

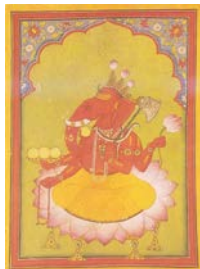
SACRED CURRENTS

feng shui



Cultural Mash Up

One of the things I love about my work is the opportunity to appreciate the similarities that different cultures share. When performing clearing and blessing rituals, I draw on Chinese, Western, and Indian traditions. Along with these, I encourage my clients to include any aspects of their own traditions that has meaning for them.



As we approach fall, three celebrations that are aligned with the lunar month of August 25 - September 23rd, are the Hindu celebration honoring the the god Ganesh, the Chinese Harvest Moon Festival and the Jewish holiday of Rosh Hashanah.

Ganesh is the elephant-headed, remover of obstacles and the god of beginnings and wisdom. Ganesha Chaturthi is celebrated for up to 10 days, and starts on the 4th day of the waxing moon. This year that was on August 29th. The main sweet dish shared during the festival is modak, a dumpling made from rice and wheat flour and has a stuffing of fresh or dry-grated coconut, dry fruits and some other condiments.



In the Chinese and other Asian cultures, the Mid-Autumn Festival is the official harvest celebration held on the full moon, which this year is September 8th. The festival celebrates three fundamental concepts: Gathering - family and friends, and harvesting crops; Thanksgiving - to give thanks for the harvest; Praying - for good fortune in life.

An important part of the festival celebration is moon worship. The ancient Chinese believed rejuvenation and fertility were associated with the moon. The holiday is celebrated by eating mooncake, which traditionally consist of a thin, tender pastry skin enveloping a sweet, dense filling.



The Jewish New Year known as Rosh Hashanah is celebrated on the 1st or 2nd day of the seven month on the lunar calendar. This year that is September 24th and 25th. It is a time of personal renewal, as yet another cycle of life begins. One of the special aspects of Rosh Hashanah is the custom of eating various foods that symbolize what is hoped for in the coming year. Perhaps the most famous tradition is the eating of apples dipped in honey, as an omen for a sweet year to come.

May this lunar month and the year to come, bring you Sweetness, Health and an Abundance of Joy.
Judith ~ Sacred Currents

Please join me for a 1 Day Intensive on Sunday, October 19, 2014
10a - 6p at the New York Open Center

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

course #14FAF06SA

Early Bird rate \$125/\$135 by September 25.

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