

Red Mountain Press
Aspen, Colorado

Practical
Magic &
Household
Luck



by Anita Rosenberg

Copyright © 2013 by Anita Rosenberg

Red Mountain Press
Aspen, Colorado

Visit our website at www.AnitaRosenberg.com

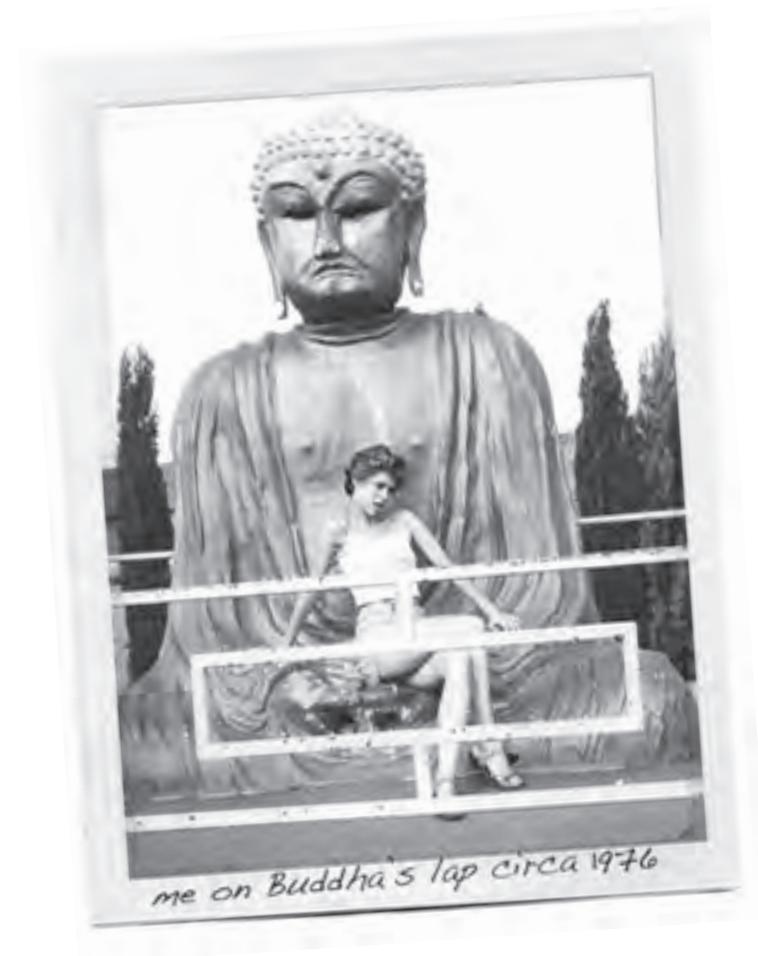
Printed in the United States of America

First Edition: May 2013

Design by: Anita Rosenberg
Photography by: Anita Rosenberg

All rights reserved. No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use - other than for "fair use" as brief quotations embodied in articles and reviews without prior written permission of the publisher.

The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.



Dedicated to spiritual seekers whoever you are...



Contents

Introduction.....	7
Lucky Cats.....	11
Money Toad.....	15
Foo Dogs.....	19
Pi Yao.....	23
RuYi.....	27
Crystal Crazy.....	31
Buddha-licious.....	79
Ganesh Mania.....	93
Quan Yin.....	103
Lakshmi.....	111
Incense.....	119
Magical Candles.....	127
Shrine-O-Rama....	139
Glossary.....	150
Manifesto.....	152

