

## CHINESE NEW YEAR 2019 5<sup>th</sup> February 2019 - Year of the Yin Earth Pig (Ji Hai)

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**Are you really prepared for 2019?**



### Chinese New Year 2019 - Year of the Yin Earth Pig (Ji Hai)

Chinese New Year begins on the 5<sup>th</sup> February in 2019, according to the lunar calendar, and is a time of excitement all around the world by people of all origins for the New Year ahead and the celebrations ahead.

Chinese New Year is very much a time for honouring family and friends, both past and present and also a time to show appreciation for everything you have in your life. This is also a time to look back and reflect upon mistakes and failures of the previous year and let it all go on the understanding that Chinese New Year is a chance to start new and release yourself from previous problems.

On the build-up to the New Year, a lot of time is spent deep cleaning homes, offices, shops and all buildings as this signifies a new start in the house and other buildings around the world and is also seen as sweeping away any ill-fortune or regrets in life. Deep cleaning and organising also allows fresh Qi to enter the home and lift spirits around Chinese New Year.

The Chinese New Year is the date for big celebrations with family and friends. Dinner with family precedes the elaborate Dragon processions, fireworks and the handing out of [Ang Pows \(lucky red envelopes\)](#). However, the date, which will be 5<sup>th</sup> February 2019, is not the date to place your [2019 cures and enhancers](#). In 2019, Chinese Lunar and Solar New Year fall very close to each other; Lunar New Year (the date you celebrate) falls on the 5<sup>th</sup> February and Solar New Year (the date you place Cures) falls on the 4<sup>th</sup> February.

You will find full details on the [2019 Xuan Kong annual flying stars by clicking THIS LINK](#). 2019 is a significant year as we have the inauspicious #8 star entering the centre which can help permeate good energy around all homes and offices in the world although it is essential that everything is set up correctly to ensure a good year. This entering star means specialist cures are needed more than ever. The last time we had a Yin Earth Pig (Ji Hai) year was in 1959 making it a cycle of 60 years. A Traditional 'ten thousand year calendar' will display this cycle.

The Lunar Chinese New Year Day (5<sup>th</sup> February 2019) is very different from the Solar (Hsia) New Year Day which falls on February 4<sup>th</sup> 2019 which I will explain below.

## What happens on Chinese New Year?

To me, Chinese New Year has always been a time of fantastic food, visiting family and friends, and receiving Ang Pow's from the older generation; it has also always been a time of cleaning, and lots of traditions. I've always been a massive fan of the famous Dragon and Lion dance where you throw lettuce into the lion's mouth. When I was younger, we used to go to our local Chinese restaurant which we are good friends with and they would put on a fantastic display for everyone there over Chinese New Year with the Lion dance and firecrackers although we have not had firecrackers for many years as they are banned in the UK apart from certain times of the year; I'll explain the meaning behind these below. Chinese New Year has always been a time of enjoyment and excitement for me, even from a young age and is still one of my favourite events of the year. It gives me a chance to relax and celebrate everything that I have in my life.

Although the solar (Hsia) calendar commences the New Year at the beginning of Spring, which usually falls between the 3rd and 4th of February, the lunar (Yueh) calendar marks the New Year on the second new moon after the winter solstice. Celebrations and festivities for the Chinese New Year are held on this date. In 2019, the Lunar Chinese New Year, which also known as 'Spring Festival,' falls on the 5th February 2019.

## When is Chinese New Year 2019?

The date to celebrate Chinese New Year in 2019 is on the 5th February, and people from all corners of the world will be taking part in ancient traditions and festivities with family and loved ones. In recent year, the event has become extremely popular in the UK, and I've been going up to London to celebrate around Leicester Square, Chinatown and Trafalgar Square; what I love the most about this is that you see people from all walks of life come together and never see anything but smiles and love at this event.

The Solar New Year (4th February 2019) isn't a time to celebrate but the allotted time for placing the Annual Feng Shui Cures and Enhancers.

We have had some clients saying that they have come across websites stating that 2019 is the 4716th Chinese New Year although this is not true and we have added the reason behind it, here is an answer and interesting fact for you:

The Yellow King's appointment was held in the spring of 2697 B.C. But they used the winter solstice day as the first day of the year. So the first winter solstice took place on around December 23rd, 2698 B.C. Today's January 1st means nothing to the Yellow King. If we count that extra eight days in 2698 B.C. for a year, then the year 2019 is the 4717th Chinese year.

