

The Tip

How should one use feng shui to lose weight?

- Avoid seeing the kitchen from the front door. If you have this condition, try to create an eye-catching view in another direction when walking in to attract your focus in that direction.
- Using a black tablecloth or placemats on the table can often defer eating. Place black or blue mats near, around or on the refrigerator.
- De-clutter. Dig into places you've been avoiding forever. The mere act of cleaning out stuff of weight in the home can indeed affect the weight of the person doing the cleaning!
- Pray before eating. If you are not into praying, then stop and think and do some 'intending' prior to eating. Visualise that the food you eat will simply pass through your body and not stick around on and in your body. Being conscious in the moments before eating can set up a positive spiral that stays throughout the meal and then perhaps even long after.
- Use mirrors in your home to activate your body and get it moving! Maybe you can keep yourself moving right past the snack cabinet! If you've ever been in a gym, think about how many mirrors they have inside. Now, think of what it would feel like if the mirrors weren't there. It would be just another sweaty-smelling, sleepy room with a bunch of metal in it.
- The colour red is an activating colour. Placing red in your surroundings with the intention of keeping your body and energy activated can be beneficial as well.

De-stressing the starry way

Anyone who has ever appeared for exams knows how stressful they can be. Astrologer Harsh Khiraiya gives pointers on how to beat the exam blues so that both parents and kids can breathe easy

It is that time of the year when HSC and SSC examinations take away the fun out of life. It is then that you come face-to-face with the biggest fear of all — stress. So how does one get rid of that devil? Let the stars show you the way:

ARIES: Being the first and one of the most impulsive signs of the zodiac, Arians are prone to over-accelerating. It is their fast pace that stresses them out. They are the typical Type A personality. For them, the best stress buster is to relax for five minutes everyday and just enjoy some quiet time with themselves.

If your Arian child is facing exam stress, tell the him/her to cool down. The child should shut the books, not take any phone calls for at least 10 minutes everyday and try to enjoy some time with himself.

TAURUS: They are the bulls of the zodiac but they can also suffer under the might of stress. The best stress buster for them is food and chocolates. Food is their weakness.

Your Taurean child will suffer from less stress by having a nice meal and a huge bar of chocolate or ice-cream. So, after long study hours, give them that yummy ice cream!

GEMINI: One of the most intelligent but indecisive signs of the zodiac can reduce stress by chatting with friends and family and light reading. Geminis tend to suffer from phobias and false fears. The Gemini child will feel fresh by chatting

with friends and having some light reading during exam preparation.

CANCER: The mother of the zodiac reacts to stress by overreacting and becoming moody. For them, the best stress-buster is their mother and the sound of water.

The Cancerian child will feel very relaxed by the mere presence of his mother and by placing a nice

attention to detail. They have a natural reasoning ability. The best stress-buster for them is to solve crosswords or sudokus.

Make the child wear the colour green during exams. This will lessen the stress and tension of exams.

LIBRA: The people's person can crumble under stress and develop lower

nerves going. They must get physically stimulated.

SAGGITARIUS: They are one of the most God-fearing and religious signs. Under stress, they tend to turn to some super power to save them.

The best stress-buster for a Sagittarian child is chanting the 'Gayatri Mantra' or the photo of some God or saint to be kept in close proximity.

CAPRICORN: One of the most rigid and stubborn signs, these people tend to react to stress by just shutting down. They become quiet.

The best stress killer for them is to be with animals. Especially, feeding cows and dogs works wonders.

AQUARIUS: The most inventive sign of the zodiac is generally not very prone to stress.

However, when under the influence of stress, they can become very difficult.

For them, the best stress-buster is to start something new. For example, a new hobby or creating new music or learning a new game, can act like stress-busters.

PISCES: The most mischievous sign of the zodiac hates to be stressful. It kills their appetite for life. They like to keep surprising people and being joyous.

The best stress remover for your Piscean child is the presence of fish or a walk at the sea shore since water is their favourite element.



water fountain at home or in the room in which he/she studies.

LEO: The king of the zodiac generally does not like to show that they are stressed. They try to show they are always in control and are not affected by anything.

