

SACRED CURRENTS

feng shui

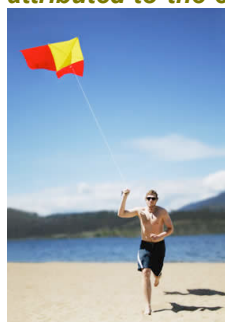


'Summer = Being Visible' ~ Sacred Currents Newsletter

Fourteenth Issue - June 2009

Recognizing the Expansive Energy of Summer

I love the summer for its long days and warm weather, which make me feel expansive. This feeling of expansiveness is attributed to the element of Fire in Chinese medicine and feng shui. As we know fire spreads, expands and moves upward thus this time of year allows us to do the same. More specifically in feng shui the summer 'gua' (section) of the 'bagua' (feng shui template) is called "Li" (pronounced 'lee') and is associated with one's recognition or reputation. I love looking up words in the dictionary and saw that one of the meanings for recognition is 'acceptance.' I then looked for the meaning of acceptance and was surprised to see 'willingness to receive' although it is rather obvious once I thought about it. When one is recognized, they are accepted and in turn must be willing to receive or accept that recognition.



The Smiling Tree - are you willing to receive?

I have found both professionally and personally, that for most of us acceptance or the willingness to receive is difficult. If it is 'good stuff' we often are embarrassed, push it away, deny or diminish it. If it is 'bad stuff', we may reject or resist it. To simply accept or acknowledge things is a gift. Every day things come to us and in truth all we have to do is accept them - good, bad or indifferent.

One of my favorite trees in Central Park, smiles! There used to be a metal chain link fence next to the tree and as the tree grew it accepted the fence which in time looked like it cut into and through the tree. But now that the fence has been taken down all I can see is the smile. This wonderful tree accepted the fence with a smile. Yes, I did look up the word smile in the dictionary and it said, 'to relax the features into a pleased or kind or gently skeptical expression with the lips parted and the corners of the mouth turned up.' I am sure this tree was skeptical of the fence but with acceptance it endured and the fence eventually came down.



Acceptance creates space by not obstructing the flow of 'chi.' Acceptance is inclusive, affirmative and welcoming. These are not necessarily the words I would attribute to summer but they do fit, like a picnic where you don't need to be concerned how many people will fit at your table. In specific terms the "Li" gua in feng shui is all associated with how the world sees us and in turn how we see the world.

Be recognized for what you have to offer!

Especially during challenging times, elevating our reputation is paramount and something money cannot buy. Color, placement and shape are very important factors in translating this concept to one's office and home. Start by taking an inventory of what you presently have in this area...the back mid third of your office or home. Please refer to my site for additional information on the [Five Elements](#).



Take advantage of my offer below to further increase your positive visibility!

Introducing...

'FENG SHUI Your Way' (tm)

'Feng Shui Your Way' (tm) is an 'at your service', customized feng shui consultation, in just the right measure to suit your needs.

~ A simple question or clarification? 15 min. phone call - \$ 45

~ A more complicated question/s? 1/2 hr. call - \$ 90

~ An evaluation of your floor plan with adjustments and recommendations, tips and design ideas by phone - 1hr - \$180

All on-site space clearing and feng shui consultations are quoted individually by phone and include 2 follow up phone calls (or emails if your prefer.)

Book your 15 minutes for quick, on the spot, down and useful answers. 'Feng Shui Your Way' (tm) @ 212-410-1832 or write to judith@sacredcurrents.com



Next Up...

'MENTORING THE PROFESSIONAL'

I am starting to offer a professional mentoring program at the request of number of people. This will follow a home study format I am just completing for architects and interior designers.



It will consist of an online, on phone, home study program that will start in September. There are only 9 spots available, so if you're interested please be in touch and we will discuss cost and details.

The course will include modules on design, sustainability, ritual and naturally, feng shui. Each student will be mentored according to his/her experience and level of knowledge. Call for the details 212-410-1832 or write at judith@sacredcurrents.com

Sacred Currents is now listed in [Greenopia](#). Greenopia is the definitive source for green living in categories such as home, travel, pets, beauty and more. Designed to help you lead a healthier life while leaving a lighter footprint on the planet.

Do You Habuku?



It's been a long winter, yet it is hard to believe that we have arrived at June 2009! Since the last newsletter I attended the International Contemporary Furniture Fair in New York. This year there was a most extraordinary Japanese exhibit representing traditional culture as well a modern and technological design.

Habuku = Simplify

The exhibit was organized around esoteric Japanese values. One of these values is "habuku", to eliminate the superfluous. "Habuku" consists of reducing the physical characteristics of an object, such as weight, surface area or volume - to its basic elements." This concept of eliminating the superfluous or needless is certainly a theme in feng shui and a barometer for our times. Streamlining our lives and environments makes way for ease, simplicity and the flow of life enhancing 'chi' - which is the goal of feng shui. With so many things to process in a day we become weighted down and our psychic space reduced. We all need to eliminate waste - recycling is good and not accumulating is better.

What is Really Important?

The good news is that we have an opportunity in our present economic climate to pare down - not just in terms of spending but in seeing who and what is truly important. If it is an object, give it space and let it breathe. If it is a person, spend time together simply. If it is an idea, allow it to expand and flourish. One of my favorite quotes is, "One cannot collect all the beautiful shells on the beach. One can collect only a few, and they are more beautiful if they are few." Anne Morrow Lindbergh

I hope the summer can offer you a slower pace and a time to reflect on the value of "habuku." It is always an honor for me to work with my clients to help them find order and clarity in their lives, their homes and their offices. Please [be in touch](#) if I can be of service.

Habuku, with blessings,
Judith Wendell



[Join Our Mailing List!](#)

[Quick Links](#)
[NBC TODAY Show](#)

[Archived Newsletters](#)

[More About Sacred Currents](#)

Forward email

[SafeUnsubscribe®](#)

This email was sent to judith@sacredcurrents.com by judith@sacredcurrents.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