## Interesting Facts for Chinese New Year 2019-

**The Chinese character signs for the Pig:** *Ji Hai (己亥)*

**Pig Years:** *1935, 1947, 1959, 1971, 1982, 1995, 2007, 2019, 2031*

**Best Careers for the Pig:** Architect, Counsellor, Diplomat, Doctor-Surgeon, Self-employed

**The personality of the Pig:** *great at timekeeping, good communicator, popular with others*

**Famous Pigs:** Sir Alan Sugar, Sacha Baron Cohen, Dido, Dannii Minogue, Bryan Adams, Hillary Clinton, Alice Cooper, Simon Cowell, Amy Winehouse, Carlos Santana, Henry Ford, Iggy Pop, Stephen King, Meat Loaf, Oliver Cromwell, Arnold Schwarzenegger, Elton John, The Dalai Lama, Wolfgang Mozart, Luciano Pavarotti

**Pig Protection Animal:** *Tiger*

**Conflict Animal:** *Snake*

**Auspicious Months for the Pig:** *February, July, October and November*

**Auspicious Flowers for the Pig:** *Daisies and hydrangeas*

**Auspicious Numbers for the Pig:** *2, 5, 8*

**Auspicious Directions for the Pig:** *East, Southwest*

How should I prepare for Chinese New Year 2019?

The best thing you can do during the approach to Chinese New Year is plan early! The belief is that however, we start the New Year is setting an example of how the rest of the year will be for us, so it is vital that we start the New Year right. Starting the New Year with any debts could set you up for a year of financial distress so pay your debts or request for repayment of any monies owed. It is essential to clear up any arguments or disagreements before Chinese New Year to avoid further disputes during the year ahead.

Another important thing that I try to follow each year is collecting anything that I have lent out to friends and family; I have a bit of a habit of buying something rather than renting it which usually results in me lending out my petrol long reach hedge trimmers, hugely oversized cool box and all of the other items (that I just had to buy without wondering where it would be stored) out to friends and family. You would be surprised at the number of tools, clothes, DVDs and other items you lend out and never get back through no fault of anyone. They must be collected before the beginning of the Chinese New Year or else you may find yourself lending for the rest of the year.

This precedent applies with most things; generally, the best attitude to take is to start the New Year as you wish to go on which is why drinking alcohol is not encouraged during the Chinese New Year (see below for more information). In other words, put your affairs in order so you will enter the Pig year in a calm, stress-free and joyful manner that will encourage a lucky and healthy year to flow your way.

In the weeks leading up to Chinese New Year, it is imperative to go through the whole house and clean very thoroughly, especially the Oven and front door. I've got into a habit of going through all of the drawers and cabinets in every room and donating or binning anything that I haven't used over the last year and am amazed how much junk I accumulate every year. Try to get rid of any broken or damaged items!

For as long as I can remember I have had an endless list of tasks that need doing before the New Year to make sure that the house is scrupulously clean. The cleaning sweeps away stagnant energy that is lying around and creates a fresh, clean environment for health providing, auspicious energy to enter our home.

When I was a child, this endless cleaning always seemed such a tedious and painful duty. But now that I have my own home I've grown to love the ritual; well not exactly love, but I do get a great sense of satisfaction when everything is finished. I love how uplifted and lighter I feel, and how my energy levels increase. The cleaning and eliminating junk and clutter on a regular basis has improved all areas of my life and is a great way to begin a new year. To make this process more comfortable, I designed a Chinese New Year Checklist for everything that needs doing in my home and office before Solar Chinese New Year (5th February 2019). This checklist is available for download by [CLICKING HERE](#).

I find it essential that the whole house, inside out, must be cleaned before New Year's Day and it would generally take me two or three days to go through everything in my home and around the garden and driveway and often find myself clearing my neighbour's path to be safe. Junk is cleaned out of all drawers; furniture is moved to enable cleaning behind, around and underneath. Skirting boards (baseboards) are dusted and wiped, and remember to look up to ceilings and clear away any cobwebs and dirt. Corners especially need addressing as this is where stagnant energy can get stuck.

