荣！Majulah Singapura!

LIM ENG CHEONG



FOUR PILLARS TO GOOD HEALTH

PROSPERTIMES

01.08.2010

CONTENTS

- 4 **FOUR PILLARS TO GOOD HEALTH**
- 5 **HEALTH VERSUS WEALTH—A STORY OF TWO MEN**
- 6-7 **HEALTH MATTERS**
Analysing and spotting health threats from your BaZi
- 8 **READING HEALTH OF TERESA TENG**
BaZi and health of famous singer Teresa Teng
- 9 **UNDERSTANDING BAZI TO SLIM DOWN**
- 10 **SPECIAL ARTICLE (IN CHINESE):**
一开大门便见窗口是坏风水吗？
- 11-13 **BA GUA MIRROR—PALM READING HEALTH LINE**
Quick and easy guide to read your Health Line on your palm.
- 14 **MONTHLY FLYING STAR CHART**



FOUR PILLARS TO GOOD HEALTH

I see many clients who consulted me on their fortunes based on Four Pillars (四柱) or commonly known as Eight Characters / BaZi (八字).

When will my good luck come? Will my husband be loving? These are the frequently asked questions. People are often very concern about their career, wealth, relationship or romance but health matters seem to be of lower priority to many of them.

In my opinion, on the contrary, I would place health as the highest priority. Without health, you will not be able to achieve many good things in life. That's why in all my destiny analysis reports to my clients, I will read their health condition from their BaZi and include a section on health related matters, regardless of whether they requested for it or whether they like it or not. Good health is priceless. This is a valuable piece of information that I am giving my clients.



HEALTH VERSUS WEALTH

I came across an interesting story about two men. Let us just call them Tom and Dick. Tom is a billionaire, a wealthy businessman but suffers from poor health and has only three years left on his lifespan. Dick is the opposite. Dick can barely make ends meet but he is in the pink of his health. Tom and Dick have different desires and wishes. Tom wishes for good health, while Dick hopes for more money.

One fine day, a fairy came along to grant them their hopes and wishes. "I can give away my fortune to exchange for good health", said Tom. "I have been a pauper all my life and I want to be a rich man before I die", pleaded Dick. The fairy took pity of them and told them that she would grant them their wishes by exchanging their identities! Nods of agreement and a resounding "Yes" can be heard from both men. The fairy casted a magic spell and chanted "Abracadabra". Whoosh! The identities of both men were swapped accordingly.

Their wishes have come true. Dick is a rich



man now but is ill. Tom is healthy but poor. Dick has been a health conscious person and has been poor in managing his finances. He starts to spend lots and lots of money to cure his illness. Eventually, he recovers from his illness and regains his health but he has depleted his entire fortune.

How about Tom? Tom finds himself in good health and begins to work hard for his money. Tom is brilliant in managing his business but does not know how to take care of himself and his health declines. In the end, Tom is able to amass huge wealth but is once again plagued by illnesses.

What does the story tell us? Without good health, wealth is nothing!

Very often, we do not know how to take care of ourselves. We are always busy with work, career, socialising and pursuing material comfort but we forget to give ourselves some space and time to relax and rest well. Being healthy does not just mean exercising, going to the gym or eating nutritiously. More importantly, it is our mental state. The need to feel relax, contented and happy.

Are you going too fast and flying too high? Slow down your pace and start to look beyond your work and materialistic pursuits. Taking care of your health is not a future task. Tomorrow's good health starts TODAY!



Health Matters

Similar to the binary system of zeros and ones, the Chinese uses *Yin* and *Yang* (阴阳) to categorise everything in our universe. The energies in our environment can be represented by the Five Elements (五行), which are Metal (金), Water (水), Wood (木), Fire (火) and Earth (土). The Five Elements co-exist and interact with each other in our atmosphere. Only when balance or equilibrium is maintained among the *Yin Yang* and the Five Elements, harmony and order is achieved. If they are out of proportion, chaos and undesirable effects will occur.

