

# SACRED CURRENTS

*feng shui*



In this part of the world - New York, New Jersey, Connecticut and beyond, we have weathered a hurricane and our first snow storm as most know. The entire country has sustained a Presidential election and many other less publicized events. So as we approach the darkest time of the year, I thought I would shed some light on the essence of feng shui, which is the balance of complementary opposites, know as yin + yang.

As we approach the long nights and cold weather of winter (yin) we need to balance our environments and bodies with more light and warmth (yang.) The fall and winter months are Metal elements, cold and contracting. By the addition of Wood and Fire elements which are warm and expansive, we bring our environments into balance. This can be as simple as adding a candle, lanterns, aromatherapy, plants, a faux fur pillow or red throw. Anything that is emulating life is inherently more yang.

Early civilizations of all traditions and religions celebrated with light in the winter and today marks the Hindu New Year of Diwali (meaning 'row of lamps' in Sanskrit). Dawali celebrates the victory of the Good over the Evil and Light over Darkness. Candles or little lamps are kept on during the night in order to make the goddess Lakshmi feel welcome. She is the Hindu goddess of prosperity (both material and spiritual) and beauty. Houses are cleaned and new clothing is worn, to symbolize a time of new beginnings.

In the western calendar, Diwali falls on a day in October or November just after the monsoon season in India. As it seems many of us have come through some kind of 'monsoon' in our lives, let us start this dark time of year with light and welcome in the good, the prosperous and the balanced into our lives.

And may I recommend that if you haven't already done so, to please donate your time or resources to the organization of your choice through [FEMA](#) which are helping many in the wake of Sandy.

Lastly, if you haven't seen [my New York Times profile](#), please check it out. The blessing and clearing ritual I did at the Baccarat Hotel & Residence site in New York is something I recommend both to large corporations and individuals, to insure that their businesses and homes are safe and fortified so that they can enjoy good health and prosperity.

**With Light to Our World, Judith / Sacred Currents**

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Integrative Interior Design ~ Feng Shui Consulting ~ Space Clearing

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