Broken items, including chipped plates and cups, are always thrown away although I must admit I still have a few hand-me-downs that I'm not ready to get rid of yet. It all sounds like an incredibly daunting experience, and for the best part of it, it is but so well worth it in the end. Once you start the process, you can feel the shift inside you and also in the home. A sense of peace seems to fall over me and by the time I've finished the satisfaction is immense. Logically I know I have increased the positive Qi (energy) but I, and everyone else can feel and sense the change also. Everything feels brighter, fresher, more vital. There are a look and a sense of clarity in every room and object that you can't help but stop and admire your handiwork.

## I've finished cleaning my home, now what?

After I am finished cleaning everything, I make sure that I pack all the equipment away and empty out the Hoover etc. Everything, including brooms, dustpans, and brushes, Hoovers (vacuum cleaners), dusters and all cleaning cloths. Make sure they are placed out of sight to allow the new, fresh, vibrant energy to flow through unencumbered. Avoid shuffling everything into the corner of the kitchen or living (lounge) room if possible although if you have to do this, try to make sure there is order.

Red means 'good fortune,' fame and riches to the Chinese and is often placed around the home during Chinese New Year although you should be very cautious when using the colour red inside your home with regards to the [Annual Flying Stars for 2019](#). I have seen a lot of homes and businesses utilising very bright reds thinking it will give them good luck, whereas, in traditional Feng Shui, if used in a wrong location, it can cause many unwanted problems so please make sure you read through the free Flying Star analysis for the year before placing anything.

If used correctly, red can give excellent results, so a good tip is to keep the colours you choose to use as natural as possible unless you are confident of the elements and their associated colours and usage in Feng Shui. [Please take a look at our 2019 Flying Star Analysis to find out where red can be used in 2019.](#)

## Protective talismans

The build-up to Chinese New Year is also a critical time to replace your [protective talismans](#) which should be used to ward off evil throughout the home or workplace during the year ([click here to find out why you place these talisman charms and also to download a free printable copy](#)). People from all over the world will do this by decorating their home with auspicious couplets and talismans with the additional aim to summon good fortune. These talismans will be printed on thick paper in red or with a red background. In Chinese culture, the colour red is seen as a life-giving colour, associated with summer, the south and the vermilion bird, which is similar to a phoenix (oddly symbolic enough of rebirth in the west too) and represents the fire element.

## Flowers and plants

Something else that plays a big role in Chinese New Year is the use of flowers and plants - homes and offices are filled with live, fresh, and healthy blooming plants as they are seen as a symbol of rebirth and new growth in a home or business. The most popular flowers to place around Chinese New Year are Peony, Plum Blossom, Bamboo, and Chrysanthemum as they all symbolise wealth and high position in a persons career. It is believed that a lack of flowers and plants in your home or business around Chinese New Year will result in a lack of fruit during the year ahead. It is also believed that luck will fill the entire household if a plant blooms on New Year's Day. If this happens to you, expect the year ahead to be full of prosperity so don't forget to include lots of plants around your home. Plum Blossoms and Bamboo are also displayed in the house and business to symbolise perseverance, reliability, and longevity.

### Fruit

Another crucial part of the Chinese tradition, and highly encouraged for everyone to do, is place a bowl of fruit. In particular, oranges and tangerines are two very symbolic fruits associated with the celebration of the Chinese New Year. Not only does the uplifting citrus smell fill the room heightening levels of joy and happiness but both these fruits are symbols for abundant happiness. The colour of these zesty fruits also represents gold and combining with a 'hung bao' and ang pow (red lucky packet containing money), they are offered to friends and family as gifts symbolising gold ingots. Every year, my parents come over to my home and bring two fresh nets of oranges for me and vice versa.

### Kitchen god

About a week before Lunar New Year, traditional families will be very busy preparing the religious ceremony which is performed with tributes and offerings in honour of Heaven (Tien Shen) and Earth (Ti Tu), and of the various deities of the household together with family ancestors. One of the most well know deities associated with Chinese New Year is the [Kitchen God](#) (also known as stove god). The Kitchen God resides over the stove and is said to keep an eye on the interactions of the household, making an annual report on what the family has done in the past year to the Jade Emperor in Heaven around about a week before Chinese New Year Day. Rites and offerings are made to the Kitchen God (Zhou Khun) on this day with hopes that he will speak well of the deeds of the family.

