

# The Feng Shui of *Happiness!*

Michele  
Lewis,  
CFSP



It seems that anything ever written or said about Feng Shui will tell you at some point that the practice of Feng Shui will bring you happiness. What exactly IS happiness? According to Webster's Dictionary, it is the quality or state of being happy and the experience of good fortune, contentment, and joy.

Everyone wants to be happy, right? Most people say they want happiness in their lives, but many do not truly believe that they deserve it. This deep-seated belief can be quite effective at keeping happiness and the state of true inner peace and joy from entering your life.

Are you afraid to be happy? What would change in your life experience if at this very moment you decided that you have the right to inner contentment? This means being willing to take a giant leap and change your view of yourself and the world around you—a daring act that could bring radical change in your life.

Our perception and belief as to what kind of life we deserve to have, as well as how we perceive and accept our life experiences will have an enormous impact on

what we create within ourselves and around us.

The practice of Feng Shui principles can assist in creating an environment and the mental and emotional state that is conducive to enhanced feelings of peace and happiness. Yet unless and until we believe that we deserve to have inner contentment, these practices are only energetic potential patiently waiting to be activated by our thoughts and actions.



In his book, *The Art of Happiness*,\* the Dalai Lama tells us that we have a right to happiness and this is the purpose of life. How to obtain this state has always been the burning question. The only way to answer this is to come to the realization that, "happiness is determined more by one's state of mind than by external events."

We can experience temporary elation with material gains or achievement and then the pendulum of life can swing; we feel like life is falling apart and we then experience sadness, depression, and anxiety. Once we accept

whatever life brings to us with equanimity, we achieve a balance of inner peace knowing that all is in order in the universe, that our experiences bring us lessons that once learned, make us a better person, and that no matter what may come, we are truly loved by someone, somewhere, because we are *worthy* to be loved.

This is true happiness and it is the energetic power that magnetizes more of it's kind to us in our lives, our relationships, and our work. It is catching; the spirit and chi within us of peace and contentment can be tangibly felt by others and can help and calm others. When enhanced by integrating Feng Shui principles and practices, everything about us—our environment

as well as our countenance—radiates out to the world what we are feeling inside. ■

*\*The Art of Happiness*, copyright 1998, by HH Dalai Lama and Howard C. Cutler, MD

*Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant and has been a Feng Shui professional since 1998 and is available for consultations. She is also a Certified Qigong Instructor of Ling Gui Healing Qigong School, Liu Dong's Method. She can be reached at 406-222-2967, or taodesign99@yahoo.com.*