Introduction



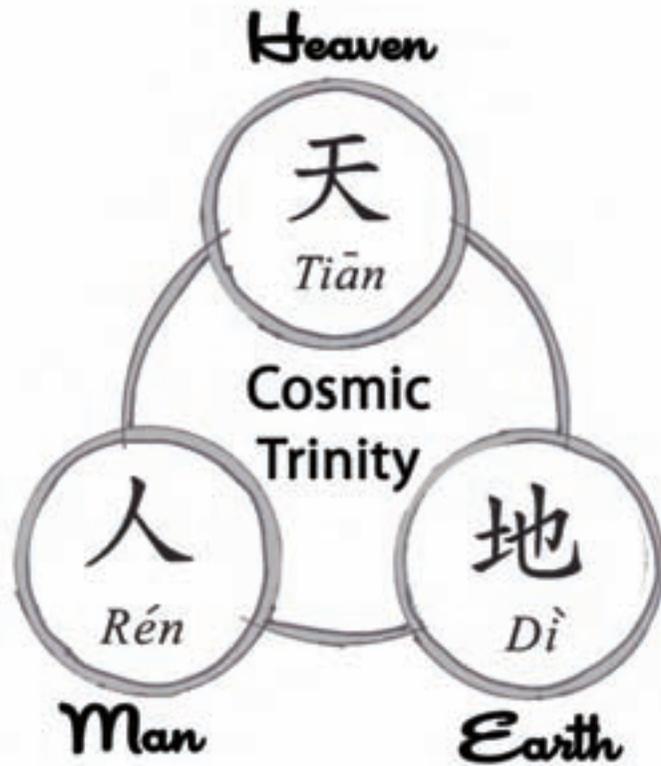
me lighting incense in China

If you lived in Hong Kong, Bangkok or Bali you would have an innate understanding that everything is connected. Life would be full of spirit. Sacred objects, rituals and meditation would be your daily routine. You would have at least one shrine or altar and possibly more. Buddha and Quan Yin statues would greet your guests. Dragons would be your power symbol and Lucky Cats would bring good fortune to your business. Gambling would be your passion because numbers and letters would be your magic.

Practical Magic & Household Luck is a reference guide for *Man Luck*, the intangible force taken seriously in Asian cultures. Everyone can use this book effectively wherever you live. It's about perseverance and powers of positive thinking. It's the actions you take to capitalize upon your strengths and opportunities.

Practical Magic & Household Luck

Man Luck (actions) is one-third of the Cosmic Trinity of Chinese Metaphysics and it controls 33% of our lives. *Heaven Luck* (BaZi Chinese Astrology) and *Earth Luck* (Feng Shui) are the other aspects, and it is said that when all three are in balance; kings, emperors and billionaires are made.



Join me on a lucky journey to learn tools for a happy, healthy and successful life. Pour yourself a cup of your favorite tea and open your heart and mind to all you can be.

Your transformation starts now.





Lucky Cats

business success

Lucky Cats are the secret weapon of Asian businessmen and shopkeepers. Have you ever wondered what those kitschy cats were doing in the entrances of Chinese restaurants and stores? They are actually Japanese icons and bring in new business as well as keep out undesirable customers.

The rule is that the more successful your business grows the larger your Lucky Cat. Pretty soon you have a whole family of Lucky Cats ranging in size and color. They come in gold, black and white and in this case black cats are fortunate. Some kitties hold up their right paw while others hold up their left. A raised left paw attracts good fortune into your business or home, while the right paw raised wards off wicked spirits and evil customers. Cats are able to see in the dark which is how they frighten away ghosts with bad intentions. It's good to have one of each.

Even though it's not a real cat remember to feed him every day so he does his job. If your Lucky Cat multi-tasks as a "penny bank" or "money box," drop in a few coins to keep him happy.

The Japanese custom is that when you are doing business with someone you bring them a Lucky Cat. Every time you visit, you bring a larger one encouraging business to grow. Soon you have an entire collection!

My introduction to the land of Lucky Cats came from a company out of Tokyo. Every time they visited my studio they brought me a new Lucky Cat. As our business together grew so did the Lucky Cats and now I have an entire kitty family proudly displayed. I also worked with a factory in Hong Kong that was devoted to the Lucky Cat legend. They were so successful that they had a six foot tall Lucky Cat towering over visitors in their reception area.

House Whispers Homework

Start your Lucky Cat collection today. Place a pair on your desk or wherever you keep your money. Feed them with prayers and coins.



