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feng shui



Stepping Into 2013

January 9, 2013



"Feng Shui for Health, Wealth and Relationships" with Judith Wendell and Rosalie Prinzivalli

Feng Shui focuses on the optimal circulation and balancing of qi- the life energy in us and the universe. In this 2-part webinar, we will explore how you can use Feng Shui's core principles to balance your health, wealth and relationships. You will learn how the placement of objects, furnishings, colors and design can relieve stress, increase potential for wealth, and improve relationships. Secret Transcendental adjustments will be transmitted to enhance your personal and environmental chi.

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(2 sessions) Saturdays

Jan. 26 & Feb. 2, 2013 1-3pm EST

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The Year of the **Water Snake** will be upon us on February 10, 2013. In a couple of weeks I will write again with what the year has in store for each of the 12 Chinese Animal signs.

In anticipation, I thought you'd enjoy seeing this just issued stamp from the US Postal Service.

They say, "the 2013 Year of the Snake (Forever®) stamp features a bundle of firecrackers colored red for luck. The Year of the Snake stamp is sixth of twelve stamps in the Celebrating Lunar New Year Series.

Firecrackers are traditionally used to scare off evil spirits and welcome this time of renewed hope for the future. Lucky foods are eaten- kumquats, for example (issued in 2011)-and given as gifts. Festive lanterns, colored red for luck (issued in 2008), are common decorations at Lunar New Year celebrations, where they are frequently hung in rows."

Stay tuned for much more on each sign along with my annual offer for this year talisman - the MONKEY charm.



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"May I meet this moment fully. May I meet it as a friend."

Sylvia Boorstein, "Happiness is an Inside Job:
Practicing for a Joyful Life"

2013 has a strange ring to it for me. Perhaps it is hard to relate to the fact that we are 13



years into the 'new millennium'. Or is it because the expectation of '2012' came and went?

We all experienced difficult times this year, each in our own way and collectively. Yet, I know we all have things to be grateful for from this past year and that a new year holds the promise of new potentials.

The first weekend of December I spent in silent retreat at the Garrison Institute with Sylvia Boorstein and Sharon Salzberg. It was a Loving Kindness meditation and practice - a wonderful way to download from the year and recharge to move forward. No matter what the form, the need to just 'stop' and take a break is a necessity that most of us don't acknowledge or afford ourselves.

On 12/12/12 I had foot surgery. I thought it an auspicious day to 'step into' my new year (and hence the inspiration for the newsletter title.) So the holiday season was very quiet and I loved the simplicity of sitting still.

As for the New Year - please join me and my colleague Rosalie Prinzivalli at our 2-part webinar. It will help you open to the potential this year holds for you. We have been having fun preparing it.

I am looking forward to writing my 2013 year of the Water SNAKE Predictions later this month. I'll be sure to send you a copy. And of course be in touch if you would like a personal reading for the year as well as a feng shui or space clearing to set your new year on a positive course.

*May you step into a Blessed Year Ahead.
With Love & Light to Our World, Judith*

"We need the courage to learn from our past and not live in it." Sharon Salzberg,
"The Force of Kindness;
Change Your Life with Love and Compassion"