

Happy Chinese New Year 兔 (tù, rabbit) you!

Welcoming the new year with the year of the rabbit!

The Year of the rabbit is the fourth animal in the Chinese Zodiac and is known to be the luckiest out of the twelve animals. It symbolizes mercy, prosperity, elegance, and beauty. Well, interesting...

As we say goodbye to 2022, its time to celebrate the new beginning with 2023 through our long-awaited spring cleaning, festive vibes, Chinese New Year (CNY) goodies, reunion dinner with our loved ones, the angbao and more food!

It is one of the important festivals for the Chinese across the world where it is celebrated for 15 days. On the eve of CNY, we celebrate with a reunion dinner where families come together to have a meal. It is a way of reaffirming the love, respect, and bond with the family members. During CNY, everyone would dress up with new clothes from head to toe as it symbolizes a new start and fresh hope for the new year. Families would either host a gathering at one place or do visiting in the gathering spot. There would be an exchange of oranges, new year greetings, meeting relatives that you might or might not be familiar with and bond together. Most importantly, getting the Ang Bao (Red Packet) for those who are not married (Just Kidding).

CNY is a most important time for families to get together and catch up on their busy life. “Where are you studying/working at now?”, “Have you find a boyfriend/girlfriend yet?”, “When are you having baby?”. These are common questions that at some point sound tiresome to hear but it is nostalgic and important questions to hear as someone cares about your life!

At Mindful Wealth, we did some decorating of the office to raise our spirits up and filled the pantry with many New Year Goodies to fill ourselves up (Food first! Gym Later!)? We will have a full day celebration on 3rd Feb with a Lion Dance performance to bring good luck and scare away all the evil things. Then we will have a CNY reunion lunch with our sibling, Inmindful which will be accompanied with the tossing of Yusheng, let’s lo- lo- lo-hei (Toss) all the good fortune and prosperity!

The lion dance is a traditional dance, and it is performed during the new year. Lion symbolizes power, wisdom, and superiority. This dance is believed to bring in good luck and drive away evil spirits. It is also a way to create a festive atmosphere and bring in Happiness. Here at Mindful Wealth, the lion has blessed in every corner of the office.

团圆 (Tuan Yuan) means “gathering around the family, relative or friends after everyone have been separated for some time”. It is important as we are always busy in our life and that we sometime forget the people that are important to us, hence this event helps us to set aside time for everyone to come together. CNY reunion lunch allows us to feast on delicious food and to meet our friends and colleagues from Inmindful. This will allow us to reaffirm our love and respect for each other. Even friends and colleagues are bonded like a family.

It will be accompanied by Lohei which is the iconic yu sheng being tossed high up in the air to celebrate and wish for good fortune. Every ingredient has a meaning and representation which is important for lohei-ing, like golden crackers which represent wealth or fish which symbolizes abundance and prosperity. In Singapore, we gathered around a massive plate, tossing its contents with meaning violently while saying out auspicious phrases. It is believed that we should toss it as high as possible to better our prospects and fortune for the year ahead. Once it is mixed, we can eat the delicious yusheng.

This is how Mindful Wealth celebrated our Chinese New Year! We hope that everyone enjoys themselves on this holiday, taking time to rest, spend time with their friends and family and to treasure every single moment. For those who are not celebrating, it's a good time to take a short trip and relax yourself.

Wishing you many bunnyful blessings! May you leap with joy and hoping with prosperity!