Based on our birth data and using the Chinese *Xia* Calendar (夏历), we can erect the *BaZi* chart of a person easily. The chart is represented by eight characters that symbolise the *Yin Yang* and Five Elements composition of that person. The eight characters can be

likened to our DNA (Deoxyribonucleic acid) or the genetic information that is unique to us. DNA sequencing reveals our genetic code and also sheds light on our health condition.

Analysing the *BaZi*, without using sophisticated devices, we can examine a person's well being and the hidden health threats too! If any of the Five Elements does not exist in an amiable manner or exist in unbalanced proportion, this person is likely to develop illnesses related to that particular element.

Traditional Chinese Medicine (TCM) also uses the Five Elements concept in its diagnosis. Our organs, senses, body parts and even different tastes can be categorised under the Five Elements. For example, Metal (金) refers to our lungs (肺), Water (水) relates to our kidneys (肾), liver (肝) is represented by Wood (木), Fire (火) governs the heart (心) and Earth (土) symbolises our spleen (脾).





	<i>Metal</i> 金	<i>Water</i> 水	<i>Wood</i> 木	<i>Fire</i> 火	<i>Earth</i> 土
Organs & Body Parts	Lungs, large intestines, nose, skin	Kidneys, urinary bladder, ears, bones	Liver, gall bladder, eyes, tendons	Heart, small intestines, tongue, pulse	Spleen, stomach, mouth, muscle
Senses	Smell	Hearing	Sight	Speech	Taste
Tastes	Pungent	Salty	Sour	Bitter	Sweet

We know that smoking is bad for our lungs. It can also be explained from the concept of the Five Elements. Smoking requires lighting a cigarette, which is a burning process that is related to the Fire element. According to the Cycle of Destruction, Fire melts Metal (火克金). Metal represents our lungs, thus smoking is detrimental to our lungs.

We are also aware that excessive consumption of alcohol is unhealthy and is especially damaging to our liver. Why is this so? Alcohol, which has a pungent taste, is represented by the Metal element. Metal chops down Wood (金克木), thus weakening the liver. Liver helps to neutralise the toxins in our body. If the liver is weakened, the blood, which is represented by the Fire element, will be affected. As Wood is the resource of Fire, a weakened Wood will eventually cause the Fire to diminish in strength.

High blood pressure or heart-related disease is usually a case of the Fire element being out of proportion. To keep the blood pressure in check, a Chinese physician will normally prescribe medication that will help to strengthen the kidneys. This will help to strengthen the Water element, which will in turn keep the strong Fire element in check.

Examining a person's BaZi helps to identify the root cause of an illness. It is only when we tackle the root cause, we will then be able use the most effective solution and eradicate the problem totally. Using BaZi to tackle illness is especially beneficial when medical doctors are unable to identify root cause despite putting the patient under numerous medical tests and examinations.

Heartthrob of the Chinese People Teresa Teng 邓丽君 (1953-1995)

Everyone knows Teresa Teng, an immensely popular and influential Chinese pop singer from Taiwan. It is a pity that she died from an asthma attack in May 1995 at the age of 42 years old. However, her songs live on. Till today, her songs still remain popular.

Let us take a look at her BaZi and see if it reveals to us her health condition.

According to sources from the internet, she was born on 29 January 1953, year of the Water Dragon:

Time 时	Day 日	Month 月	Year 年
-	庚 geng Metal	癸 gui Water	壬 ren Water
-	辰 chen Earth	丑 chou Earth	辰 chen Earth

From her BaZi chart, we can derive her luck pillars accordingly:

Age 48-52	Age 38-42	Age 28-32	Age 18-22	Age 8-12
戊 wu Earth	己 ji Earth	庚 geng Metal	辛 xin Metal	壬 ren Water
Age 53-57	Age 43-47	Age 33-37	Age 23-27	Age 13-17
申 shen Metal	酉 you Metal	戌 xu Earth	亥 hai Water	子 zi Water

Teresa Teng is a strong Metal person born in late winter in the year of the Water Dragon. She has a strong and decisive character and is a loyal person. The Water element in her BaZi is relatively strong and