### The reunion dinner

Traditionally, one of the leading events during the Chinese New Year is the 'Reunion Dinner' which is a very extravagant banquet laid out to mark the onset of the New Year. Every family member, old and young, will gather for the reunion dinner to symbolise family harmony and enjoy spending time together. Family members will all aim to return to the family home where the elders live; even if they have moved away from the district or live abroad. An effort will be made for everyone to come back and be together with all of their family members. The tradition is for the wives or partners to spend their reunion dinner in the husband's family home alongside his family.

The reunion dinner is always a tremendously grand family banquet that fills the table with an array of unique, delicious, dishes and delicacies. These dishes are all artistically named with auspicious symbolic meanings. The dinner will usually begin at the altar with a prayer of tribute and offerings to their ancestors and deities. It's a very colourful and lively affair with every light in the house left on to ward off evil spirits.

Presented and beautifully laid out on the table, some of the dishes are believed to have superstitious attributes. Foods like Ginkgo nuts, for example, represent gold ingots and are said to be full of auspicious luck for fertility. Black moss seaweed is a beautiful dish and is symbolic of prosperity. A whole chicken, a desirable addition to the feast, is also symbolic of wealth. Dried bean curd is placed on the banquet table to symbolise happiness and luck. Lotus seed is seen as another fertility symbol and signifies having many offspring. Nian Gao is a traditional sweet, steamed glutinous rice pudding; when you eat this dish, you will aid growth and abundance. When you translate 'bamboo shoots' into Chinese, the words sound similar to the Chinese for 'hoping that all turns out for the best.' A whole fish with its head and tail intact will represent togetherness throughout the year.

The Reunion Dinner is a very exhausting but enjoyable event. Traditionally the women gather in the kitchen preparing the dinner while the men either watch TV or (guess what) play game after game of Mah-jong. Mah-jong is a significant part of Chinese culture and is played by men and women alike. They will often play in halls solely dedicated to the game. Mah-jong is considered gambling with huge sums of money being won and lost by the players. An excellent memory is required to play the game to memorise which tiles have been laid down and which remain. Once a certain point in a hand has been passed, you need to pay special attention. If you're the one to put down the tile that enables another player to win that hand you not only have to pay your losses on the hand but those of the other two losing players as well. The result could mean a serious amount of money being lost throughout the day. Not a game to play if you have a poor memory.

Children are washed and dressed in their new pyjamas (every year, during Chinese New Year, I replace my pyjamas). With promises that 'Tsai Shen Yeh' (Chai Shen Yeh), the Wealth God, will arrive once they're asleep, the children will drift off excited and confident that they will awake to an Ang Pow (a red envelope with money) under their pillow. This custom is very similar to the tooth fairy in western culture.

It's also very common for the children to receive an Ang Pow from their grandparents and older family members on Chinese New Year. How much is gifted is dictated by the closeness of the family relationship and the age of the child. It's good practice to give and receive with both hands. It's also common for older children to receive more money than younger children. Parents will gift more than an aunt or uncle. Someone who has a large family and who has taken a defeat on the mah-jong tables is in for trouble!

At midnight, during the turn of the old and New Year, it's tradition throughout China and the world, to hear the bangs of Chinese firecrackers and fireworks which are used to ward away the evil spirits (Nian monster). The fireworks also herald the old energy (Qi) passing and the welcoming of the new Qi. Sadly, fireworks are banned in the UK without permission from the council. However, fireworks are accepted and celebrated during the western New Year. China is also considering placing a ban on fireworks to control pollution during the New Year period.



Although some countries, like the UK, have banned any firework displays they still enjoy the traditional dragon dance ceremony. At these ceremonies, you'll find people dressed in giant dragon costumes dancing around to deafening music. You'll see performers holding poles to raise and lower the dragon with one of these poles supporting a 'Pearl of Wisdom.' The pearl will serve as a temptation for the dragon to search for wisdom and knowledge as he follows it to the sound of the thundering drums. The drums seem to help fill the void of the firecrackers, the energy is pumping and everyone, old and young, are thrilled by the event.

## The Dragon Dance

The Dragon dance can be traced back as far as the Han Dynasty (202BC - 22AD) when the dance was used as a ceremonial practice to pay respect and worship ancestors and pray for rain. In later years, the dragon dance became known as a source of entertainment, and in the Tang and Song Dynasty, this became a regular ceremony and crucial part of celebrating Chinese New Year.

