

■ HOLISTIC HEALTH

ABC's of Feng Shui

Judith Wendell explains the growing practice

BY LISA SPRINGSTEEL
Special to amNewYork

New York-based Judith Wendell has studied at the Black Hat Tibetan Buddhist Feng Shui Training Program, The Downing Institute and the Tama-Do Academy of Sound, Color and Movement in France.

amNew York asked Wendell about Feng Shui's role in promoting good health.

Q: What is Feng Shui?

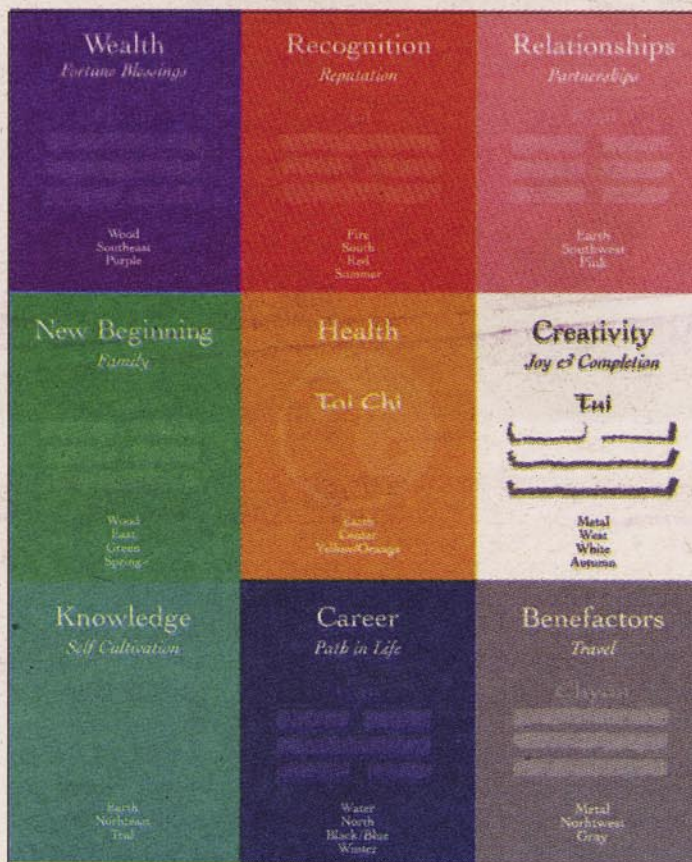
A: Feng Shui means "Wind and Water" in Chinese. All living things need clean water to drink and healthy air to breathe, which is basic to their survival.

Q: What are its origins?

A: Feng Shui started as a means of finding the most auspicious burial ground for one's ancestors. This goes back approximately 5,000 years.

Q: Describe the importance of the 5 elements.

A: From Yin and Yang come the five elements. They are represented in the seasons: Spring = Wood, Summer = Fire, Autumn = Metal, Winter = Water and in the center of the Bagua (octagonal chart used in Feng Shui) is Earth. Each element is associated with a color, organ in the body, shape, material and repre-



A chart of Feng Shui colors and elements.

sentation. This same elemental system is used in Chinese medicine.

Q: How can Feng Shui help one's health?

A: Each sector of the Bagua and your home, office or individual room is connected with a body part. For example, the wealth area is associated with the hips and the career area is associated with the ear. Also, each element has its own bodily correlation. If you lay the body down on the floor plan of a home, face down

with the head at the door, depending on where someone is having a problem in their body, you can go to that area of the house and see if there is a disturbance, clutter or some other blockage.

Q: What types of health concerns can Feng Shui help?

A: Emotional problems, back pain, diabetes, infertility, hip problems, heart problems, gum and teeth problems.

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