Lucky Cats in my studio

Lucky Cat Bulletin

- ☯ Lucky Cats bring in new business
- ☯ They ward off negative energy
- ☯ Place them in the entryway as greeters
- ☯ By the cash register brings new business
- ☯ Lucky Cats provide extra protection

Crystal Crazy

raise your vibration

My introduction to the crystal kingdom and their magical properties came from "Betty the Crystal Lady." Well-known in the metaphysical community of Hollywood in the 1980s, Betty Greenberg filled her ranch-style home near 20th Century Fox Studio with crystals in all shapes and sizes. It was practically a museum and she was one of the most knowledgeable people in those early days of New Age thinking. I was introduced to Betty by the DOME Center and Ed Steinbrecher, pioneer of Inner Guide Meditation. My mother had breast cancer at the time (she is a 30-year survivor) and I wanted to buy her a healing crystal. Betty not only sold crystals, but channeled them. Each crystal spoke to her and she would share that message with you. It is priceless when someone authentic chooses your crystal.

Crystals have always been part of our 4-6 billion-year-old planet. They are considered gifts of the earth and their power unlocks ageless knowledge, supports our healing and raises our vibration to manifest that which we desire. A crystal should call out to you. No two are alike.

Whether you believe in crystals or not, they are filled with energy. That's the reason they are used in watches, radios and modern medical devices. They amp up their own energy as well as environmental Qi or divine life-force. They are helpful for physical healing, emotional healing and financial healing. Yes, crystals are used to increase wealth and prosperity.

As the planet shifts from the Age of Pisces into the Aquarian Age of change and transformation, crystal tools are more important than ever. Here is a guide to my favorites.

**All crystals listed are available on-line at the Good Karma Shop.*

Amethyst meditation

Color: shades of purple (*the deeper the hue the more powerful*)

New to the crystal world? Amethyst will open the door. It is one of the most popular stones. Powerful and protective, they help you focus and set realistic goals. Amethyst clusters stir up energy in a room. Amethyst geodes in the foyer cleanse energy as it enters. I also use them to cleanse stale or stuck energy trapped in corners and under stairways. Geodes are also hiding places for fairies and elementals so they need to be cleaned regularly with water. The key to Amethyst is that it absorbs negative vibes while sending out positive ones.

Amethyst benefits:

- ✓ Helps you focus
- ✓ Connects you on your spiritual path
- ✓ Inspires creativity
- ✓ Helps you set realistic goals
- ✓ Stone of meditation

Best Locations:

Small spaces, corners or under stairways
Place large geodes on the floor in entryway
Activate meditation or spiritual space

Zodiac Signs: Capricorn, Aquarius & Virgo

Chevron Amethyst inner guidance

Color: purple layers

Chevron Amethyst are known by banded or layered purple stripes. These are new crystals in my repertoire and what I like about them is that they have many of the same attributes as Amethyst, plus they enhances your third-eye or intuition. Chevron Amethyst is called the “breath of life” because this is the stone you want to use when taking an inner journey to discover who you really are.

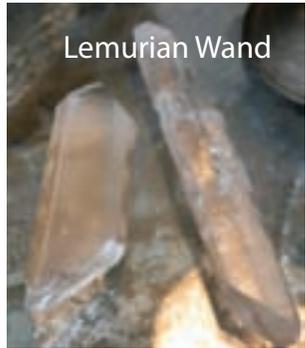
Chevron Amethyst benefits:

- ✓ Flexibility in decision-making
- ✓ Helps you find positive answers to problems
- ✓ Use to explore your inner self
- ✓ Strengthen and love all your pursuits
- ✓ Tool for spiritual healing

Best Locations:

In your office at your desk
At the entryway as a greeter
Sacred space - hold in your hand during meditation

