



# State Business Forums

Thank you to all of you who attended both the Brisbane & Sydney Business Forums & are now founding members of the Australian Centre for Corporate Advancement (ACCA). The Business Forums held in Brisbane & Sydney were attended by over 200 delegates & the food & cocktails provided a fluid presentation on some of the things that ACCA does & stands for. For those of you who are still not sure what we are all about, please visit our website at [www.ac4ca.com](http://www.ac4ca.com)

*Wellbeing* magazine has been nominated by ACCA to be our official publication & all of our members will be on the receiving end of a fabulous bonus of the *Wellbeing Annual 2003 (out now)*. The publication is of the



National President—Vivienne Kariotoglou

highest quality, glossy paper, & has all the latest news on medical breakthroughs, holistic health developments, alternative therapies, nutrition, healthy food, the environment & much more. Happy reading! As the first of a regular series of Newsletters, “ACCA Directions” will be providing tools, tips & information that epitomises what we represent.

We will have regular contributions from outside parties plus information about upcoming modules & seminars. Make sure you keep up to date & feel free to provide any editorial content by sending to [editorial@ac4ca.com](mailto:editorial@ac4ca.com)

## Year of the Water Goat (4 February 2003 - 3 February 2004)

Before I go any further let me give you a brief introduction on Chinese Astrology. The Chinese lunar calendar originated with the Emperor Huang Ti, who introduced the first cycle in 2637 B.C. A complete cycle of 60 lunar years is made up of five twelve year cycles. The appointment of an animal sign (referred to as the twelve Earth Branches) to each of the 12 years is attributed to a legend about the Lord Buddha’s final feast; who had summoned all living creatures to come bid him farewell before he left this world. Only 12 heeded his invitation & as

a token of his appreciation, these animals were given the honour of having a year named after them in the order of their arrival. First came the Rat, then the Ox, the Tiger, Rabbit (Cat), Dragon, Snake, Horse, Goat (Sheep), Monkey, Rooster, Dog & finally the Boar.

During the complete 60 year cycle, each of the animal signs is combined with the five elements: Wood, Fire, Earth, Metal & Water. These five elements are further divided into active & passive sides (or stems). The active side is identified as positive-yang, or male; the passive-yin, or female. The Rat, Tiger, Dragon, Horse, Monkey & Dog belong to the positive yang. The Ox, Rabbit, Snake, Sheep, Rooster & Boar are negative yin.

The animal that rules the year of your birth is said to employ a profound influence over your life. Hence, the Chinese have coined the saying, “*This is the animal that hides in your heart*”.

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## Year of the Water Goat (cont'd)

We often find ourselves in situations at work, or at home, where we cannot comprehend how another person can look at the same situation so differently from us, or can make us feel uneasy, or find different things annoying or entertaining. Exploring the animals enables us to look at these differences by allowing us an insight into the make-up of our natures & personalities.



*The Year of the Goat*

At times, it may be advantageous for the kindly Goat to have bossy, strong associates-managers who will both discipline him & put his talents to use, tough secretaries who will turn down those unreasonable demands made on their good nature. In short, the Goat needs people to insulate him from hassle & the human parasites who want to prey on him.

We can come to know ourselves better & to accept the traits of others, with this knowledge. It has an important use in the workplace in keeping warring factions apart & ensuring a harmonious balance for example between productive output & socialising.

### *The disposition of the Goat*

The Goat, also known as the Sheep, is the most feminine sign of the Chinese zodiac. They are emotional & compassionate. Peace-lovers, Goats always behave extremely accommodating to others. They tend to be mild-mannered, even shy & are vulnerable to criticism. They worry a lot & tend to be pessimistic about events, but when they feel strongly about something they will dig their heels in & sulk until they achieve their objectives. Goats are generally popular & are usually well cared for by others. They appreciate the finer things in life & are usually lucky. They find it hard to deal with difficulties & deprivation. They are possessed by varying moods & find it impossible to work under pressure. They also find it difficult to be objective & their outlook is usually subjective & self-centred. Ardent romantics, Goats can obtain their own way by wearing their partners down & turning every occasion to their advantage. They will do anything to avoid conflict & hate making decisions.

***Goats ...have an unconventional nature & often indulge in their capriciousness***

Famous Goats: Andy Warhol (metal), Catherine Deneuve (metal), Barbara Walters (metal), Michelangelo (wood), Rudolph Valentino (wood), Sir Laurence Olivier (fire), Miguel de Cervantes (fire), Pierre Trudeau (earth), George Wallace (earth), Billy Jean King (water), John Denver (water), Muhammad Ali (water)

### *What to expect in the year of the Water Goat?*

Overall, it will be a year for consolidating & for diplomatic negotiations, rather than launching new projects.

