

FENG SHUI WORKBOOK

**How to align your Home
with your Dreams and Goals**

SANDRA SALLER



Hi, I'm Sandra

and I am really happy you want to know how to align your home with your dreams and goals. So often we are looking for the things we want in our life on the outside, but we are forgetting what is right in front of us, where we spend all this time every day – our home, our space. I will show you how to use your home and your floor plan as your vision board.

Before we start, jot down your intentions for taking the course and what you hope to achieve.



CONTENTS

The 4 Components of Feng Shui	03
Table #1 Life Gua Number	06
Original Lo Shu	09
24 Mountain	12
Table #2 The 4 Favourable Directions	14
The 5 Vital Areas of your Home	14

GOALS & DREAMS

Imagine if your floor plan became your vision board. Exactly what do you want to create in life?





GOALS & DREAMS

Most of the Goals & Dreams fall into one of the following categories. Where are yours?

BUSINESS

CAREER

RELATIONSHIPS

HEALTH

PERSONAL GROWTH

WEALTH



THE 4 COMPONENTS OF FENG SHUI

- Environment
- Time
- Buildings
- People



TABLE # 1

THE LIFE GUA NUMBER

FEMALE (1)

Year of Birth	Gua #		Year of Birth	Gua #		Year of Birth	Gua
1900	8		1920	7		1940	9
1901	6		1921	8		1941	1
1902	7		1922	9		1942	2
1903	8		1923	1		1943	3
1904	9		1924	2		1944	4
1905	1		1925	3		1945	8
1906	2		1926	4		1946	6
1907	3		1927	8		1947	7
1908	4		1928	6		1948	8
1909	8		1929	7		1949	9
1910	6		1930	8		1950	1
1911	7		1931	9		1951	2
1912	8		1932	1		1952	3
1913	9		1933	2		1953	4
1914	1		1934	3		1954	8
1915	2		1935	4		1955	6
1916	3		1936	8		1956	7
1917	4		1937	6		1957	8
1918	8		1938	7		1958	9
1919	6		1939	8		1959	1

ar New Year 4th of February



TABLE # 1

THE LIFE GUA NUMBER FEMALE (2)

Year of Birth	Gua #		Year of Birth	Gua #		Year of Birth	Gua #
1960	2		1981	8		2002	8
1961	3		1982	6		2003	9
1962	4		1983	7		2004	1
1963	8		1984	8		2005	2
1964	6		1985	9		2006	3
1965	7		1986	1		2007	4
1966	8		1987	2		2008	8
1967	9		1988	3		2009	6
1968	1		1989	4		2010	7
1969	2		1990	8		2011	8
1970	3		1991	6		2012	9
1971	4		1992	7		2013	1
1972	8		1993	8		2014	2
1973	6		1994	9		2015	3
1974	7		1995	1		2016	4
1975	8		1996	2		2017	8
1976	9		1997	3		2018	6
1977	1		1998	4		2019	7
1978	2		1999	8		2020	8
1979	3		2000	6		2021	9
1980	4		2001	7		2022	1

Global New Year 4th of February

TABLE # 1

THE LIFE GUA NUMBER

MALE (1)

Year of Birth	Gua #		Year of Birth	Gua #		Year of Birth	Gua #
1900	1		1920	8		1940	6
1901	9		1921	7		1941	2
1902	8		1922	6		1942	4
1903	7		1923	2		1943	3
1904	6		1924	4		1944	2
1905	2		1925	3		1945	1
1906	4		1926	2		1946	9
1907	3		1927	1		1947	8
1908	2		1928	9		1948	7
1909	1		1929	8		1949	6
1910	9		1930	7		1950	2
1911	8		1931	6		1951	4
1912	7		1932	2		1952	3
1913	6		1933	4		1953	2
1914	2		1934	3		1954	1
1915	4		1935	2		1955	9
1916	3		1936	1		1956	8
1917	2		1937	9		1957	7
1918	1		1938	8		1958	6
1919	9		1939	7		1959	2

ar New Year 4th of February

TABLE # 1

THE LIFE GUA NUMBER

MALE (2)

Year of Birth	Gua #		Year of Birth	Gua #		Year of Birth	Gua #
1960	4		1981	1		2002	7
1961	3		1982	9		2003	6
1962	2		1983	8		2004	2
1963	1		1984	7		2005	4
1964	9		1985	6		2006	3
1965	8		1986	2		2007	2
1966	7		1987	4		2008	1
1967	6		1988	3		2009	9
1968	2		1989	2		2010	8
1969	4		1990	1		2011	7
1970	3		1991	9		2012	6
1971	2		1992	8		2013	2
1972	1		1993	7		2014	4
1973	9		1994	6		2015	3
1974	8		1995	2		2016	2
1975	7		1996	4		2017	1
1976	6		1997	3		2018	9
1977	2		1998	2		2019	8
1978	4		1999	1		2020	7
1979	3		2000	9		2021	6
1980	2		2001	8		2022	2

