

SACRED CURRENTS

feng shui



Have you heard of the term 'psychometry'? Recently I discovered that it refers to the art of divining information about people or events associated with an object by simply holding that object or being near it. I have found that through years of meditation and practicing Feng Shui this ability to experience energy held in an object or environment is quite natural.

We've heard so much about the value of physical clutter clearing these days. Beyond giving us physical space we gain psychic and emotional space from lightening our load. Feng Shui addresses the energetic patterns in our environments and how they can be enhanced to enrich our lives. When an area of our office or home is cluttered, it blocks the flow of energy to a sector of our lives - be it our health, finances or relationships.

In a very similar way, energy accumulated on an object or in an environment from thoughts, emotions and actions can make it 'heavy' or take up more space. Of course there are those loved objects and places that totally nurture us. But more often than not we are living with a lot of emotional and psychic clutter in the objects around us, which block the healthy flow of energy to us. Antiques, artifacts and things we inherit from others also come with their own 'baggage.'



Feng Shui design has brought great [benefits to my residential and commercial clients](#) alike but it is my Space Clearing practice that I find the most transformational to my clients.

Here are a few facts on Space Clearing from my website:

1. A space clearing cleanses the environment of predecessor energy or 'chi'. This cleansing addresses the emotional residue that remains in an environment from our daily living as well as from those who have occupied the space before us.
2. Space clearing also balances or shields geopathic stress - disturbances arising from within the earth and as well as from the building itself.
3. This cleansing is accomplished with dowsing techniques, sound, smoke and ritual.
4. Included in this process is a blessing of your environment. Your religious, cultural or secular beliefs, practices or lack thereof are always respected.
5. An energy clearing can be done at any stage of the process and always enhances Feng Shui adjustments.

As we all naturally take on more in our lives, the need to download or clear our environments becomes that much more essential for our health. For most of us, we don't have a tradition of conducting rituals in our homes. As we live in a more virtual world, our need for sanctuary grows. Our homes and work spaces are our 'extended bodies' and we need them to reflect clarity, harmony, health and prosperity.



Designing a Space Clearing ritual for your circumstances, environment and needs, is something I would enjoy discussing with you. Please feel free to call for a no obligation assessment and quote @ 212-410-1832.

*Wishing you Mid-Summer Pleasures - Warm Days, Cool Nights and Peace of Mind,
Judith Wendell / Sacred Currents*



[If you missed Judith on BRAVO's Real Housewives of New York Session 4 - Episode 13 "Your Tweeting Heart" ... check it out here.](#)



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