

# SACRED CURRENTS

feng shui



## Late Spring 2010 ~ the Yin & Yang of Everything

Newsletter 19 - May, 2010

### Outside In, Inside Out - Yin & Yang

When I teach Feng Shui, I always start from the beginning, noting that from indivisible Universal energy, comes Yin & Yang or complementary opposites. A few terms that exemplify Yin are dark, cold, receptive, passive and inner. The Yang counterparts are light, hot, creative, active and outer. Everything in nature is made up of both Yin and Yang qualities in different proportions.



The Yin/Yang symbol (or Tai Chi) with which we are all familiar depicts it best - within the Yang (white) there is the seed of Yin (dark) and vice versa. All things in nature are continually in flux and even when it is not obvious or things are in extreme (think high noon or summer - Yang) they are moving toward their opposite (midnight or winter - Yin.)

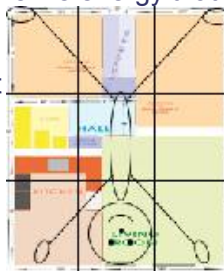
Our bodies have an inside and outside reality, both of which need attending. Our health is affected by what we put in it (in the form of food, air, water and thoughts) as well as what surrounds us (nature, built environments, people, culture, etc.) The factors closest to us have the greatest effect on our well being. Fortunately those are also the things we have the greatest control over. If you would like to find out how you can positively impact your environment please give me a call @ 212-410-1832 or [email me](#).

My colleague Rosalie Prinzivalli and I are teaching a course at the New York Open Center (see details below) on Feng Shui and Health. After equating specific areas of our homes and offices to a variety of health issues, we will address how they can be enhanced to mitigate negative influences and enhance positive ones. We hope you can join us. If you are located in another part of the globe and this subject interests you, please let me know as I will be doing a tele-class on this subject in the near future and happy to give you first dibs.

### Balancing the Inner and the Outer:

Feng Shui for Health

Feng Shui involves far more than the judicious placement of physical objects. It is above all concerned with the optimal circulation and balancing of chi, the life energy that flows through us and permeates the universe. When Feng Shui focuses on adjusting our dwellings and workplaces it does so to create environments that foster the positive flow of chi to boost our health and vitality, harmonize our emotions and center our minds.



In this class we will explore some of the core principles of Feng Shui, based on many of the same principles as traditional Chinese medicine, and look at how to use these principles to balance our energy both internally (in the organs in our body) and externally, in our homes and work spaces.

Other topics covered will include: how to position objects and furnishings to maximize chi flow; the use of color and design to relieve stress; what Feng Shui can do to help us lessen our financial worries and stress; simple exercises that can greatly enhance our personal chi; and more.



#### A Weekly Course

(3 sessions) Mondays, June 14-28, 6-7:45pm  
10SAF03T

Members: \$60 / Nonmembers: \$90

**FREE FOR MEMBERS ONLY:**  
Monday, June 14

6-7:45pm 10SMEM01



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*To the left I refer to the Yin & Yang of 'everything.' An example of Yin & Yang, presented itself to me recently that may further illustrate the point.*

*I had the good fortune to be present at a teaching from the 33<sup>rd</sup> Lama of Menri Monastery, Menri Trizin, who is also the titular head of all the Bonpo (followers of Bon.) H. H. the Dalai Lama's recognition of Bon as the native religion of Tibet and one of its five core spiritual traditions is an important acknowledgement of Bon's significant role in Tibetan history and current affairs. The Feng Shui tradition in which I received my primary training is based in Bon teachings. I would say that these spiritual teachings are the Yin or inner aspects of Feng Shui.*

*When I returned home there was a copy of 'Entertainment' magazine in my mailbox. I have no idea how I got this magazine but there it was and I started reading an article about the actor Rob Lowe. The first paragraph reads, "There's an old story in Hollywood that Rob Lowe required a shaman, or some sort of spiritual healer, to bless his trailer before he could begin work on a new project. "It's feng shui," says Lowe. According to the article, the actor relies on a feng shui master to bring positive energy to his personal work space. "I think there is a lot to that stuff...I'm looking for any edge I can get." I would call this approach the Yang or outer aspects of Feng Shui.*

*Since the inner and outer - Yin & Yang are all part of the Universal whole, the Lama and Rob Lowe may simply be complementary counterparts to one another in their use of the spiritual principles behind Feng Shui.*

*Here to a healthy and balanced life!*

*With blessings, Judith*

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