Traditionally, the dragon costume would be stored in a dragon king temple and would be collected from the temple on the day of the performance by the team of skilled dancers. The performers will be the key to successful dragon dance, and this is especially the case for a long dragon as this requires a lot more skill than a shorter one. Following the long, undulating dragon will be the drummers carrying banners and flags. The body is attached to the head and is known as the 'eye pointing' ceremony.

A traditional dragon dance will have one performer walking at the front of the dragon holding a long pole with a large ball at the end that would be decorated with long frills and ribbons. The ball on the pole will be waved around all over the place with the dragons head following the balls every move which is known as dragon chasing pearl and can be seen in many Feng Shui cures. When the dance is finished, the traditional practice is to burn the dragons head and tail and then return the dragon's body to the dragon king temple as this is believed to return the dragon to 'dragon heaven' and bring good weather for crops in the year ahead. Another common belief is that the burning dragon will repel bad luck and disasters for the year ahead.

## The Lion dance

The lion dance also goes by the name of the lion lantern and is a beautiful, traditional dance which is performed on Chinese New Year. Usually, two men or teenagers will climb into a lion costume where one is the head, and the other is the body and will dance around together to a beating drum and gong, mimicking a real lions movements. A mirror will rest upon the head of the lion which is believed to scare away evil spirits around where the dance is being performed when they see their reflection.

The lion will make his way down the street and will be greeted by a laughing Buddha dressed in a monk's robe and mask. The Buddha will tease the lion and make them jump around all over the place while waving a fan made from banana leaves around in the air. If you have ever seen a lion dance before, you may have noticed that the lion goes around the street searching for lettuce which will usually be hung above shop and home doors with an ang pow attached; this is usually filled with money from the business or home occupants as a thank you to the lion for their wishes of luck and prosperity for the year ahead. After the lion has removed the Ang Pow from the lettuce, he will toss the lettuce leaves all over the street which symbolises a new start for the year ahead. It is thought to be very lucky to have the lion take lettuce from your door.

### Day One of Chinese New Year

The first day of Chinese New Year will begin with the exchanges of good wishes with friends and family members who will be dressed in their finest new clothes. Usually, married couples and the elderly will present younger family members and unmarried adults with a Hung-Bao (red envelope with money gifted inside). Instead of gifting traditional presents of toys or clothes as we do in the UK at Christmas, it is tradition to gift a red envelope with money inside during Chinese New Year. The amount of money has to be in numbers conforming to the belief that even numbers are auspicious except for a single Chinese I-Ching coin on its own. For example, it could be two dollars, ten or twenty dollars. It's staggering how much money a person, young or old can receive in a day. For more information on red envelopes and their use in Chinese culture the link below details <http://www.fengshuiweb.co.uk/advice/angpow.htm>

You will also find an article on Chinese talismans below this text. This article is brilliant, informative and you should try to read it; follow this link after you have finished this article. <http://www.fengshuiweb.co.uk/advice/talismans.htm>

Later on in the first day of Chinese New Year, everyone will venture out to visit their families homes. The normal thing to do is visit family in age order with the eldest family members receiving visitors first; they will rest at home and wait for the younger family to come round to visit them for the exchange of good wishes. These visits are very exciting for the children who understand the ritual. Every greeting of

"Kung Xee Fa Chai" (Congratulations and May you be Prosperous) will result in an Ang Pow (red envelope containing money).

### Day Two of Chinese New Year

The second day of Chinese New Year is known as 'Kai Nien' which translates to 'year beginning' and will begin with a very early morning breakfast with family; you will notice that the whole of Chinese New Year is completely family orientated.

The second day of Chinese New Year is known as 'Kai Nien' (Year Beginning) and the day will begin with very early morning breakfast. Unique dishes, all with symbolic names, are served up. The main meal of this day of celebration is a bowl of long noodles which will end with everyone at the table tossing the noodles as high as possible with their chopsticks. The tossing of noodles is a symbolic activity done to promote longevity. Those who are unable to join in will watch the rest of the family stand, raise their arms to fullest stretch and, hold the noodles aloft while they toss them; a fun and messy activity that often results with a mass of noodles stuck on the ceiling.

