

# SACRED CURRENTS

feng shui



## Midsummer's Feng Shui or Add Water + Mix



*In these dog days of summer when we'd all rather vacate, be lazy, hang with friends and family, it is perfect time to bring more balance into our lives. Summer is associated with the 'Fire' element in feng shui (easy to recognize). Fire is a fast, upwardly moving energy and it seems we are in a particularly fiery time on earth. Global warming, anger and war all point to too much 'Fire' and our mother planet is out of balance.*

*If we look at the feng shui template or bagua, we see that the Fire element is directly across the chart from the Water Element, which represents winter. In each season we need to balance the elements or what is known as the complementary opposites of Yin + Yang. We naturally add fire or warmth in the winter and water or cooling in the summer. So beyond a cold beer and air conditioning during this very hot August, here are a few tips for adding 'water' to the summer season:*

- 1. Get rid of clutter (always a feng shui 101), particularly those things that are on the floor or in corners which prevents the smooth flow of chi. Chi that flows unimpeded is like a gentle river, nourishing the environment.*
- 2. The Water element is supported or 'created' by the Metal element. Throw a white fabric (representing Metal) over a dark chair, replace a piece of red or brown pottery with a metal bowl, pick up a rug or replace a dull runner with one that has a wavy pattern encouraging 'water' or flow. Have your entry (your 'path' into the world) be as light as it can be...replace bulbs (fluorescents are environmental and create a whiter light than incandescent.)*
- 3. We thank our lucky stars when we have a/c but on a temperate day open your windows. Every environment gets 'flat' or 'un-alive' from daily living, electronics and lack of circulation. Opening your windows from time to time literally refreshes the environment - 'en-livening' the atmosphere with negative ions. Negative ions are the good ones that refresh us when we spend the day at the beach.*

*On another note August is the ½ way mark in the Chinese Lunar calendar (New Years is February 10<sup>th</sup>, 2013) Find out how you can still take advantage of this Dragon year by getting an update of your astrology/numerology for the next 6 months with a phone consultation.*

*I also recommend getting to the beach before it's too late, but whatever you do - enjoy this second half of summer!*

**Judith Wendell / Sacred Currents**



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