

NINE CHINESE NEW YEAR TRADITIONS

For the Year of the Black Tiger February 1, 2022



*“Objects that no longer serve us prevent
new fortune coming into our lives”*

1. Clean and de clutter your house over the 15 days preceding or following the New Year. (Except for sweeping the floor this implies sweeping away fortune.)
2. Buy a new vase or clean well a present vase and fill it to the brim with a new bag of rice. Place real money underneath the rice to attract abundance this year.
3. Eat at least two or more helpings of food at every meal over the 15 days as it symbolizes abundance.
4. Speak only pleasant things to other people first thing each morning over the 15 days to effectively attract goodwill from everyone you meet.
5. Wear new clothes, of course some red, the first days of and post the Chinese New Year to attract new good things into your life.
6. Do not do any chores the day of New Year as not to be burdened with hard work this year.
7. Drink something sweet in the morning right after brushing your teeth to bring sweetness into your life.
8. Do not lose your temper or become angry during these 15 days as it will mean conflict for the year.
9. Give money out. Traditional red envelopes are used to hold auspicious amounts of 168 as it sounds like “all the way to prosperity” or 88, which means double prosperity. \$1.68 or \$.88.

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