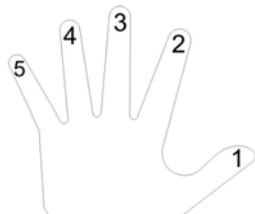


Left hand: **RECEIVING**

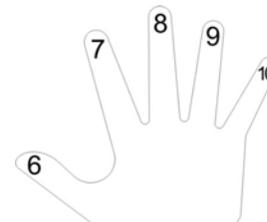


# Ring-Shui™ Chart

Move Your Rings, Change Your Life

Barbara A. Berg, author of the award-winning  
*Ring Shui: Move Your Rings, Change Your Life*

Right hand: **RELEASING**



FINGER	MEANING / DESCRIPTION
<b>1</b>	<b>Responsibility</b> - Generates the message that you are willing to say “yes” to too many requests and perhaps more than you bargained for. Make a point to remember to take breaks when you need to, and to say “no” when it is right for you.
<b>2</b>	<b>Attract</b> is truly an empowering finger of potential triumph, wisdom and balance. This is especially true when you wear a ring here with the <i>intention of attracting, accepting, receiving</i> , and being acknowledged and celebrated for what is authentically meant to be yours.
<b>3</b>	<b>Sole Survivor</b> - Shows the intention of being a “sole /soul survivor,” showing you can make it on your own <i>no matter what</i> life has thrown your way. While you do it on your own as if your life depends on it, you end up doing everything on your own and wonder why it’s <b>ONLY</b> you. . . Wear your ring here only for a short time to express independent thinking.
<b>4</b>	<b>Joy</b> - Wearing a ring on this finger demonstrates cherished love with the intention of long-term and lifelong commitment. It is best if it is given to you by your beloved and is a reminder that you will be and do whatever preserves the health and promise of your most important commitment.
<b>5</b>	<b>Magic</b> adds surprise and an overall sense of spicing up your life and the lives of those around you, especially when worn in conjunction with other rings. This ring invites the intention of adding zeal to all of your desires. Let the good times roll!
<b>6</b>	<b>Obligation</b> - Demonstrates the intention that you are <b>going out of your way</b> to be there for others. It is best to not overdo it. A good way to wear a ring on this finger is to do a kindness for someone “just because,” NOT because you feel obligated. Then, when you are finished with that specific task, remove the ring.
<b>7</b>	<b>Release</b> - This powerful finger provides the opportunity to release hurts or disappointments. Put yourself back out there to try again. A ring on this finger can be <i>well balanced</i> with a ring on the left index finger to show intention of flow, giving, and receiving.
<b>8</b>	<b>Feisty</b> - A ring on this finger shows the intention of putting yourself out in the world and having a “ <b>good time.</b> ” Have fun and enjoy new and old friends; however, you do want to be able to face yourself in the mirror the next morning! Wear a ring here once in a while but not if you desire a long-term commitment...
<b>9</b>	<b>Sincerely/Hopeful</b> - This finger tells the world you are willing to wait for long-term dreams. Wearing your ring here shows you are now ready to do what it takes to fulfill your heart’s desire.
<b>10</b>	<b>Appreciate</b> - A ring here reminds one to enjoy the little things in life. Take care not to get so caught up in the daily rush that you miss those small blessings. If you’ve felt stifled or suppressed lately, don’t wear a ring here for a while, until you feel “appreciation” again.