

SACRED CURRENTS

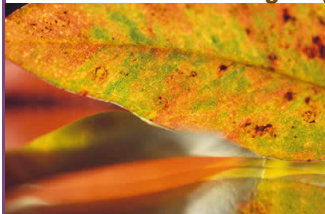
feng shui



The Virtue of Fall

Newsletter 15 ~ October, 2009

The fall or autumn season is associated with the Metal element in the Five Element theory of Feng Shui and Traditional Chinese medicine. On the bagua (the Feng Shui template or map) Metal holds two positions. The 'Tui' (also spelled Dui, Dwei) gua or position, represents communication, children, joy, completion, the youngest daughter, the harvest, to name a few. The late fall gua is called Chyan (Chien) and symbolizes benefactors, travel, leadership, father, and is the most yang area of the bagua.



area of the bagua.

The colors associated with Metal are white, gray, gold silver, bronze, etc. Its movement is inward and its shape round. The chi of Metal is virtue itself. A person or business that is ethical and stands for the 'good and just' has Metal in balance. They have benefactors (investors, friends, family, clients) when they need them and their projects are finished on time, allowing the fruits of their efforts to be enjoyed. If Metal is too strong in a person it displays itself as defensiveness, self-righteousness and a lack of joy; while someone with deficient Metal chi tends to be withdrawn, cold or have stagnant energy.

We all must take care of our health in the fall as the change of season can make us vulnerable to illness. In addition to adjustments I offer for my client's home or business, personal chi adjustments are also a vital part of Feng Shui. I am currently doing phone consults along with site visits if you're interested in [hearing more](#) please email me.

If you feel you may have a Metal imbalance, here is a personal chi adjustment:

1. Purchase (it must be new) a completely non-metallic (jade, onyx, lapis, carnelian) ring and put in under your mattress for nine days where it accumulates your chi.
2. Then wear the ring on either the middle finger (which represents yourself) or the finger that represents your current age according to Chinese palmistry. Women do this on the yin side of the body or right hand, while men use their left. The ring should be worn for at least 27 days or until one's chi is adjusted (it can be worn indefinitely.)
3. This transcendental adjustment should be reinforced with the Three Secrets (for those of you who are familiar with them.) If the ring breaks before the 27 days or at anytime you're wearing it, a new and more expensive one should be purchased and the adjustment started from day one.



As the year ends and nature is contracting, balancing your environment with space clearing and feng shui will keep you in good stead for the winter's yin time, the holiday season and the year ahead. Check out my [Ritual Class](#) at the New York Open Center below.

Introducing my VCPs (Very Chi-full People & Places)

Last month while doing a clearing and blessing ceremony at Candle 79 and the Candle Cafe in New York with my dear friends and long time clients Bart Potenza and Joy Pierson, the thought came to mind that I needed to share their commitment with you.



Along with having the best vegan restaurants on the planet bar none (check out their [website](#) to start salivating), their commitment to the planet and the children, animals and all living beings on it is awe inspiring. What I can speak about first hand is the depth and integrity of that commitment.

Every few months we have a ceremony at the restaurants to cleanse and then to empower them with all the good intentions Joy and Bart have in their beings. This is not a line item in every restaurant's budget (or any other business, for that matter), but Joy & Bart, who take time out to fully participate, are committed to offering their customers an environment that is as healthy and satisfying as their food. Anchoring their intentions and vision for themselves and our world into the restaurants adds to the nourishment of employees and customers alike. I feel privileged to both facilitate and observe what is nothing less than a sacred act of kindness.



Every ceremony I have ever done with a client is both potent and meaningful. I look forward to bringing you other people and places that are exemplary examples of goodness in action. For this season, Joy & Bart are my VCPs (very chi-full people) - for what they commit to for themselves, as much as for everyone else.

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It's Been 10 Years!



This past May marked the 10th Anniversary of my "Black Sect Tantric Buddhist Feng Shui Masters Program" graduation. Usually I am surprised by how quickly time passes. Yet this decade as a full time Feng Shui consultant has afforded me so many rich opportunities to grow and help others fulfill themselves, that it seems to have transcended time.

My classmates and I celebrated the anniversary of being the first graduating class of the BTB Masters Program last week here in NYC. We were blessed, along with the current graduating class of 2009, to have HH Grandmaster Thomas Lin Yun preside over the ceremonies and offer his blessings and chi infusion. It was a privilege to have the time to reflect on the past 13+ years since our 3-year program began.

As we all look forward to the end of the year and the holiday season, let us remember to ensure our health by eating well (see the article to the left about the Candle restaurants) and providing ourselves with supportive environments.

The change of season and pre-holiday season are ideal times to [clear your space](#) and make your 'nest' a haven for the winter ahead.

Warmly, Judith Wendell



Space Clearing Rituals - returns to the New York Open Center

The energetic cleansing or clearing of an environment to uplift and enliven the life force of the space is an ancient ritual practiced in every culture. Clearing stagnant energy from our home and workplace can help to improve all aspects of our lives. In this class, we will learn how to perform specific techniques, rituals, blessings and chants from a variety of traditions to cleanse, consecrate and empower our environs so that they can better support us in fulfilling our intentions.



A WEEKLY COURSE - taught by Judith Wendell
(3 sessions) Tuesdays, December 1st, 8th, 15th from 8-10pm
[09FSI05T to register](#)
Members: \$90 / Nonmembers: \$100

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