*If you were born in the year of the Goat, that is the years commencing with 13 Feb 1907, 1 Feb 1919, 17 Feb 1931, 5 Feb 1943, 24 Jan 1955, 9 Feb 1967, 28 Jan 1979 & 15 Feb 1991.*

Generally, the Goat's year is not very favourable for the Goat native. Things may start out promising & he could make a lot of plans or receive many invitations. But if he lets his guard down & assumes everything will be taken care of, then problems & complications will pop up & his gains may be greatly diminished. He must take care to check everything twice to make sure there are no loose ends. This is definitely a time during which he must lower his expectations & be as practical as possible. He should not take anything for granted. However, romance & love affairs will blossom as the Goat seeks comfort & reassurance from others.

\* refers to both genders males & females

## Feng Shui for the Year of the 2003 (Based On Flying Stars)

### *Bad Flying Stars*

Even if you know nothing about the influences of flying stars, you can be aware of the year & the month that "bad" stars will affect certain sections of the home or office. This aspect of Feng Shui has to do with the way the Feng Shui of any space gets affected by the passage of time. The Chinese always pay attention to space & time dimensions when it comes to reading the influences of intangible forces that affect their wellbeing & luck.

## Feng Shui for the Year of the 2003 (cont'd)

We can identify the 3 major types of bad flying stars that have the potential to bring afflictions, negative consequences, illness, loss & accidents. These afflictions move around the compass chart each year so pay attention to these time afflictions of Feng Shui. The following are the 3 types of afflictions:

- The affliction caused by the appearance of the 'Grand Duke'
- The affliction caused by the star of the 'Three Killings'
- The affliction caused by the annual & monthly star called the 'Five Yellow'

In early Feng Shui study it is said that you must never face The 'Grand Duke' direction (the annual animal sign for the year, i.e. Year of the Goat in 2003) directly when you sit, work or eat. If you do, misfortune befalls you even if that happens to be your best direction. The direction this year is in the SOUTH WEST; hence it is not favourable to disturb his place with excessive noise, banging, digging 'moving earth' or renovations in the South West section of your home, apartment or office. If you do, the consequences are that you could get sick, suffer losses, lose out on important deals & opportunities & generally feel rather sickly.

So put into place a concave bagua mirror (mirror caves outwards) as a remedy for this in mid-January 2003 & not earlier, for only one Chinese year. Make sure you hang it above the front door on the outside, never inside or on the front door. Position the 3 solid lines of the bagua at the top.

The 'Three Killings' direction for the Year of the Goat is in the WEST & you should never sit with this direction behind you. You can face but not sit as confronting the 'Three Killings' will not hurt you, but having it behind you will. Try



*Finding the right balance...*

to avoid disturbing or digging 'moving earth' on this location.

In the year of the Goat, the bad energy called 'Five Yellow' – symbolising obstacles & misfortune, arrives at the SOUTH EAST. Houses facing or sitting on this direction should not perform renovations without choosing good dates. Try to avoid using this sector or avoid performing important activities in this room as often. If your bedroom or entrance happens to be in the South East of your home or office, it is recommended to hang a metal wind chime there to dissolve this bad energy.

Another 'bad' star number 2, symbolising illness, will arrive at the NORTH in 2003. The traditional method to dissolve it is to hang a string of 6 metal coins in the affected area in the North of the house or office.

## Hangover Drink

That nauseating headache & that terrible taste in your mouth are the price you pay sometimes for a night's partying & or even just a few Xmas drinks with a friend. Unfortunately, there is no cure that guarantees your ability to drink all night & function well the following day. However, there are some ways of minimising the penalties of drinking moderately. Try the *Sri Lankan Soother*:

Ayurvedic doctors for relieving the symptoms of overindulgence have long recommended this sharp, rather exhilarating drink. The lime & grapefruit provide plenty of Vitamin C & fructose & having a cleansing effect, restoring an overworked liver & aiding its metabolism of toxins. The sweet & spicy cumin aids digestion, supports the liver & enhances our ability to deal with toxins including alcohol.

*600ml grapefruit juice*



*2 teaspoons lime juice  
1 teaspoon ground  
cumin*

Blend all the ingredients together & drink preferably both before & after drinking alcohol.

2-3 servings

# Self-Hypnosis

## Gateway to Personal Power

Self-hypnosis is a method which connects the mind & the body for the purpose of self-help.

Self-hypnosis takes place in a state of relaxed consciousness between the waking & sleeping states. In this state, ideas are accepted by suggestion rather than by logical evaluation.

Positive suggestions allow you to open the door to change, to realise options & can include physical or emotional healing. In terms of self-healing, positive suggestions can be delivered through self-hypnosis to access our mind & body connection.