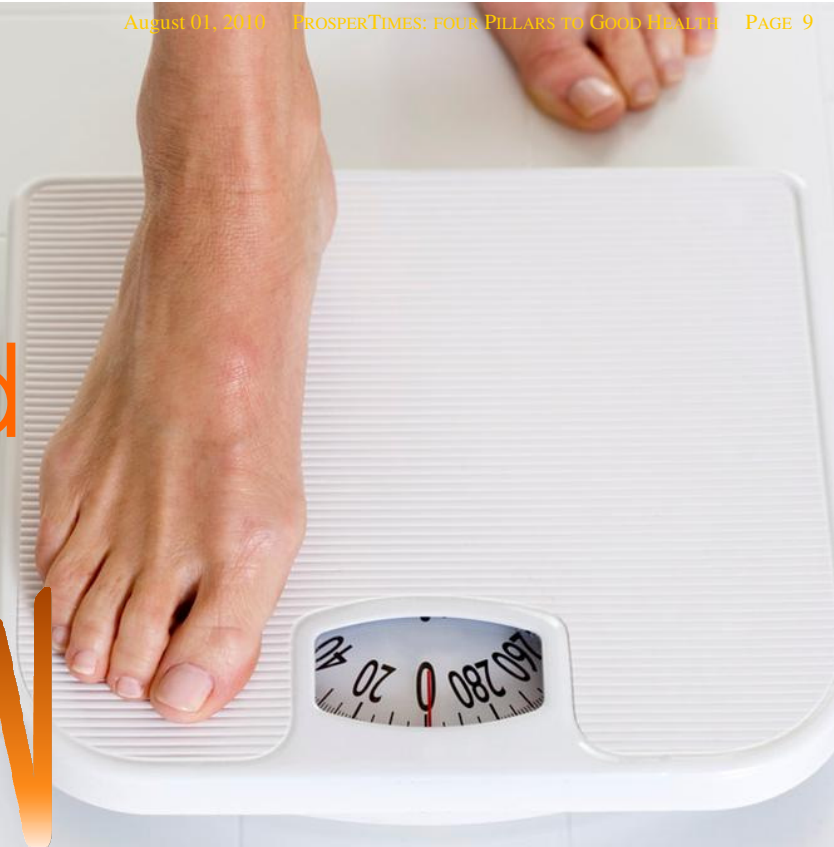
there is also abundant Water element during her early years in her luck pillars. The Water element is her favourable element and symbolises her intelligence and artistic expression. This explains why Teresa Teng is so talented and achieves fame at a young age.

Born in late winter and the absence of the Fire element in her BaZi cause her body disposition to be cold. Fire represents the heart and it is an indication that her heart is relatively weaker.

At the age of 43 (Chinese age), she encounters the Metal element (酉) in her luck cycle. Metal is her unfavourable element and the presence of the Metal element will pose problems to her health. Metal represents the lungs or the respiratory system, thus she will experience breathing difficulties. Moreover, the arrival of the Metal element (酉) will cause her Day Pillar in her BaZi to be void, making things worse. On 8 May 1995, a Water day in a Water year, her heart stopped (Water puts out Fire 水克火) and Teresa Teng died from severe asthma attack. She is dearly missed by her fans worldwide but her songs and beautiful voice remain alive in the hearts of the Chinese people.

From this example, we observe that our BaZi can give us some clues and reveals to us our health condition.

Understand BaZi to SLIM DOWN



Slimming down does not just restrict to the realm of pretty ladies or beauty professionals. Obesity has a profound influence on our health. Obesity is often the culprit for heart diseases, high blood pressure, diabetes, etc. Getting in shape is everyone's responsibility.

Are we able to see from our BaZi weight gain tendency? The answer is yes. Weight gain is normally due to several factors and nutritional unbalance is one of them. Our digestive system is related to the Earth element. When the Earth element is out of proportion, there is a high tendency that our body shape is out of proportion too.

People who are born in the month of January, April, July or October are more likely to lose control of their weight during the year of the Snake, Horse and Goat. The best way is to cut down the intake of sugars and high calories food. Regular exercise is a great way to keep your weight in check too.