Zodiac Signs: all signs



Lemurian Wand



Lepidolite



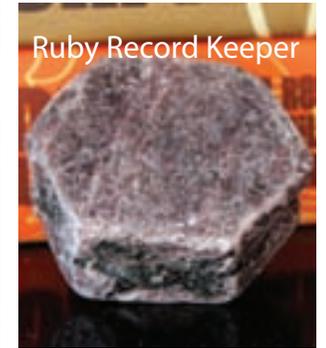
Malachite



Rose Quartz



Ruby Fuchsite



Ruby Record Keeper



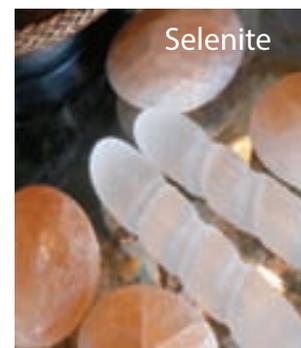
Moonstone



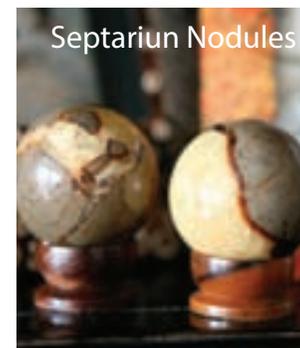
Orange Calcite



Peach Moonstone



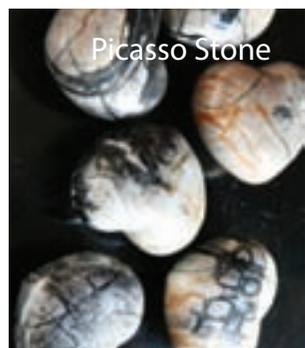
Selenite



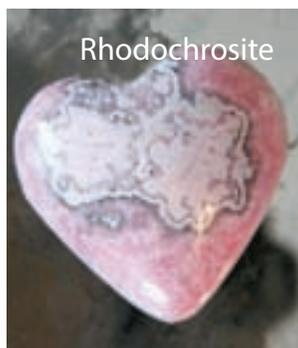
Septariun Nodules



Sodalite



Picasso Stone



Rhodochrosite



Rhodonite



Stillbite



Sunstone



Tiger's Eye



Bali Buddha

Buddha-licious

calming & centering

Has this ever happened to you? You want to buy a Buddha, but are confused. You have been told that having a Buddha around will make you feel calmer. It will bring you good luck and good karma. Buddha is chic, hip and happening.

So, you head to the Buddha store where thousands of statues stare you down and you panic! They call out - buy me - buy me! There are too many to choose from and it is mystifying. The question then becomes...

***How to pick
out the perfect
Buddha?***

If I had read Jeff Greenwald's travelogue, "Shopping for Buddhas," before my trips to Asia I might have been more ambitious in my pursuit for the perfect statue. Instead, I was overwhelmed by the huge selection at the Jade Factory in Chiang Mai. Determined to bring home a souvenir, I scanned the shelves of thousands of finely carved sculptures when it happened... One special Buddha called to me. He vibed me out and drew me in. When the saleslady took him from the dusty shelf I looked into his eyes. What they say is true. I knew without a doubt that, he was the one.



**No
 matter
 who you ask,
 the #1 rule when
 searching for Buddha is -
 BUDDHA CHOOSES YOU!
 As simple as it sounds, it is true.**

Once Buddha calls you over look into his eyes. It's all about the expression, the eyes and the face. Kind eyes. Calm expression. Does it feel right? Each Buddha has its own unique vibe and this is the secret to the Buddha statue. The truth is that no one really knows what Buddha looked like. The story passed down from generations only offers hints at speculation. Every culture has its own interpretation.



Buddha was not a god, saint or deity. Buddha was a man who looked within and achieved enlightenment. Every temple, business and home throughout Asia pays homage to him.

Buddha Styles

Chinese Buddha has a fat tummy, bald head and happy grin. Sometimes he carries a bag of wealth. Sometimes he carries your bag of troubles, which he has collected for you. When you see Buddha with children climbing all over, it means abundance of good fortune coming from heaven.



Thai Buddha comes with a pointy crown resembling a temple stupa. In prayer position, he brings patience to a chaotic world.

Cambodian Buddha has elongated ear lobes as a symbol of wisdom and an illusion to the princely earrings he would have worn. His crown resembles a beehive believed to have been formed by snails protecting his shaved head from the sun.