The physical body reflects our emotional states eg stress can cause palpitations, sweating & insomnia which are all physical states.

Try this exercise: imagine a jar of honey & a teaspoon next to it in your mind's eye. See the colour of the honey, the shape of the pot, the size of the spoon. Open your eyes for a moment. Close your eyes again & go back to the honey jar & the spoon. Imagine you are putting the spoon into the pot & helping yourself to a full spoonful of the honey. Concentrate on this image. Open your eyes. Did you get a sweet taste in your mouth? Did your mouth water? Did your teeth feel sticky?

*The intuitive mind is a sacred gift & the rational mind is a faithful servant.*

*We have created a society that honours the servant & has forgotten the gift.*

*Albert Einstein*

Self-hypnosis uses images to produce a physical sensation, accessing that mind/body connection. The ultimate

aim of self-hypnosis is to balance the right & left sides of the brain & to tap into the inner ability we all have to accomplish self-healing.

By using visualisation, positive imagery can target specific problem areas you have identified as needing attention, eg stress, anxiety, lack of motivation, poor memory.

Studies have proved that people with above average intelligence are actually better at using self-hypnosis techniques than people of average intelligence. Self-hypnosis can be practiced

anytime once you know how to use it. It is a tool which allows you to gain more control of your own life.

## Name Changes & Numerology

Numerologists are often asked to help people change their names because names have the ability to emit tremendous personal power.

Names on your birth certificate are significant as these contain a blueprint for your life direction. If you are seeking to change your name, then you may be trying to escape the past or a challenging experience or situation. You may want to change your name because you can earn more money or be more successful.

Your identity in the field of business is very important & you may wish to change your name to identify better with your field of work. If you work as an accountant for example, 4s & 8s are especially powerful; if you work in the public relations field lots of 5s would auger well for your success.

As you were born with certain gifts, working with your existing name is always helpful. Sometimes changing your initials can enhance your career as

it will highlight some of the qualities already in your chart.

Link the four famous people below with their real names.

Demi Moore                      Walter Willison

Bill Clinton                      Demetria Guynes

Bruce Willis                      Harry Webb

Cliff Richard                      William Blythe

Answers in next newsletter

*Number is the within of all things.*

*- Pythagoras*

## XMAS GIFT

*Why not give a friend, relative or colleague a Numerology Report as a Xmas Present?*

*It will be a thought provoking & interesting read & they will discover what motivates them in life, the impression they give to others & the way they express themselves plus much much more!*

*Just \$40 incl. of GST.*

*To order just send in the person's full name & date of birth to info@ac4ca.com along with a cheque payable to ACCA- PO Box 398 Drummoyne NSW 1470.*



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## Event Calender

Modules outlines are on the web.  
Visit [ac4ca.com](http://ac4ca.com) for more information

### Introduction to Feng Shui: Module 1

Wednesday March 5	Sydney	6.00-9.00pm
Wednesday March 12	Brisbane	6.00-9.00pm
Wednesday April 9	Sydney	6.00-9.00pm
Wednesday May 14	Sydney	6.00-9.00pm

*Facilitator: Vivienne Kariotoglou*

### Numerology in Business: Module 1

Tuesday March 4	Sydney	6.00-9.00pm
Tuesday March 11	Brisbane	6.00-9.00pm
Wednesday April 2	Sydney	6.00-9.00pm
Monday April 14	Brisbane	6.00-9.00pm
Tuesday May 13	Sydney	6.00-9.00pm

*Facilitator: Leslina Duggan*

### Hypnotherapy: Module 1

Monday March 3	Sydney	6.30-8.30pm
Tuesday April 1	Sydney	6.30-8.30pm
Wednesday April 16	Brisbane	6.30-8.30pm

*Facilitator: Leslina Duggan*

### Body Language: Module 1

Monday March 10	Brisbane	6.00-9.00pm
Monday April 7	Sydney	6.00-9.00p.m
Tuesday April 15	Brisbane	6.00-9.00p.m

*Facilitator: Nick Kariotoglou*

### NLP: Module 1

Tuesday March 24, 25, 26	Sydney	6.00-9.00pm
Monday May 5, 6, 7	Sydney	6.00-9.00pm

*Facilitator: Nick Kariotoglou*

### Sales Skills: Module 1

Monday April 21, 22, 23	Sydney	6.00-9.00pm
Monday May 19, 20, 21	Brisbane	6.00-9.00pm

*Facilitator: Nick Kariotoglou*

**During the festive season, ACCA (1300 137 038) offices will be closed from Friday 20 December to Friday 17 January 2003. From everyone at the Australian Centre for Corporate Advancement, we wish you a safe & happy Christmas & New Year.**