

SACRED CURRENTS

feng shui



Sacred Currents Newsletter

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I have just returned from Chiang Mai, Thailand and the Turning Point Spa Industry Seminar. I had the privilege of speaking on 'Feng Shui and the Profitability of Spas' to a prestigious group of delegates from around the world.

The beauty and spirituality of Thailand made a big impression on me. Please read on so I can share some of it with you.

Worth Reading...

- Welcome to our Spring Newsletter
- Spring is a Time of Expansion
- Thai New Year

Spring is a Time of Expansion

Spring is represented by the WOOD element ~ associated with greens & purples, the liver & gall bladder in the body, movement up and down. Like a tree that grow toward the sky and sends its roots into the ground, the chi of wood is E-X-P-A-N-S-I-V-E-N-E-S-S.

We too experience this expansion. The light of longer days feeds our body and soul. We are more expressive as we come out of 'hibernation'.



The traditional 'spring cleaning' is our way of 'flowering' or shaking off the sleep of winter. In whatever form this takes for you, it is important that we make some effort in this regard. I for one, need to clean out a few drawers and eliminate some paper in my life (they will be recycled). I will also perform energetic clearing rituals.

One of the things I observed in Thailand and experienced years ago on a visit to Bali, is how ritual is integrated into everyday life. These cultures (Buddhist and Hindu) share the tradition of honoring of the spirit world. Every property (the airport, home, even a gas station) has a small house like altar outside the dwelling or business. Incense, flowers and other offerings are made each day or many times during the day to honor spirits of the land, ancestor spirits and specific deities.

In most of our lives, a daily ritual is on the order of brushing our teeth. Since spring was in full bloom when I returned from Thailand, I have made smelling flowers a part of my daily ritual. For me, that magic is a moment of bliss and reverence to the plant kingdom! What might your ritual be?



Thai New Year

I left Thailand on 'Songkran', the traditional New Year which starts on April 13 each year and lasts for 3 days. It is believed to be a time for cleansing and purification, where fresh water plays an important part.



As part of the tradition, water is sprinkled, splashed, or sprayed on everyone as a gesture of ritual cleansing of all negative energies and is believed to symbolize new beginnings and fresh luck. It is also considered a time for forgiveness and generosity, therefore one must not get angry or upset when water is sprayed on them. Fortunately it is extremely hot in Thailand this time of year, so the splash of water is generally welcomed.

Songkran was traditionally a time to visit and pay respects to elders, including family members, friends and neighbors.

Besides the throwing of water, people celebrating Songkran may also go to a Wat (Buddhist monastery) to pray and give food to monks... They may also cleanse Buddha images from household shrines as well as Buddha images at monasteries by gently pouring water mixed with a Thai fragrance over them. It is believed that doing this will bring good luck and prosperity for the New Year. Fortunately, I had a opportunity to do this before departing Bangkok.



In many cities, such as Chiang Mai, the Buddha images from all of the city's important monasteries are paraded through the streets so that people can toss water at them, ritually 'bathing' the images, as they pass by on ornately decorated floats. In northern Thailand, people may carry handfuls of sand to their neighborhood monastery in order to recompense the dirt that they have carried away on their feet during the rest of the year.

Welcome to our Spring Newsletter



As I've just returned from Thailand my mind and heart are filled with so many impressions. I viewed exquisite temples in Bangkok. I was filled with wonder seeing the 150' long by 50' high Reclining Buddha. The divinely spicy food really agreed with me and massage is simply a way of life to the Thai.

However, what moved me the most were the people I met. Thais are warm, friendly, sweet and respectful. People meet you with their eyes, their smiles and their hearts.

Speaking at the Turning Point Spa Conference in Chiang Mai was an enlightening experience. I met and heard from so many people and companies worldwide who are committed to sustainability. As it should be, the spa business has its attention on healthy living at all levels.

Mid-May I will have the honor of being on a panel at the Global Spa Summit, an international organization that brings together leaders and visionaries to positively impact and shape the future of the global spa and wellness industry.



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Feng shui concerns itself with living in harmony with nature as well as our own lives. Thailand like much of our planet has fallen victim to a great deal of pollution. I was aware that as I relished the beauty of this country, my travel created a carbon footprint. So now that I am home, I thinking what more can I do today to bring harmony and health to the world.

Wishing you a very sustaining Spring,

*Judith
ps...Elephants Rule!*

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