

SACRED CURRENTS

feng shui



REFLECTED LIGHT + THE MAGIC OF MIRRORS



As we now at the midpoint of the year, it is easy to recognize how much the body, mind and spirit thrive during these long days. Some of us are more light sensitive than others (I am one of those people), yet all of us are nourished through our eyes and skin by natural light. We have more energy, mental alertness and productivity with good lighting (and vitamin C). Light is

associated with the Fire element - the element of summer - which is a dynamic energy.

One of the best ways to add light and expansiveness to any environment is with a mirror. Mirrors are sometimes thought of as the 'aspirin' of feng shui. Two of my mentors, Barry Gordon and Steven Post when interviewed on *Dateline* many years ago said, "When a client calls with a difficult situation late at night, we recommend they take 2 mirrors and call us in the morning". (One of my favorite feng shui jokes.) During this expansive season, I thought it a good time to list some of the many ways a mirror can benefit your environment and feng shui. **The Top 9 Reasons to Have a Mirror (in any season):** *1. A small, dark or narrow entry.* Putting a large mirror across from the door will offer you a greater sense of arrival. Although some think this will throw your chi back out the door, the opposite is true, Mirrors absorb chi and this case will open your horizons as opposed to feeling like you've 'hit a wall'.

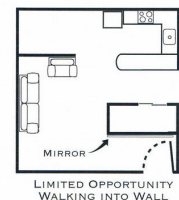
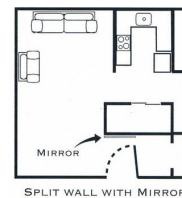
2. When there is a 'split' wall at the entry. This causes one eye to stop at the wall and the other to travel across the room (perhaps out a window) and create an imbalance. A mirror on the small entry wall will balance the chi and depth perspective for both eyes.

3. When one of the walls of a room is shorter than others. This probably means you have a 'missing' area. In other words part of the bagua of that room or building is compromised. A mirror on one of the short walls, transcendently adjusts it and makes the bagua complete.

4. If you are facing a wall when you cook and/or your back is to the door. A mirror behind the stove allows you to see behind you and puts you in the 'commanding position'. This mirror will also 'double' your burners, which represents your wealth and health.

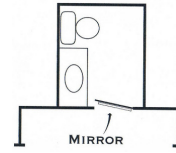
5. Similarly, if you are working at your computer and your back is to the door. This puts you in a vulnerable position or 'out of command'. A small mirror on your computer screen can act as a rear view mirror (if you can't hang one on the wall in front of you), so that you can see what's coming at you and avoid surprise.

6. If you cannot see the door of your bedroom from the bed (without being in line with it). Position a mirror so you can see the door easily from bed and be in the power position or command position. This power



position is most important for your bed, stove and desk. **7. If you have a windowless room, hallway or basement.** These areas can be enlivened with larger mirrors. Long narrow hallways can be oppressive or conduct chi too quickly. A mirror will help to expand chi and the space

8. When a bathroom is located in an inauspicious area of the home or office. Putting a mirror on the outside of the door 'disappears' it, creating the illusion of depth and that there is somewhere else to go.



9. If an important room such as the master bedroom or kitchen is 'in front of the main door'.

This means the room is 'outside' the bagua. Hang a mirror on a wall that reflects the the room back into the house (and bagua).

May your summer season be filled with Light and Expansiveness!

Judith Wendell

Please check out these 2 course I am teaching this summer.

JUST SCHEDULED...

[Create the Life You Want: Feng Shui Tools for Abundant Living](#) 07/18/2015 10:00 am - 6:00 pm Rosalie Prinzivalli, MBA and Judith Wendell This course is the prerequisite to the New York State Licensed Training Program. Applied properly, Feng Shui can improve the quality of your life by balancing your personal and environmental energy, allowing you to experience more success at work, improved relationships, greater focus and clarity and better health. During this one-day intensive intro, you will develop an understanding of [Feng Shui as you...](#)



[Feng Shui to Maximize Your Life, Wherever You Live](#)

In this three-week series, I will teach how to apply ancient, time-tested Feng Shui principles to many of the fundamental challenges that face us all. [Feng Shui and Money](#)

Come find out how we can influence our abundance by making adjustments to our living and working spaces, whether we live in a small apartment or a large home. Judith will also share some little known Feng Shui empowerments and transcendental adjustments, highly effective at supporting our financial goals. Thursday, July 30, 5:45-7:45pm 15SAF33TA



[Feng Shui and Relationships](#)

Come discover Feng Shui secrets that can empower you to be a better partner and that can help you create the type of relationships you want in your life. Thursday, August 13, 5:45-7:45pm 15SAF33TB



Feng Shui and Space Clearing

Space clearing and blessing rituals have been used in every culture for centuries. Tonight we'll learn some simple techniques to help rid our home of old unwanted, stagnant chi and to re-ensoul our space with the energy and intentions we want to manifest going forward.

Thursday, August 20, 5:45-7:45pm 15SAF33TC



Note: Participants should bring floor plans of their living spaces on transparencies, and a few will be selected at random to be used as case studies.

A LECTURE SERIES

(3 sessions) Thursdays, July 30 - August 20, 5:45-7:45pm

No class August 6.

15SAF33TZ

Members: \$95 / Nonmembers: \$110 /

Individual Sessions: \$40/\$45



Integrative Interior

Design ~ Feng Shui Consulting ~ Space Clearing

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