So here's the bottom line. You hold all the answers you'll ever need. Seek within yourself. Roll up your sleeves and take action. No one can toss fairy dust at you and instantly - you are transformed! The secret of *Man Luck* is -

INTENT!

Remember, intent is everything. *It's not about the red candle.* It's about what lighting the red candle can do for you. You've got to -

TRUST!

If you can imagine something - you can manifest it. "Mind over matter" does exist. If you expect physical abundance, spiritual growth and your every need to be met then expect miracles every day. My spiritual journey began early in life and I have never stopped working on myself. This book is a loving guide to the tools I work with every day and I invite you to discover your favorites and include them in your daily ritual. Remember though...

...the guru you are looking for is inside you.

Anita's Manifesto

We believe that every great adventure begins with one meaningful purchase

We believe that what's going on in your house is a reflection of what's going on in your life

We believe that magical candles elevate your vibration

We believe that when a monk in Cambodia hands you a tiny Ganesh statue, it is a spiritual sign

We believe that travel illuminates the soul

We believe that a fortune teller in India will always share insightful knowledge if you are open to hearing it

We believe that Feng Shui works

We believe that it's always a good time to shop for Buddha

We believe that the power of positive thought creates miracles, even when it comes to finding a parking spot

We believe that fortune cookies always give you the right message

We believe in taking off your shoes before entering a home to keep negative energy

We believe that having it all means being content with who you are, where you are at and what you are doing right now

Suggested Shopping

From Los Angeles to San Francisco, New York City and even in Havana, Sydney and Saigon - I adore shopping in big city Chinatowns. Spiritual Shops and Asian Imports are also treasure troves for magical trinkets. My on-line Good Karma Shop is a collection of unique finds and personally selected crystals for your spiritual growth. I invite you to contact me personally if you have any questions or need guidance selecting the right lucky object for you. www.AnitaRosenberg.com



Inspirational Books by Anita Rosenberg

The Art of Painted Furniture
Sterling Publishing

Thursdays with Mom & Michael;

A daughter's loving tribute to her mother's weekly dinner parties in Aspen
IPP gold medal winner, Red Mountain Press
(Author's proceeds benefit The Breast Cancer Research Foundation www.bcrfcure.org)

The Tipster Chronicles
Tipping on the NYC Graffiti scene 1979-82

Shopping for Nirvana in India
52 spirited adventures - travel card deck

**Buddha-licious - Shopping for Buddha
Ganesh Mania & other Sacred Stuff
Goddess Guide**
(soon-to-be-released)

Please visit The Good Karma Shop at www.AnitaRosenberg.com.
View these books and our growing list of offerings.

More in Anita's Lucky Series

Feng Shui Luck
Heavenly Fortune Luck
(soon-to-be-released)

Check Out Anita's Lucky Services

- ☯ Feng Shui Audit
- ☯ BaZi Chinese Astrology Reading
- ☯ Spiritual Coaching
- ☯ Family Dynamics
- ☯ House Hunting & Selling
- ☯ Space Cleansing
- ☯ Team-Building Workshops
- ☯ Business Assessments
- ☯ Speaking Events

www.AnitaRosenberg.com

Anita Rosenberg

My journey has been eclectic and electric. My travels have brought me from one corner of the globe to the other but my life's philosophy has always been guided by principals of balance, empowerment and the belief that I am the star of my own happy movie.

That's how a nice Jewish girl from the Midwest goes from directing cult classic chick flicks, *Assault of the Killer Bimbos* and *Modern Girls*, to a lunch date with George Clooney, to being an artist whose collectors include Jennifer Aniston, Tom Cruise, Nicole Kidman, John Travolta, Spike Lee, Tom Hanks and Hilary Clinton. A design maven, my own global line of cool stuff has been featured on Friends, Melrose Place, Seinfeld, Everybody Loves Raymond and The Middle. I'm a Hollywood Feng Shui goddess empowering the world one house at a time.