Unlike western culture, alcohol doesn't feature a great deal, if at all, during Chinese New Year celebrations. Instead, copious amounts of green tea are consumed with maybe a small drink of Chinese wine with their meal. The festivities are viewed as a family event and not an appropriate time to get drunk.

Two days of eating a great deal, along with exciting fun and games with family, can be quite tiring; the Chinese don't hold back on these occasions and always celebrate in style. The Chinese have a special relationship with food throughout the year but at no time more so than at New Year. Many dishes have particular significance, especially at this time. Even everyday dishes like fish and turnips have special meanings and none more so than fishballs and meatballs, both of which suggest a reunion. These meanings are essential to give understanding and depth to the occasion.

### Day Three of Chinese New Year

After two days of celebrations and festivities, even the most spirited Chinese will start to feel the effects and become aware that it's time for a respite to restore and revitalise. So, this brings us to the third day. Traditionally, this is not a day for being adventurous or energetic with the young ones maybe venturing out to visit friends, but it's predominantly a quiet day for everyone. The custom is that no offices or businesses will be open on this day.

### Day Four of Chinese New Year

On the fourth day, normality starts to return. Companies, shops, and stores will reopen for business. Many businesses will choose a specific day for opening, and they'll utilise the services of a Feng Shui Practitioner for a date selection. Many also will organise a spectacular display of lion dance and firecrackers. Once again, it's a booming, boisterous and exciting event for both employer, employees and passers-by. The lion dance on this occasion is said to bring prosperity to the company.

### Chinese New Year continued

Celebrations continue for another eleven days right through to the full moon of the first lunar month when another celebration follows. This event is called 'Spring Lantern Festival' (Yuan Xiao Jie) and held on the fifteenth day. This impressive ceremony takes place under a full moon.

On this day, every generation no matter how young or old, will carry a beautiful, colourful lantern and all will gather in a neighbouring public place such as a town centre. They gather together to admire and appreciate the first full moon of the year (very similar to the Mid-Autumn Festival). In China, there are still villages that hold large Tang Yuan (rice dumplings) cooking and eating sessions (an event still, to date, on my bucket list). The dumplings are round and symbolise family unity and completeness. The mid-month Spring Lantern Festival traditionally brings the seasonal passage of the New Year to a conclusion.

### What can I do before the New Year to achieve good luck?

- Make sure that your house, flat, workplace, shop or any other building is spotless from top to bottom, to encourage good luck in the coming year. On average, just before New Year, we take 2-3 days cleaning every single area of our home which is quite time consuming but feels fabulous after.
- You should not wash or cut your hair on the first few days of the New Year; this is because "Hair" is a homophone for the word "fa" meaning "prosperity" in Chinese. Therefore "cut the hair" or "wash the hair" is perceived as "cut your prosperity" or "wash your prosperity away". This is something we have done for as long as I can remember.
- Make sure that you have all of your Cures and Enhancers cleansed and prepared for the 4th February and be sure to check our [world time converter](#) to find out when to place your Cures and Enhancers for 2019, year of the Yin Earth Pig (Ji Hai).

- You should open all the windows and doors in every single part of the home as this is said to bring in clean, new good luck for the year.
- Do not talk about death or anything negative on the first few days of the year and, in modern days, horror films or any film with negative connotations would never be watched.
- Do not purchase books in the first few days in Chinese New Year. “Book” is a homophone for the word “shu” meaning "loss" in Chinese.
- Do not cry on the first few days of the New Year or raise your voice to your children or any other member of your family. It is believed this will set the year ahead.
- You should switch on all of the lights in the home inside and out as this is said to attract good luck from outside and if the windows and doors are wide open it is easy for the luck to enter. The bright lights and open windows are also used to scare away evil spirits.
- Many people, especially Chinese, will buy a new pair of slippers at New Year. It is believed that this purchase will prevent people gossiping about you. In China, face and reputation are very important.
- This is quite normal all around the earth but one thing the Chinese spend a lot of time doing before New Year is bathing and they cover themselves with Pomelo leaves to enhance their health for the year. Pomelo is the largest of citrus trees, and they grow as large as a bowling ball and are said to be very healthy to drink and eat.
- The Chinese believe that whatever happens to them on New Year’s day sets how the year ahead will be for them; this is why they avoid arguments, use knives or drive too far. They love to gamble on New Year’s day as they hope to create good luck and wealth. You can read more on this below.

