

# SACRED CURRENTS

feng shui



## Season of Change ~ Sacred Currents Newsletter

Thirteenth Issue - March 2009

**Change is in the air** and it is not contingent on an election, a New Year celebration or anything other than Mother Nature's perennial time of rebirth.



One reason I enjoy spring so much is that it puts me in touch with my instinctual nature. Whether subtly or for some of us more graphically, at spring's onset we experience an awaking from what seems like hibernation. Our senses come alive with new smells, more light and the quality of the air on our skin. We have nothing to do with these changes and sensations. Like everything else on earth we fall under 'Mother Nature' spell in spring.

So the question begs, what can we do to take advantage of this potent time? With the world in difficult times and the environment needing our loving care, what can we do personally and globally to improve our world?

**I'd like to make some suggestions that relate to feng shui (another one of my favorite things.) Perhaps you'll be able to tap into this burst of energy and use it advantageously.**

**#1** Even though spring officially starts on March 21st, it still feels like 'mud season' or as the Chinese say the 'mid-season'. It is time of transition. The 'gua' or area of bagua (the feng shui template) that this time relates to is 'Ken'. Ken is associated with self-knowledge or cultivation of oneself. How we handle things, and literally the hand on the body are related to this area of our environments and this time of year. The trigram for Ken is a solid line over two broken lines and is reminiscent of a cave, which symbolizes a time of contemplation and inner development.



**So here's the feng shui nugget:** We can use this time to reflect on our recent past, the winter, our time 'in the cave'. In doing so we can best see how to use the natural energy available to us in spring to accomplish what is most important for this next season.



**#2** Ken is often depicted as a mountain. It is a image of inspiration, whether that be the holy mountain, the one you climbed last summer or the one you're climbing through life. Having a solid backing is a fundamental of feng shui. Placing yourself in the commanding position in a room is important for successful deals as well as good health.

So make sure you have a mountain behind you. This translates to mean a solid headboard in your bedroom and a wall and/or high back chair in your office. **(Being in one of your four personal auspicious directions is also valuable and if you're interested in that information we can discuss it in a phone consultation.)** This will help ensure that whatever you're taking on in this next season, you'll be supported.



**#3** The spring is associated with the liver in Chinese medicine. The liver is our major organ of detoxification. So it is a good time to investigate a liver cleanse (there are many available on-line and in health food stores). Eat more leafy greens, get up with the dawn - the time associated with the liver and gall bladder on the Chinese internal clock. Avoid eating and drinking too late in the evening and early morning exercise will help to stimulate the liver.

**#4** We can offset our environmental impact by basically paying to clean up our own personal mess. At the [CarbonFund.org](http://CarbonFund.org) there is a very simple way to calculate the environmental impact of our driving, flying, public transportation usage and even of our wedding! You can choose to contribute the exact amount it will cost for your personal clean up. It is time to begin the season with a stronger commitment



to change.



What I really like about feng shui is that it can make a difference to our bodies, environments, relationships and our world.

**So in this slow and ponderous year of the Ox, start something new and if I can offer you any support please be in touch.**

### In This Issue

Changes we can Make to Make a Difference

A Few of My Favorite Things...



SPRING! is right up there with my most favorite things. A time of new fresh starts. More so than the new year, spring herald in a time of possibility.

I may not always fall in love but I always have spring fever. Of course, everyone has their own physical type and Chinese element and therefore may feel aligned with one season more than another. Wood is my main element and it is prevalent in spring. I seem to experience the expansion in my blood vessels, chi field or whatever we want to call it. The Wood element is associate with upward movement, human-heartedness and vitality.

Green is another one of my favorite things. I miss that hue in winter and when it starts to appear as delicate buds of leaves unfolding like a new born, I am really cheered.

Well as they say, 'enough about me.' I hope this issue offers something inspiring for you to take on or start in this time of early spring.

I will be completing the writing of a Continuing Education Course (8 CEUs) for architects and interior designers. It will be out this summer through Design Arts Seminars. If you're interested in more information about that now, please be in touch.

Like the small but strong bulbs forcing themselves through the hard earth surface, I wish you strength in tough times and inspiration to recognize that everything has its season.

Here's to Spring!  
Judith Wendell



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