

NEW YORK CITY

# Food & Mood

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The positive  
influences of  
Feng Shui

“HOW  
THE  
RICH  
GET  
THIN”

Park Avenue's top  
diet doctor reveals  
the secrets to losing  
weight and feeling  
great

*Cooking with*

**Dave Lieberman,**  
the charismatic rising  
Food Network star

*Cool Sessions  
With*

**Sue Torres  
Joshua Bell  
Richard Bloch  
Harriette Rose Katz**



hotel dining ● spa finder ● night life ● recent openings



*Sacred Currents by  
Judith Wendell*

## The positive influences of Feng Shui

Did you know that changing the way your door opens could increase your cash flow? Or that you could enhance your company's reputation by how you display your logo? And what if changing the position of your bed improved your love life? Well, it can!

**F**eng Shui, translated as wind and water, is a timeless art. It has long been used in China to ensure the harmonious flow of energy or "chi" through an environment. The belief that properly flowing energy promotes health, happiness and prosperity has been borne

out over thousands of years and in every culture. Today, more and more people are discovering its power. The first step is to establish your individual needs. Then the tools of Feng Shui are used to balance the life supporting elements of water, wood, fire, earth and metal in your home or workspace;

energy flow is improved, creating an environment for positive change. Have you ever noticed how some companies always seem to flourish, where others struggle for no apparent reason? For example, there's the neighborhood restaurant that changes hands every two years, but never quite seems to make it, while the one across the street is always buzzing with customers.

From large corporations, like British Airways, to financial institutions and retailers, a growing number of companies are calling on skilled Feng Shui consultants to help them re-energize and develop their businesses. And you can, too. Judith Wendell holds a 3 year accredited degree from the BTB (Black Hat Tibetan Buddhist) Feng Shui Professional Training Program, formed at the request of Professor Lin Yun, distinguished philosopher and foremost authority on Feng Shui.

When working with clients, Judith also incorporates her knowledge of Space Clearing, Bau-biologie, Nine Star Ki, The I-Ching and Flying Star Feng Shui which she has studied with some of the world's most renowned teachers. She has completed courses of study in Neurosensory Development with The Downing Institute of San Francisco and advanced courses at the Tama-Do Academy of Sound, Color and Movement in Domaine des Courmettes, France. For the past 15 years Judith has attended the School of Practical Philosophy in New York, where meditation and the study of the great spiritual traditions are emphasized. The ideal first step for any Feng Shui consultation is a Space Clearing.

Every environment is like a sponge, so if the people who occupied your home before you were happy and moved to a bigger home, you inherit their good "chi" or life energy. But if the person whose office you take over was fired, it doesn't bode well for your success.

Clearing of an environment or site preserves the good and cleanse the less auspicious. This ancient ritual has been practiced in every culture to honor the land and spirits, as well as to make a place sacred. Space Clearing sessions can be conducted independently or in conjunction with a Feng Shui Consultation. [www.sacredcurrents.com](http://www.sacredcurrents.com)