

# SACRED CURRENTS

feng shui



## Late Summer 2010 ~ Balance is Where its At

Newsletter 20 - August, 2010

### HH Grand Master Lin Yun

*It is with much sadness that I tell you of the passing of His Holiness Grand Master Lin Yun (or Professor Thomas Lin Yun, as I was originally introduced to him) the founder and leader of the Black Hat Sect of Tibetan Buddhism. His Holiness died in his sleep on August 11th in California, from multiple systems failure. Please take a moment to read about Professor's life and his vast accomplishments on the [Lin Yun Temple site](#). I could not add anything more to these words but I would like to relay a few important lessons he imparted to my life.*

*The first International Feng Shui conference was held in San Diego - I believe it was 1996, Professor Lin Yun was the keynote speaker and his words were elegant and made a deep impression on me. He stressed the importance of helping people as the basic criteria for practicing Feng Shui; that fees were necessary but should never be the practitioner's prime motivation. Professor always stressed the importance of respecting all schools of Feng Shui and that we should never speak badly of any other school or practitioner. He continually stressed the value of doing a good deed every day (or 10 good deeds a day for 27 days!) to improve our karma. These basic tenants have been consistent on every occasion that I've seen Professor.*

*Registering for the BTB Feng Shui Professional Training Program in 1995, was one of the turning points of my life. The last 15*



*years have been fruitful and fulfilling on many levels. I thank His Holiness Professor Lin Yun and his early students, my mentors, Steven Post, Barry Gordon and Edgar Sung for spreading the benevolence of Feng Shui in the West over the past 30 years.*

*We have been asked by Crystal Chu, Professor's most divine devotee and the BTB lineage holder to chant "Na Mo Ah Mi To Fo" and visualize that our beloved teacher, His Holiness Grandmaster Lin Yun is beside Amitaba Buddha in the Pure Land, and that he has become a new Buddha.*

*The photograph above was taken with Professor, Crystal, Barry, Steven and myself at the Feng Shui Master's Training Program graduation this past May, where I had the good fortune to act as master of ceremonies.*

May HH Lin Yun rest in Peace throughout Eternity.

### A Balance Life Starts with Your Environment

The health and well being industry is no longer a luxury market but a necessary reality for us all. If we don't have nurturing counterbalances to our stressful lives, it is becoming more evident that it's not possible to maintain emotional and physical health. What is often not recognized is that the way to health is through balance.

On the most basic level, a balanced room would be free of stagnant 'chi' (blocked energy) and not subject to fast moving 'chi' (energy that passes through without nurturing the environment.) As in nature, this balance is always in flux, yet Feng Shui adjustments help to stabilize and enhance an environment to support it for those who live and/or work there.

What I am finding is that beyond an initial consultation, space clearing or design work, many clients want ongoing support. Recognizing that as life is in process, we continually need to recalibrate our 'balance.' While taking each person's life situation into consideration, I offer individual plans to focus your resources. If we have worked together before I would be happy to elaborate on this in a phone conversation with your floor plan in hand.

If we haven't worked together and you would like to start with a consultation for your home and/or office, I find the most efficient way for me to connect is to speak with you directly. I get so much useful information by simply hearing your voice. I can be reached at 212-410-1832.



Summer is the perfect time to prepare the ground for the fall and winter seasons to come and this reminds me of another thing to mention...**if you have a child in school and they are not working to their optimum**, make sure they are sleeping and doing their homework in one of their 4 auspicious directions, as well as in the command position of the room. **Please call** for you'd like more information about **designing your child's room for health and success!**



If you've been reading my newsletter for a while you know that I love summer. I enjoy how expansive I feel, the lushness of the trees and most of all, the beach. Yet if the truth be told, I spend most of the summer in New York City.

Yes, it is hot and sticky but it is also quiet and slowed down. So while summer is the full expression of the 'Fire' element and Yang in nature (read 'active'), the slowing down of things (Yin), helps to maintain a balance when spending summer in the City.

During summer weekends in NYC, you can find a parking spot, get ½ price tickets for the Broadway play you want to see and get into the trendiest spots (unless the savvy tourist gets there first.)

What I find most people do not appreciate about Feng Shui is that the goal is finding, creating and maintaining balance in your environment and life. When you're living in harmony with nature, there is an appreciation for this principle of Yang and Yin - full and empty, light and dark, active and passive times. It is the desire to maintain one sort of result in our lives that creates the imbalance (read 'problems.') When complementary opposites are allowed to ebb and flow in our lives as they do in nature (summer to winter and back) we can find the harmony we are ultimately looking for.

Please read more on this topic to the left and during this last breath of summer consider how you might bring balance to your life.

Wishing you an  
awesome  
remainder of  
August,

Judith

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