To control the Earth element, we can make use of the Wood element. Wood element is related to the sour taste. You may attempt to include more vinegar or yoghurt in your daily diet. Fresh lemon or lime juices are equally helpful as well. However, these recommendations are unsuitable if you have stomach ailments or gastric issues.

Pillars to Good Health

The most important point is to get a life! A healthy mind is the first step to good health. There must be a work-life balance. Learn to relax, slow down your pace, rest sufficiently and be happy. The next step is to eat nutritiously. Maintain a balance diet, cultivate healthy eating habits and do not skip meals. Last but not least, keep moving and exercise regularly in a non-strenuous manner. You are on your way to good health and more good things ahead!

一开大门便见窗口是坏风水吗？

中文特刊：春风得易

林永昌 编写



好？ 坏？

许多读者来信询问是否一开大门就见窗口，便是坏的风水格局吗？这是一个非常普遍的问题。现代组屋或公寓的大门大多数都面向客厅的窗口。以风水的角度来看，这的确是一个不理想的格局。简单的说，这就是“漏财”的现象。

风水的原理就是探讨怎样利用正确的方位来纳取吉祥旺宅之气，并且通过室内设计来聚集此气，以便帮助住户趋吉避凶，逢凶化吉。一开门便见窗口会导致旺气迅速流失，而住宅无法有效聚集旺气。这样的现象会使屋内死气沉沉，人丁无精打采及面对衰运的降临。

若要事业一帆风顺，大展宏图，生意兴旺昌隆，小孩学业进步，一家大小出入平安，身体健康，和睦相处，必须对此“漏财”格局作出改进。最直接有效的方法，就是在大门与窗口之间打造一扇屏风来阻止旺气迅速流失。屏风的设计也有讲究。它的设计不只要美丽大方，也要友善友好。设计也不能包含任何尖角或含有凶猛邪恶的含义。

以上是提供给读者改善家居风水的一些基本建议。希望读者能从中受益，达到意想不到的有利效果。若要进行更深一层或更全面的旺宅风水布局，请来电征询专业评估。



BaGua Mirror

a light-hearted column on ancient & cultural beliefs & practices

Contributed by VENEZIA

“Is your health in good hands?”

A Quick & Simple Guide to Reading your Health Line

Palm Reading:

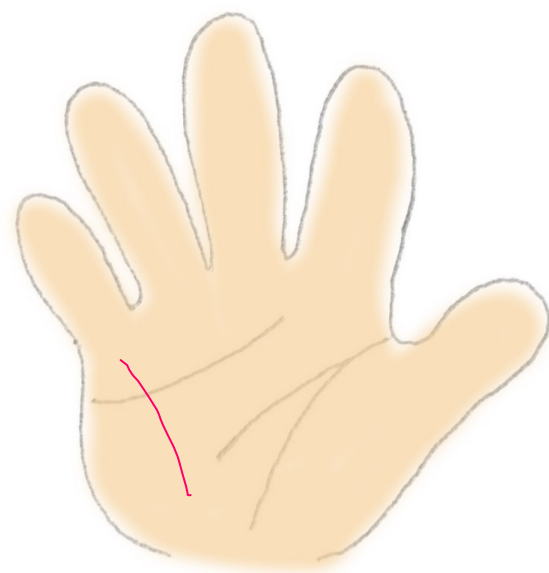
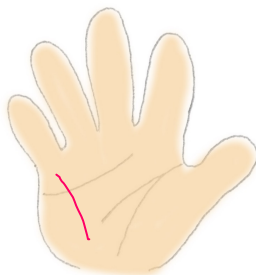
Your Health Line

Health Line 健康线 (also called Mercury Line 水星线) is a crease line on your palm that runs below your fourth finger towards your last finger.

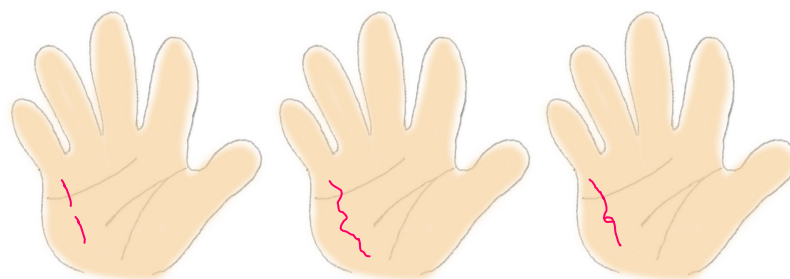
Now take a look at your palm. Are you able to find your Health Line? If you are able to identify it, here's a quick & easy guide on what your Health Line tells you ...