#### Some rules and regulations the Chinese stick to on the Chinese New Year Day.

- Everybody is in a celebratory mood over Chinese New Year’s, so, people should not argue or disagree with each other.
- Parents should not punish or discipline the children. Otherwise, they will have more arguments during the New Year.
- Women should refrain from using a knife or scissors in the kitchen. The knife signifies anger and danger in the woman’s life and the scissors predict the woman

cutting people out of her life. Women do not prepare or cook meals on this day but eat leftovers and pre-prepared food from the day before instead.

- It is considered bad luck if you smash a plate, bowl, cup or any other similar kitchen crockery; this brings bad luck regarding finances throughout the year. All smashed and cracked crockery should be placed in a round container until the next rubbish collection day.
- It is said that if you were to sweep up rubbish or throw away rubbish on Chinese New Year's Day, you will be sweeping or throwing away the wealth and luck that resides in your home so please don't do any cleaning.
- Do not take a lunchtime nap on this day as this will encourage laziness throughout the whole year ahead.
- You should not wash yourself on this day which means don't take a bath, shower or wash your hair on Chinese New Year's Day as this will wash away all good luck for you personally.
- Refrain from wearing black or white colours when visiting friends on this day as these colours are associated with funerals and death.
- Do not eat rice or oat porridge for breakfast on this day as rice or oat porridge is associated with the poor eating these meals in the past; this symbolises a loss of wealth. A good breakfast would be fruit.
- If somebody that you know or know of has recently passed away, it is not advisable to visit a family member's house that is connected to the recently deceased as this could bring bad luck in 2017.
- Do not eat any meat during breakfast on this day. Many vegetarian Gods arrive at the Chinese New Year's Day festival and upsetting them could cause problems.
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- When you wake somebody up on this morning, do not use their name as it is said that this person will be dependent on you all year long to motivate them.
- Refrain from taking medicine if possible on this day that is not essential for your health as this could symbolise weakness and could bring illness to you throughout some point of the year. Obviously, necessary medication must still be taken as usual.
- Do not wash any clothes on this day as Chinese New Year Day is the birthday of the god of Water.
- Do not collect any debts on this day as you may find that you will be chasing money for the rest of 2019.
- Do not let anybody take anything out of your pockets, purse, handbag or wallet as this symbolises money loss throughout the year and please be careful when out as pick-pockets can also cause problems with this.

- Do not cut your hair or nails on this day as it is believed that you will be bringing pain to your relations.
- Do not buy any shoes as it's considered very unlucky; 'shoe' translated in Mandarin means evil and when translated in Cantonese means 'rough' although slippers are fine.
- Keep everything positive and do not talk about anything negative on this day as you will be setting an example for how the rest of your year is to be lived.
- When offering something, do not do so in fours; when 'four' is translated in Chinese, it sounds like death. An example would be not to place 4 or 24 - 34 04 worse still 44 pounds/dollars in a red envelope

The understanding is that whatever you do on Chinese New Year, is what you will be doing for the rest of the year so enjoy time with family and eat well.

You can download a checklist of everything that needs to be done, just click here [Checklist for Chinese New Year 2019](#)

I hope you have enjoyed reading this and would like to wish you all a very happy, successful and lucky new year in 2018. There are many links below related to the Chinese New Year and traditions.

**[Visit the pages below for further details on 2019 Chinese New Year etc.](#)**

**[Chinese New Year 2019](#) \*\* [Checklist for Chinese New Year 2019](#) \*\* [How to make your own Ang Pow](#) \*\* [Chinese Talismans for 2019](#) \*\* [Chinese animal predictions for 2019](#) \*\* [Flying star Xuan Kong 2019](#) \*\* [Avoid the fury of the Grand Duke, three killing 2019](#) \*\* [Chinese New Year world time converter 2019](#) \*\* [2019 Cures and enhancers kits](#) \*\* [How to take a compass reading](#) \*\* [How to determine your facing direction](#) \*\* [Feng Shui software](#) \*\* [Feng Shui resource](#) \*\* [2019 Tong Shu Almanac Software](#) \*\* [Feng Shui Blog](#) \*\* [Chinese culture](#) \*\***



**Are you prepared for 2019?**

