



Spring 2010 ~ Rising Chi

Newsletter 18 - March, 2010

**Feng Shui and Neuroscience**

A couple of weeks ago one of my original feng shui mentors, Steven Post had a conversation with John Zeisel, Ph.D., at New York's **Rubin Museum** (a comprehensive collection of art from the Himalayas and surrounding regions.) The Rubin's series called "Brainwaves" pairs visionaries from multiple disciplines with scientists to discuss our brains and how we perceive our world.

John Zeisel, is the President and Co-Founder of **Hearthstone Alzheimer Care** and on the board of the **Academy of Neuroscience for Architecture** who's mission is to promote and advance knowledge that links neuroscience research to a growing understanding of human responses to the built environment. Steven Post is the author of "the Modern Book of Feng Shui" and one of the founding teachers of the **3-year BTB Feng Shui Masters Program**. (I was one its first graduates in 1999.) They shared an exciting discourse about how we perceive space.



There was more agreement between these 2 men and then differences. This illuminating and lively talk further validated the science of feng shui as I understand it. Meaning, many of the underlying principles of feng shui are grounded in now the brain operates. So whether we are setting up an environment for a cognitively impaired Alzheimer patient or designing an executive office for

profitability, many of similar applications are appropriate. Intentional signals in art, design, color and texture, trigger the brain to support specific and thus successful outcomes.

If making changes and supporting successful outcomes is something you are interested in for your business and/or personal life call me for a 'Needs Assessment'. It is FREE and will give you a realistic idea what to expect from a feng shui consultation and/or space clearing and the results you can expect. You can read more about how it works on [my site](#) but I invite you to [give me a call](#).

And if you haven't yet read what the Year of the Tiger may bring for you, please refer to the influences each of the zodiac animals on my website. If you are interested in carrying a talisman for the year, you can still arrange to receive a small Pig (or in some case a Dog & Horse.)



Refer to my site to see how to order these wonderful \$9.00 [serpentine charms](#). If you are interested in harmonizing with all the signs (particularly good for those in difficult relationships), there is a talisman with all 12 carved animals (it is not on the site so you'll have to [drop me a line](#).)

**SPACE CLEARING RITUALS**

FREE Introductory Class  
Tuesday April 20, 2010 ~ 8 - 9pm

A 3-WEEK COURSE  
(call the NYOC if you can't make all 3!)  
Tuesdays, April 27, May 4, 10, 8-10pm

Members: \$90 / Nonmembers: \$100

[Sign up here >>>](#) 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.



Scientists and mystics agree that the universe is composed of energy, which pervades and affects everything in our lives. 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 environments so that they can better support us in fulfilling our intentions.

The material covered will include: clearing a space with smoke, dowsing and sound; the importance of intention; and the use and construction of altars and flower offerings.

In my next newsletter I will let you know about my class "Feng Shui + Health" at the New York Open Center in June, 2010.

Read more about how [Feng Shui](#) works.



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The Chinese consider February 3rd or 4th the beginning of the spring season.

It certainly didn't feel that way in New York, as we had the most snow on record last month. I wouldn't doubt that there are more cold days ahead but this week provided a taste of the glorious days to come. Warm, sunny, sweet and budding.

March 16 - April 13 is considered Lunar February on the Chinese calendar and a Rabbit month. It is the time of yin 'Wood' or the 'Chen' gua on the bagua. It is associated with the eastern direction and 'New Beginnings'. In our environments this sector or 'gua' is associated with family, the foot, liver and gall bladder. The virtue of wood is 'human-heartedness.'

When the chi of Wood is balanced in a business, it easily adapts to change. When Wood is out of balance in a person, they are either stubborn or unable to make a decision or find direction. This time of year makes us feel energized from the strong raising chi of spring.

In this past month, I filmed a piece on 'Health & Stress' at the Mandarin Oriental Hotel in NYC for the Dr. Manny Show on FoxNews.com and will send you the clip when I get it.

I look forward to sharing more with you as the season starts to bloom...hmmm, my favorite time of year!

**Blessings, Judith**



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