

# SACRED CURRENTS

feng shui



## Sacred Currents Newsletter

Fourth Issue  
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The element of summer is **FIRE**. So although in the USA we associate **fireworks** with the 4th of July and celebration, they also announce the peak of summer - an explosion of yang energy. Read on to understand a bit more about this time of year ~ from a feng shui prospective.

### What's Worth Reading...

- Welcome to our Summer Newsletter
- The Yin & Yang of Everything

### The Yin & Yang of Everything



*In 1987, when I moved from San Francisco to New York, I didn't know a lot about feng shui but I did know that after 7 years in the Bay Area, I need a different influence in my life. Last month when I returned from a vacation in what I think of as my*

*spiritual home ~ San Francisco ~ I started to think about the different qualities of my two favorite cities.*

*If I may, I'd like to start from the premise that everything is made up of 'Chi' (aka energy) or atoms in scientific terms. In the Buddhist philosophy, universal energy then divides into the forces referred to as yin & yang. Although everything is a combination of these two forces - people, places and things tend to represent one or the other in greater proportion.*

*In general terms, yang energy is active (like summer), light, upwardly moving or male. While yin energy is passive (like winter), dark, downwardly directed or female. There are endless words to describe these polarities that are part of all things. The Tai Chi symbol is multi-dimensional and always represents yang containing a bit of yin and yin containing a bit of yang.*

*OK, back to my favorite cities. If you look at a map of the San Francisco Bay area and a map of the New York Metropolitan area you can immediately see that New York is more condensed - or yang. San Francisco on the other hand, is more*



## Welcome to our Summer Newsletter



Welcome to the Fourth Issue of Sacred Currents' Newsletter.

Summer is my very favorite time of year. I feel happy, expansive and more energized. It was not until I began to study feng shui that I realized this way of feeling was quite natural for the area called 'Li' ~ the Fire element and the summer season on the bagua.

Just as fire is an active and expansive element, we also find that nature is fully expanded and in bloom during the height of summer. Working with the Li area in our homes and offices helps us to increase our recognition - to be seen in our best light. Depending on the form of feng shui practiced, Li is either in the South or directly in the center of the far end of a room when one is standing in the doorway.

Although I am not one for generic

**spread out with the wide Bay opening to the ocean - or yin. San Francisco is foggy and moody, surrounded by soft hills and curvy roads ~ yin. New York is on a grid and has more straight lines - horizontal and vertical or yang.**



**When driving from the San Francisco airport, the road curves and then gently reveals the city to you. When I drive from either of the New York airports, the straight highway does not reveal anything of what's to come until - POW, you're at the bridge and see the dynamic NYC skyline. The pace and intensity of New York is full out yang. While the slower, more sensual atmosphere of San Francisco is obviously yin.**



**When I enter a home or office, I first need to know what my client wants to accomplish in that space. My design ideas and feng shui advice are directed to attaining those goals. Each one of the elements - water, wood, fire, earth and metal are chosen for their balancing qualities, which include their yin or yang energetic.**

**We all need balance in our lives. It is natural for things to have a proclivity for being more yin or more yang. Right now our planet is too yang or fiery. We need to correct this imbalance or soon we will find ourselves with our coastlines flooded and a watery environment that is too yin - the natural outcome of the pendulum swinging (out of balance) in the opposite direction.**

**Finding balance in our food, bodies and environment is what keeps us healthy. Moving to New York when I did helped me to balance my already very yin natural with a shot of yang!**

**Consider taking a look at your own life and see which quality - yin or yang - would help to balance you. Is it meditation or aerobic exercise that you need?**

feng shui advice - the color red, candles, a mirror, diploma or award are some appropriate symbols for this area in your home or office. An inspiring symbol or photograph would also be useful to connect to your Higher Self.

On a less serious note, summer is associated with baseball! Fuji TV in Japan just interviewed me for my feng shui analysis of the new Yankee Stadium under construction. With limited access to the site and plans, it was a challenge. As the stadium gets closer to opening day (OK I know that not until 2009) I will give you my full assessment.

In the meantime, enjoy your summer and expanded SELF!

blessings, Judith

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