

SACRED CURRENTS

feng shui



Sacred Currents Newsletter

First Issue
November 2006

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Reflections on Amalfi, Italy



I hope you all still feel some of summer's warmth as our days are getting cooler. Before we leave 2006 behind I'd like to share with you a trip I took this past July when I had the good fortune to travel to the Amalfi Coast of Italy with my dear friend and colleague Laurie Howell of 'Amalfi Life'. This is one

place that really exceeds the beauty of pictures. How can you capture the sound of church bells, the quality of the air and the smell of the sea (not to mention the pastries) in a photo?

There is so much to say about the hill towns of Amalfi, Priano and Positano but I will confine myself to talk about the 'chi' of the place. First of all, it is very easy to experience the aliveness...the 'Chi-Fullness' of the place, in the warm and friendly people, the fresh and delicious food and the clear air and sea. Yes the Feng (air) Shui (water) of the Italian countryside is superb.

The villages are built into the side of the mountain, facing the sea...giving each village and home a 'commanding position', which is a basic principle of feng shui. This position as most of you know, protects their back and allows them to see what is coming their way. Amalfi was one of the 4 Maritime Capitals of ancient Italy. The 4 ancient maritime republics of the Italian peninsula were Venice, Pisa, Genoa, and Amalfi. That was over 600 years ago. Every year they have a "regatta" that rotates among the cities, in which antique boats from each city compete in a race. It takes place around the first weekend in June each year. It will be back in Amalfi in 2009.

Each town along the Amalfi Coast is in a cove-like setting, sitting in the comfortable and protective 'armchair' position. The catacombs

Welcome to Our First Newsletter



I am very enthusiastic to launch the first issue of Sacred Currents' Newsletter. I hope you'll enjoy what is written and learn some things that will improve your *feng shui*. Please sign up your friends who may be interested and feel free to take yourself off the list if you'd prefer not to receive this. I will write every other month unless I have something too juicy to wait! However our paths may have crossed, I thank you for being part of my '*Sacred Currents*'. **Judith**

Just in case you haven't met Judith...

Judith Wendell is the founder of SACRED CURRENTS; a company dedicated to creating vital and thriving environments. Judith offers her expertise to corporate

are the highest point in the city of Amalfi, giving the ancestors both the highest respect and helping them oversee the village. The main street of Amalfi has been built over the path of the mountain river, which pours into the sea. This is the natural line of chi through the town. Rather than having a draining effect the town center and seaside are 'fed' by this flow. The municipal building which faces the sea, flies many flags, which helps gather *chi*.

Tips to Take HOME from Amalfi Now!

1. **Fresh Air** - Always leave at least one window cracked in every room to allow for some fresh air and negative ions (these are the 'good' ones) to refresh and help balance the environment. A room becomes '*chi-less*' if it only has re-circulated air.
2. **Always have your 'mountain' behind you** and have a full view of what in front. Translation...have a solid headboard, a high back desk chair and a full view of your door (ideally without being in line with it).
3. **Water is not always appropriate**, especially in the wealth area. Now that I practice Flying Star feng shui along with Black Hat, I know just how important it is to have moving water where is most effect and 'safe'. Water is a great activator and we must be very careful that we do not set inauspicious chi in motion. Using Flying Star calculations gives me a much deeper understanding of what is going on in an environment. *What needs to be kept still is as important as what needs activation*. An environment is a living organism and the feng shui needs to be refreshed and updated.

Join me and experience it all for yourself!

There is so much more to share about this region of Italy and for that I invite you to join me this spring for my trip back to the Amalfi Coast where Laurie and I have organized a trip that will nurture your body and stir your soul. I will teach feng shui from the perspective of the local environment and relate it to the universal principles that you can take home and apply to your home and office. Our days will be filled with Italian village life as we experience it as true insiders.



Click here for my details www.sacredcurrents.com/events then call me to get all your questions answered!

New Services Offered

Product Development:

I am now starting to offer my experience in market trends,

and private clients alike. She is equally at home advising on large business premises or small studio apartments - working comfortably from architectural drawings or on-site.

Judith holds a 3 year accredited degree from the BTB Feng Shui Professional Training Program, formed at the request of Professor Lin Yun, distinguished philosopher and foremost authority on Feng Shui.

When working with a client she incorporates her knowledge of Flying Star Feng Shui, Space Clearing, Bau-biologie, Nine Star Ki, The I-Ching and Chinese Astrology, which she has studied with some of the world's most renowned teachers in their field. Judith particularly focuses on clearing and blessing rituals, which are so important for the effectiveness of any Feng Shui adjustments.

Judith has completed courses of study in Neurosensory Development with the Downing Institute in San Francisco, and advanced courses at the Academy of Sound, Color and Movement in Domaine des Courmettes, France. Judith attended the School of Practical Philosophy in New York for 16 years, where meditation and study of the great spiritual traditions are emphasized. She holds a BS in Fashion Merchandising and has enjoyed a prosperous career in marketing and

vendor relations, packaging and sales to individuals and companies that want to start or expand a collection, a retail store or private label line.

I am interested only in developing or working with products that are sustainable, conscious, fairly traded and original to your company and its philosophy. If you have an idea or would like to discuss a project, please email me at Judith@sacredcurrents.com

Color Consultation:

How we see and experience color is both individual and universal. There are emotional, psychological and feng shui associations for every color. Yet, not all of us have an internal understanding of color or an appreciation of what a particular color can offer us.

Whether you need to choose colors for your conference room, web site, nursery or logo... professional guidance can help you choose a color palette that represents your taste, coordinates with your furnishings and represents your goals.

Email me to get a quote on your color consultation at Judith@sacredcurrents.com

Holiday Gifts of Vision and Compassion

"ABC Home & Planet Foundation" has developed a beautiful site www.abchomeandplanet.org, which offers an easy and efficient way to give gifts of hope, love and beauty by contributing to a diverse group of organizations around the world. Each gift can be sent in a unique presentation.



Last month I had the good fortune of meeting Wangari Maathai the 2004 Nobel Peace Prizewinner for her work with the Green Belt Movement, which is one of the remarkable organizations that ABC Home presents. Wangari's book "Unbowed" is a must read and another wonderful [Holiday Gift](#). Read about Wangari's Green Belt Movement at www.abchomeandplanet.org.

Natural Cellular Defense is the gift of Health. The total load of toxins in the environment how exceeds your ability to adapt without health consequences.

In the next newsletter I will write in depth about NCD. In the mean time check out their website at [Natural Cellular Defense](#). Natural Cellular Defense is a patented activated, 100% purified, micronized liquid Zeolite whose negative molecular charge sucks heavy metals and organic toxins into its cage like structure and transports them

product development.

Judith brings her lifelong interest interior design and architecture to her work, recognizing that beauty and order are integral to well-being. She is available for residential, corporate and retail consultants.

Gift Certificates:

For a very special gift that no one will want to return call me at 212-410-1832. Together we will put together the perfect feng shui consultation for someone who will benefit throughout the year. A consultation also makes an extremely useful and intimate wedding gift. The certificates are beautifully printed and come with a multi-page brochure, which makes for a lovely presentation. A Gift Certificate from Sacred Currents ranges from \$180 for an hour phone consult, to \$1800 for a full day, on site clearing and feng shui assessment.

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safely and harmlessly out of your body. It is patented as an aid in fighting cancer. It kills 100% of cancer cells in vitro in the patent studies. FDA status is G.R.A.S.

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