

# SACRED CURRENTS

*feng shui*



Fall descended within hours one recent day in New York. It was hot, it rained, it was fall. I am warm weather person, but I can't resist the rich tones of fall. The earthy colors of pumpkin orange, yellow squash, cranberry red and dark chocolate are simply seductive.

Color can make a room cozy or help draw attention to an area. Whether you paint an accent wall, a staircase or an entire room, color is a potent way to make Feng Shui



adjustments. In [5 Element Theory](#), Earth represents relationships. There are 3 Earth areas on the Feng Shui bagua or map. The 'Kun' position (the back right hand area in the BTB system and the SW corner in the compass school) represents relationships with others - be that romantic or professional. The 'Ken' position (the near left hand area in the BTB system and the NE in the compass school) represents self-cultivation, inner knowledge or relationship with yourself. The 3rd area is the Tai Chi from which everything else is born. It is the center or core of us and our homes.

The virtues associated with the Earth element are credibility and trust. Of course these are just the qualities we need to have the foundation for good relationships. It is the warmth and receptivity of 'Earth' that gives joy to relationships. So when we use earth colors and tones we energetically imbue an environment with this welcoming comfort and feeling of security. All of which is the essence of good Feng Shui.

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Please join me at this day long workshop where we will learn about the Rx of Color!

## Create the Life You Want: Feng Shui Tools for Abundant Living

October 16, 2011 10:00am - 5:30pm  
New York Open Center

[Register Here](#)



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, you will develop an understanding of Feng Shui as you:

- Discover and begin to apply Feng Shui's extraordinary analytical tools;
- Learn potent Feng Shui adjustments and techniques to manifest your intentions;
- Apply simple, powerful space-clearing methods to release unwanted energies;
- Evaluate design elements such as doors, halls, bed and desk placement;
- Examine sample floor plans to illustrate challenging design areas.

*Wishing you Crisp Sunny Days and Warm Cozy Nights  
May Your Heart and Mind be at Peace*

*Judith Wendell / Sacred Currents*

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I must give a shout out to my friend Laura Norman, world-renowned Reflexologist and best-selling author, who is offering Holistic Foot-Hand-Ear-Face Reflexology Certification Training programs in NYC, Stockbridge, Mass and Delray Beach, Florida starting October 14th. If you want to become a Holistic Reflexologist and discover how to empower yourself and others through hands-on healing take these courses. Laura also offers profoundly relaxing and re-energizing private sessions at her Wellness Centers or in the comfort of your home. To register for classes, and to schedule a private session, visit [www.lauranorman.com](http://www.lauranorman.com) · email [wellness@lauranorman.com](mailto:wellness@lauranorman.com) · call 212-532-4404 · 413-854-2615 · 561-272-1220.

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