The best stress-buster for a Leo child is not to scold him or force him to do things. They do not like people bossing over them. A mild piece of advice will do the trick!

VIRGO: They are the perfectionists and pay meticulous

backache due to it. Librans like to share and hence like company.

The Libran child is likely to enjoy studying with few serious friends rather than studying alone. They can share and study at the same time.

SCORPIO: Scorpions tend to like extreme intensity and stimulation. Under stress, Scorpions sulk and under-perform.

The best stress remover for your Scorpion child is a quick jog or a mild form of exercise to get those

MSD suits Dhoni better

Mahendra Singh Dhoni will achieve better results if he uses his initials more often, writes astrologer Vipul Saxena

Mahendra Singh Dhoni or Mahi, as his friends and colleagues call him, has made history in international cricketing arena, proving his prowess par excellence. This youngster has a very powerful horoscope which predicts him to be a great cricketer for Team India.

Born on July 7, 1981, in Ranchi, Jharkhand, Dhoni was born with very strong Mars in his birthchart. Mars is the ruling planet for sports and for his birthchart Mars being the lord of the house of sports and fame and house of profession is well positioned in friend's house and in company of its lord Mercury.

A Cancerian, Dhoni is destined to get relief from all the hurdles by November 2006; thereafter, he will have smooth sailing for quite some time. His craving for runs and wickets would continue to multiply, making him work harder and be harsher on the opposition.

Dhoni came under the effect of *Rahu Dasa* in Year 2000, when his career graph suddenly took a sharp rise and he was noticed by the decision makers for Team India.

In December 2005, with the beginning of *Rahu Dasa* — Saturn *Bhukti*, he got the much-awaited and well deserved place in Team India for the test match against Sri Lanka. Saturn, being the lord of the house of personality, will-power and health is under direct effect of Mars and also well placed in *Navamsa* chart directly affected by *Dasa Lord* — *Rahu*. This makes Dhoni's current phase till the end of 2008 a great period.

Fans can expect him to soar to new heights in international cricket. During this period, Team India is also scheduled to participate in the

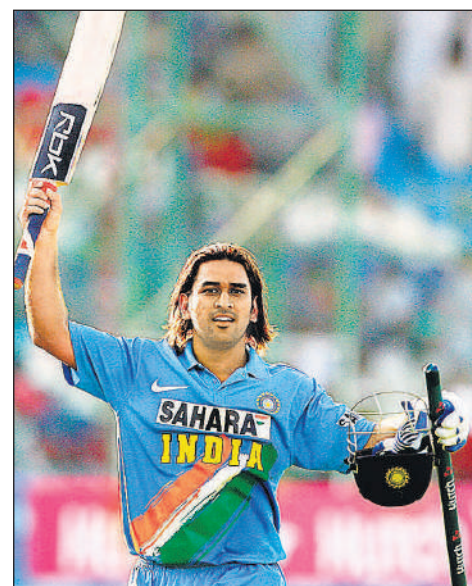
ninth World Cup that will be held in the West Indies. With all the planetary combinations to his favour, Dhoni will set new records in international cricket and in the

2007 being the ninth World Cup has number nine very prominently placed, as the number for 2007 is also nine, which is ruled by Mars. Hence, his spectacular performance in times to come would place India on a much respectable ranking.

The number that is derived from his name is friendly but not supportive and aggressive enough for a sportsman like him. The number of his pet name — Mahi — is neutral, but if he promotes his name as MSD it will suit him well.

All the astro-numerological indications unfold very clearly that Dhoni will soon be a cricket celebrity of international stature and will be loved by a large number of fans.

With all indications favouring Dhoni, he needs to take care of his health especially lower limbs, around July-September 2006.



PLAY IT RIGHT: Mahendra Singh Dhoni

World Cup in 2007 as well. Numerologically, Dhoni is number seven (ruled by *Ketu*). *Ketu*, being friendly with Mars (Dhoni's ruling planet) will make him perform well, but will lack consistency. Numerologically, World Cup

Perhaps the only time gentlemen are advised not to practise a little restraint.

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