

SACRED CURRENTS

feng shui



Sacred Currents Newsletter

Third Issue
April 2007

Spring is the season of "New Beginnings" on the feng shui template or 'bagua'. As the Earth wakes up from its winter slumber, life feels potent again. This issue is devoted to what we can do to aid in our transition and renewal.

What's Worth Reading...

- Welcome to our Spring Newsletter
- ENVIRONMENTAL HEALTH - Don't Just Clean ...Clear!
- Which Came First...? an EGG Story

ENVIRONMENTAL HEALTH - Don't Just Clean ...Clear!



Finally, Spring has arrived and the boots and coats can be put away! We all in our own way attempt a fresh start by doing some form of spring cleaning. But what if all the cleaning in the world still didn't get the 'real' clutter out? I am referring to all the

nonphysical residuals we cannot see but definitely feel. We've all had an experience of walking into a restaurant, shop or someone's home and something just didn't feel right.

Perhaps you've bought a new house and it never felt like home. If you're renting a place for the summer you may feel as if you're living in someone else's emotional environment. And how about when an office, shop or restaurant location is deemed unlucky because whoever or whatever goes into that location fails? There are many factors that contribute to this situation.

Every environment acts like a sponge. So, whatever happens in a space leaves an imprint in that environment. Then whoever comes into the place is impacted to a greater or lesser extent depending on their circumstances in life and how much time is spent there.

If the people you rented or purchased your home from were

Welcome to our Spring Newsletter



Welcome to the Third Issue of Sacred Currents' Newsletter. This issue is all about RENEWAL - the hallmark of Spring.

I love 'doing' Feng Shui but the truth is I try to get out of the way and let Feng Shui 'do Itself'. My job is to make sure the all parties are 'heard' - the client/s, the environment, the land and the greater context that the environment exists in...and translate these many factors into good design and 'good' feng shui.

I have discovered through the years that proportion, balance, color, style, etc. are

happy and moved to a bigger home you inherit their good 'chi' or life energy. If the guy whose office you take over was fired, it doesn't bode well for your success. The same thing goes for sickness, divorce and bankruptcy. So how do we preserve the good and cleanse the less auspicious?

Cleansing of an environment or site is an ancient ritual that has been practiced in every culture. It was both a means of honoring the land and spirits as well and consecrating a sacred place.



In today's world the practice of space clearing (as it is often referred to) is a means for insuring our wellbeing, happiness and success, as well as making sure that we are not taking on what isn't ours. Space clearing also considers geopathic stress (underground water, fault lines and the like) that is

emitted from the earth's core as well as from electro- magnetic frequencies (EMFs) which is the result of living in our electronic society. These things all contribute to the health of an environment

A space clearer can use sound, scents, and offerings of all sorts - as well as dowsing and earth acupuncture to diagnosis and balance an unhealthy environment. These techniques are used to clear out old energies for a fresh start, to bless a new home, or start the next phase of your life or summer vacation on the right foot.



After I perform a space clearing ritual, there is a palpable sense of a brighter, cleaner and more peaceful environment. [I encourage you to call or write 212-410-1832 / judith@sacredcurrents.com to discuss how SPRING CLEARING can benefit you as well as those that live or work in your environment.](tel:212-410-1832)

Which Came First...? an EGG Story

The proverbial question... 'which came first the ___ or the egg?' Well no matter, the important thing is there is always an EGG! In every culture (and I won't attempt to give an anthropological report here) there is an EGG story or ritual.



The ancient Egyptians, Persians, Phoenicians, and Hindus all believed the world began with an enormous egg, and while particulars may vary, most cultures around the world use the

things I seems to understand naturally. To insure that I have the tools to facilitate what comes naturally, I been continuing my studies in interior design at Parsons - one of New York's premier design schools.

In this issue's lead article I talk about 'Space Clearing', which I consider to be the underpinning of good feng shui and ultimately good design. Space clearing or cleansing, not only helps to 'heal' an environment but creates a background for feng shui adjustments to be most effective.

As much as I enjoy working in the realm of design, it is the clearing of an environment that allows me to get intimately involved with it - to know it. It is when I have experienced a space at its deepest levels that I can then recognize what are the best design and feng shui solutions.

Springtime on the bagua (the feng shui template) is associated with 'New Beginnings'. As nature starts out fresh, consider doing the same for your environment. Enjoy this issue, please be in touch with any questions and breathe in the awakening Spring.

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

egg as a symbol of new life and rebirth.

Of course Spring is aligned with Easter and Passover in the West. As it happened, the pagan festival of Eastre occurred at the same time of year as the Christian observance of the Resurrection of Christ. The early name, Eastre, was eventually changed to its modern spelling, Easter. The goddess, Eastre, was worshipped by the Anglo-Saxons through her earthly symbol, the rabbit...hence the Easter Bunny! The hare and rabbit were the most fertile animals known and, in pre-Christian times, served as symbols of the new life during the Spring season while again the egg represented fertility and re-birth.

For Jews, too, a roasted egg on the Passover Seder plate has stood for life and the hope of salvation for many, many centuries. For Slavs the Easter custom of Pysanky creates eggs that are used in religious celebrations and given as gifts. Traditionally they were placed near houses and barns to ward off evil spirits.



A ritual that is indigenous to the Black Hat Sect of Tibetan Buddhist Feng Shui is called the "Golden Cicada Sheds its Shell". Guess what?...it is done with an egg, high proof alcohol and cinnabar (yes, the egg gets painted!) to symbolize a new beginning and a rebirth as the venerated Golden Cicada. It is a protective ritual that is done on Chinese New Year, one's birthday or at other potentially vulnerable times or new beginnings. If you are interested in learning about this powerful ritual please write me at judith@sacredcurrents.com.

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