Strong & well-defined line:

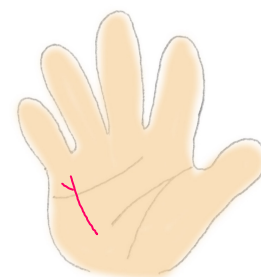
You enjoy good health

**Broken or wavy/crooked line or "island" on the line:**

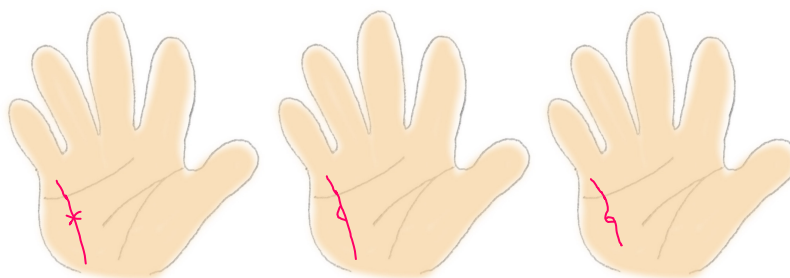
Weak digestive system resulting in weak health. You need to take extra effort to ensure a balance and nutritional diet.

**Additional "branch" line(s) towards last finger:**

You enjoy good health at old age.

**"Star" or "Triangle" or "island" on the line:**

Likely to have urological health issues. Beware of kidney stones and bladder problems.



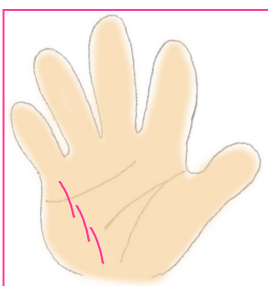
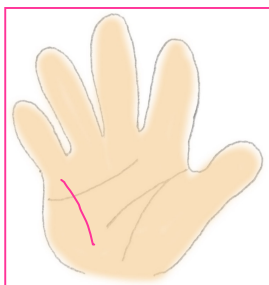
Fret not if you are not able to identify your health line. The absence of a health line indicates that health is actually not a major issue for you. Do not despair if you currently fall under weak health category. Our health line will change according to the conditions and state of health. With a well-balanced diet and healthy lifestyle, you will see that your health line will morph and change for the better over time.

Palm Reading:

Health Line & Communication

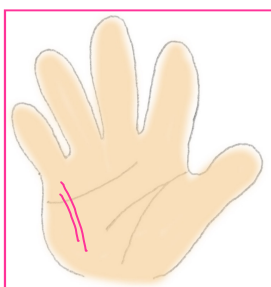
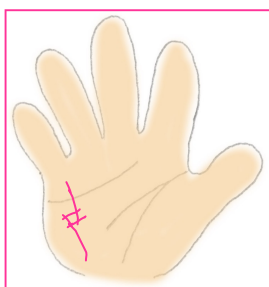
Interestingly, our health line can also give an indication to one's communication and socializing skills.

A **strong and well-defined** health line indicates that you are a great communicator. You are persuasive and convincing. You enjoy human interaction and you are strong in your socializing and networking skills. You also receive strong support from people around you.



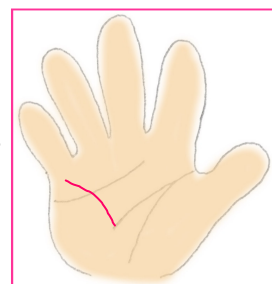
If your health line is **disjointed or broken**, it reveals that you may be tactless at times, thus you may unknowingly offend people around you. You need to be more cautious in your choice of words and be more sensitive towards other's feelings.