olar New Year 4th of February



THE ORIGINAL LO SHU



THE 24 MOUNTAIN

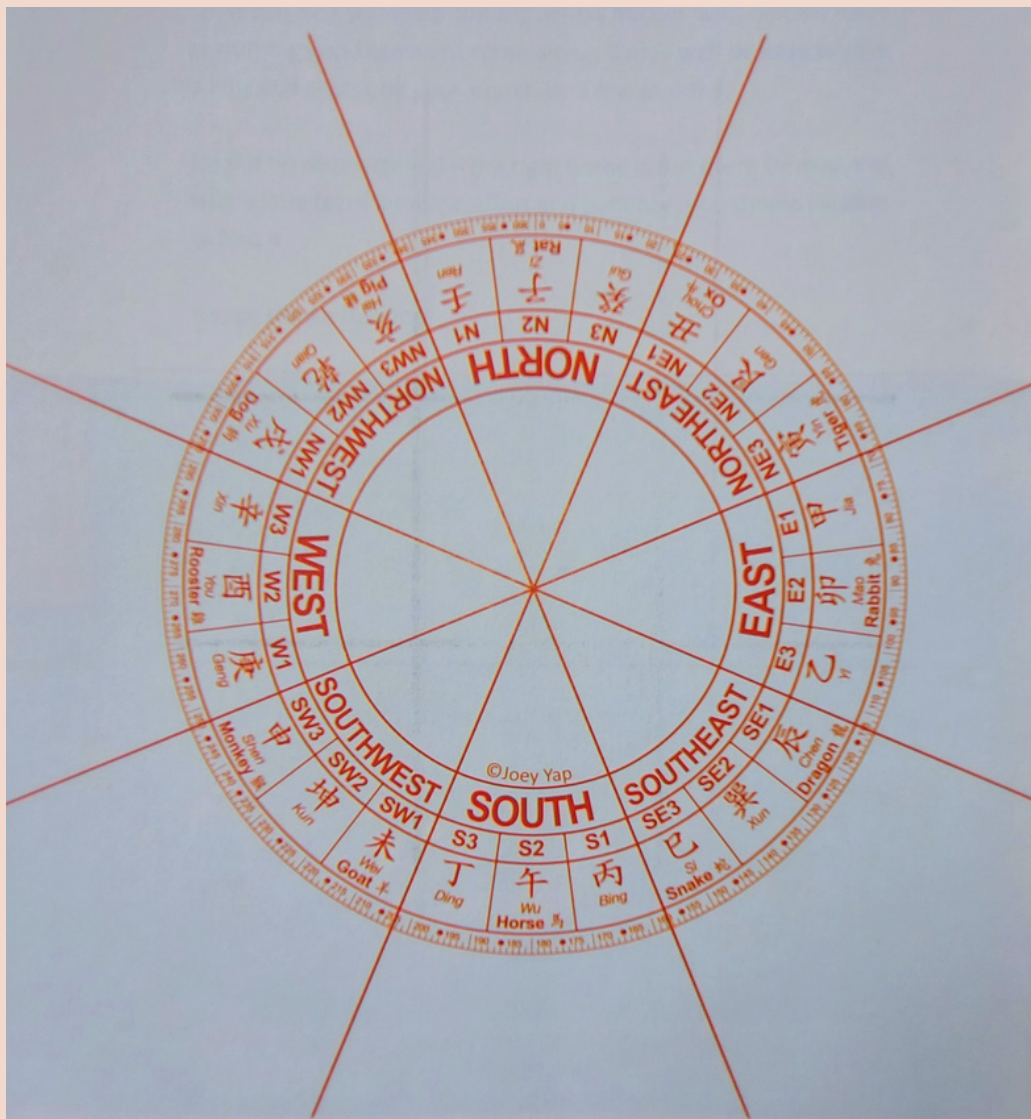


TABLE # 2

THE 4 FAVOURABLE DIRECTIONS

	Sheng Qi	Tian Yi	Yan Nian	Fu Fei
Gua #	Life Generating	Heavenly Doctor	Longevity	Stability
1	SouthEast	East	South	North
2	NorthEast	West	NorthWest	SouthWest
3	South	North	SouthEast	East
4	North	South	East	SouthEast
6	West	NorthEast	SouthWest	NorthWest
7	NorthWest	SouthWest	NorthEast	West
8	SouthWest	NorthWest	West	NorthEast
9	East	SouthEast	North	South

THE 5 VITAL AREAS

WHERE YOU WANT YOUR FENG SHUI TO BE RIGHT

The Main Door

The Kitchen

The Balcony



The Bedroom

The Study

01

The Main Door

This is important as it governs the opportunities and the overall energy coming into the house. If the Main Door has good Qi the whole house is generally ok.

02

The Bedroom

Most time is spent in the bedroom. The quality of the sleep also determines the quality of our life.

03

The Kitchen

Depending on how much you cook and spend time here, this is a very important place. It governs the quality of your food Qi nourishing your body.

04

The Study

This is becoming more and more important now, that home office is a real thing. You want to get the personal auspicious directions and the quality of Qi right here.

05

The Balcony

Having more and more detached houses and apartments the balcony becomes more and more important as it is the only way to actually receive elements and fresh Qi.



THANK YOU



I hope you enjoyed the workshop and took a lot home with you. Now it is time to take action. Even if it is just one step ... it is one step closer to your Goals and Dreams. Enjoy the journey!

AUTHOR EDUCATOR BUSINESS OWNER



www.sandrasaller.com