

# Acu News

"A good fortune may forbode a bad luck, which may in turn disguise a good fortune." - Chinese Proverb

## 2022 - THE YEAR OF THE TIGER

**CHINESE NEW YEAR, OR LUNAR NEW YEAR, IS UPON US. THIS YEAR IT BEGINS FEBRUARY 1ST, 2022. IT IS A 15-DAY FESTIVAL THAT IS CELEBRATED ANNUALLY DEPENDING ON THE SIGHTING OF THE NEW MOON. IT IS ALSO KNOWN AS THE SPRING FESTIVAL.**

Each year an animal zodiac is associated with each Chinese New Year. The Chinese Zodiac consists of 12 animals. These are Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. In that order.

This is the Year of the Tiger. This indicates a new beginning, a fresh start, and it's a year made for bold action. The Tiger is known for its power, daring, and ability to do everything on a grand scale.

Tigers are regal, impressive, and ferocious creatures. They are also stealthy and determined hunters. The Tiger personality reflects all of these traits. People born under a Tiger Year are portraits in courage and leadership. They like doing things their own way, and once they set a goal for themselves, they will do anything to make it happen.

They also have a tendency to be impulsive, rebellious, and quick tempered. When they rebel, this anger can spread to innocent bystanders. In the past, Tiger years, have been very explosive at times.

Tigers are quick and spring into to take action in an instant. So be prepared for situations that can change quickly. On the down side, this can mean hot tempers, drama at home or at work or quick changes happening around the globe. On the up side, this year can also bring unexpected great news and turn dreams into a glorious reality. Get ready for a wild ride! Here are a few tips to help navigate the Year of the Tiger in a more manageable fashion.

**EMBRACE RED:** Red is generally considered a lucky color and it is seen everywhere - representing vitality, beauty, luck, happiness, and good fortune. Share the traditional red envelopes. This monetary gift is meant to bring the recipient good fortune. Make sure to gift cash in even numbers, and do not have the number four in the amount.

**REMEMBER THOSE WHO HAVE PAST:** Chinese New Year is also the time to remember your ancestors - take a moment to appreciate those you love most and give homage to their lives. For if it weren't for them, you may not even have been born.

### ENSURE YOUR HOME IS "PROTECTED":

- Suspend a metal wind chime with 6 rods, at the center of your home.
- Add red decor at the east end of your home and in the bedroom.
- Start growing three little lucky bamboo plants in a vase with water at the west end of the living room.
- Place a water feature, such as a fountain, at the north end of your home.

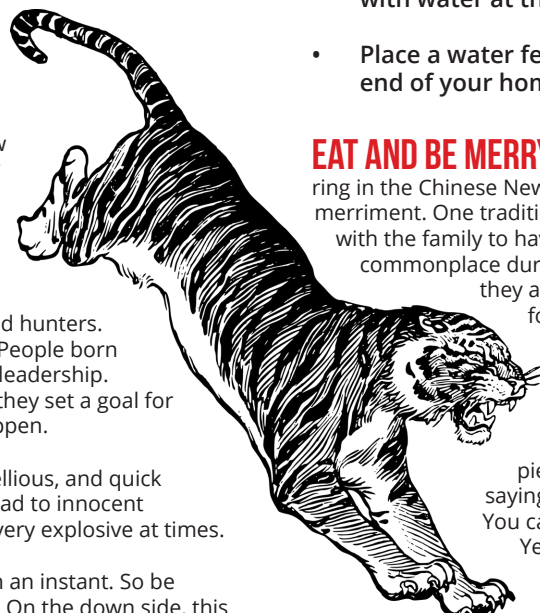
**EAT AND BE MERRY:** Consider dim sum delights to celebrate and ring in the Chinese New Year. Enjoy fireworks, parades, and general merriment. One tradition closely followed on this day is getting together with the family to have a feast. Certain foods are symbolic and are commonplace during this feast. Dumplings represent wealth, so they are eaten in abundance, with fish being another food that is commonly eaten.

**MAKE A PLAN:** For those celebrating Chinese New Year and wanting to begin the Year of the Tiger on the right foot, here is one piece of advice - make a plan. There's a Chinese saying that, "The whole year's plan starts in Spring". You can write down what you want to achieve for the Year of the Tiger...whether you achieve it or not, at least you have direction and goals.

By following some of this advice, one can avoid the challenging period that may await us in the Year of the Tiger, lessen adverse effects and proceed forward with better luck, happiness, and good fortune.

*Stay strong and resilient in this Tiger Year - grrrrrrrr!*

*If you need any help and support during this upcoming year, please reach out. Give us a call, we can help.*



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