If your disjointed health lines are connected with horizontal creases forming a **"hex" ("#")**, it indicates that you can communicate and socialize well too. You are a blessed person with many **"nobleman"** around you, supporting whatever you do.



If you have **two well-defined** health lines (or called **twin health lines**), it means you have strong business acumen. You are suitable to start your own business and you will reap good results from your business.

If your health line **starts from your Intelligence Line**, it means you are someone who thinks before you speak and you are careful with your words.



MONTHLY FLYING STAR

Flying Star

7 Aug 2010 - 7 Sept 2010

Flying Star Feng Shui encompasses space and time dimensions. At different times, there will be different energy influences in different sectors. This segment presents to you the energy influences for this period of time (7 Aug 2010 to 7 Sept 2010). The effects will be more acute if you have your main door or windows in that particular sector or facing a particular direction. The following chart shares with you the implications and some recommendations. The larger number represents the annual star, while the smaller one symbolises the monthly star.

SOUTHEAST

7₄

Most likely to cause disputes & conflict between the ladies in families. Be careful not to cut yourself when you use tools. Cool things down with a blue carpet or painting in this sector.

SOUTH

3₉

Harmonious combination. A good time to attain fame & status. Intelligent children are also expected. Light a lamp here to enhance the good energies.

SOUTHWEST

5₂

This configuration spells misfortune or disaster. Health will be greatly affected. Hang metallic six-rod windchime here to alleviate inauspicious influences. Keep this sector still and quiet too.

EAST

6₃

Clashes between the Metal & Wood. Beware of scandals & legal entanglements. When exercising, take extra precautions to prevent leg injuries. Place a blue lamp here to soothe undesirable effects.

CENTER

8₅

Inauspicious Star 5 takes center-stage this month & is further strengthened by Star 8 of Earth nature. Illness & injury to the young is likely. Bone & tendons may be damaged. Hang metallic six-rod windchime to dissipate bad energies.

WEST

1₇

Possible indulgence in wine & illicit romance. Beware of injuries to the hearing or kidneys. Having a bowl of still clean salt water here will help matters.

NORTHEAST

2₈

A perfect ten combination. Chances of acquiring new property are high. Sickness Star 2 may still wreak havoc. Use 6 ancient Chinese coins to dissolve the negative influences.

NORTH

4₁

Possibility of scholastic achievements. Beware of romance scandals. Place a bronze rat sculpture here to support Water Star 1.

NORTHWEST

9₆

Star 9 clashes with Star 6. It indicates rebellious children against the father & disharmony within the family. Be mindful of lungs ailments too. Place crystal cubes here to minimise the impact.

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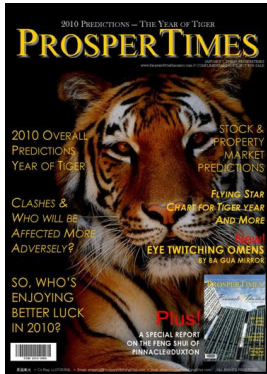
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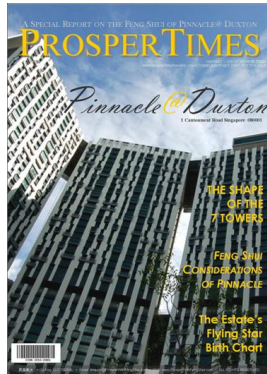
Talk by Master Lim Eng Cheong, 20 August 2010
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Don't Miss Out Any Issue



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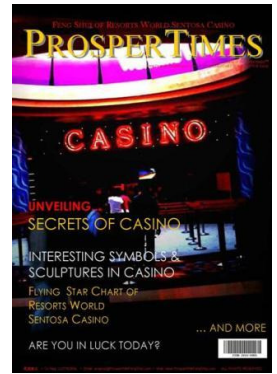
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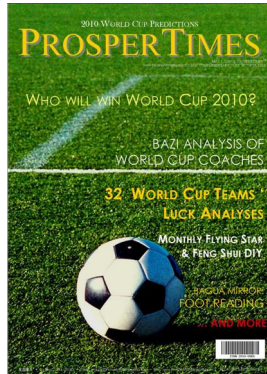
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