

SACRED CURRENTS

feng shui



Sacred Currents Newsletter

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No matter what the season it needs to be **GREEN!**

The future of our planet and all of the species that live here, depend on it. As we approach the time of year that is associated with excess, let's make conscious efforts to remember that all our actions effect everyone.

Worth Reading...

- Welcome to our FALL Newsletter
- What's so GREEN about Feng Shui?
- The Time of Year for Transition and Reflection

What's so GREEN about Feng Shui?



Recently a well known and respected architect, known for his 'green-ness', responded to a note of mine with the following, " Yes, it would seem that feng shui was the origination of much of what we call green design today and our efforts to achieve

a balance with nature. It would be an interesting study to compare the two "philosophies" and see what else we can learn from it."

I wrote back, " I see 'the two philosophies' as 2 parts of one system called Healthy Design for Living. As I am sure you know, feng shui literally means 'wind and water' and the term is thought to come from an Ancient Chinese poem which describes desirable living conditions: 'The winds are mild. The sun is bright. The water is clear. The trees are lush.'

So, LIFE thriving is what we are all after. I really do not think there can be 'good feng shui' if carpet is out-gassing, lighting is poor and conditions are either stagnant or wasteful." So it is time to acknowledge that feng shui is an integral part of green design. Steven Post says in "The Modern Book of Feng Shui", "Feng Shui was the mother of the natural sciences in China, the original 'environmental impact statement'."



I consider it of paramount importance to direct my clients to everything from low VOC paints (Volatile Organic Compounds are organic chemical compounds that have high enough vapor under normal conditions to significantly vaporize and enter the atmosphere) and natural fibers to non-toxic cleaning supplies. My website will soon have an expansive list of toxic free products for the home.

Welcome to our
FALL Newsletter



Welcome to the Fifth Issue
of Sacred Currents'
Newsletter.

Early Fall on the East Coast is a beautiful sight to behold. The colors epitomize the Earth element - shades of gold, crimson and orange. As much as I adore the expansiveness of summer, the crispness of Fall is undeniably invigorating.



When nature expands to her fullest and gives forth her bounty, all that is left is for her to do next is to start to withdraw - contracting into what we know as Fall and Winter.

I talk a lot more about the Elements in the article "**The Time of Year for Transition and Reflection**" - enjoy.

The really exciting news for me is that I am in the process of forming an association with a green contractor, architect, interior designer and other professionals offering healthy building practices, without compromising beauty or luxury. You will be hearing more from me on that soon.

In the meantime feel free to write or call for any advice on designing or building your home or office with healthy choices. judith@sacredcurrents.com

The Time of Year for Transition and Reflection

In my last Newsletter, I discussed the Element of Fire. Earth is the natural transition from Fire (from fire comes ash or Earth). The element Earth is not associated with one of the four seasons yet it holds 3 positions in the feng shui bagua. Earth is considered the mid-season on the Bagua - between summer and fall, winter and spring and the Tai Chi or center position - the place that everything issues forth from and returns to.

EARTH element is represented by the colors orange, yellow, beige, brown and terracotta, square shapes (horizontal movement) and internal organs. Earth is about relationships (with ourselves and with others).



This time of year is the most Yin of the 3 Earth Guas. It is time of receptivity, represented by the Mother. This is the time that the [Earth](#) is giving forth its bounty and transitions into Fall.

Fall is represent by the Metal element (which comes from the Earth). It is the time of harvest and on the Bagua a time of joy, creativity and children. METAL is represented by the color white, round shapes, the west, autumn and the lung and large intestines. It is a time for reflection on the year that has past before it ends and goes dark in Winter. [Metal](#) is the most contained and focused of the 5 elements and associated with the Heaven principle -focus, maleness, intuition and leadership.

So in gathering your fruit of the year past, take an inventory, celebrate and see how you want to direct your energy going forward.



On a personal note, September started auspiciously for me with a lovely article in [GOTHAM Magazine](#) - please check it out. While visiting my PRESS page you may enjoy listening to 3 [radio interviews](#) I gave with my colleague Rosalie Prinzivalli, a TV interview with Michael Bivona of "Good Company" and a PBS show called "Real Savvy Moms".

In Chinese medicine, the change from one season to the other is a time our bodies need adjusting too. We may need more rest or healthier food, to prevent from getting sick. I wish you optimum health and wherever you find yourself this Fall, breathe in nature's beautiful, changing self.

blessings, Judith Wendell

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