

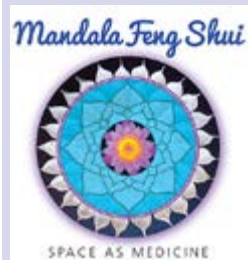
The Rooster is certainly also known as the Phoenix or a transformational, cheerful bird, brave and dauntless heroes, who nevertheless, if out of balance, can be vain, stubborn, prone to not backing down or being unreasonable if they do not get their way! True transformation is achieved by self-reflection and impulse control, and leaving the more self-serving strategies for another year. This is a great year to jump-start your meditation or contemplative practice, start a yoga class or visit your place of worship more frequently.

Staying healthy in 2017 includes a heart healthy and moderate physical exercise regimen, eating healthy food, and developing spiritual connections. Meditation and contemplative practices work effectively to counter any inauspicious emotional states like aggression, greed or self absorption this year, and will help guide us from within to slow down, listen quietly, and mindfully choose positive courses of action. Even a very basic journaling or gratitude practice can transform aggressive, self-concerned thinking and behavior into skillful mindfulness, abundance, compassion for self and others and the flexibility we will need to achieve our goals.

Communicate clearly, be kind, keep your promises, be devoted to others as much as self, and spend more time illuminating the strengths and talents of others. You will excel by limiting bragging about your own accomplishments and creating a true spaciousness for others, in order to cultivate an inspired community to grow.

So as Jan. 28 approaches with the New Year of the Female FIRE Rooster, remember that the conservative Rooster asks us to stay focused on the practical, mind our own business and negotiate peace along the way by sharing the limelight with our community. It's a yearly plan for reaping a strong harvest from joyful hard work and remaining balanced between family and work, which are truly the ingredients for happiness and abundance in most years but definitely when the Rooster crows!

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time,



as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2017 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



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