



The Feng Shui of— Sun, Air & Water!

Michele Lewis, CFSP

After being indoors and doing all we could to minimize the spread of illness this past spring, it is time to get outside! Get some sun, swim in water, and breathe fresh air!

How about a family trek to a beautiful lake or river surrounded by lots of trees or a natural outdoor hot springs? Montana has so many choices to get lots of sunshine, clean, pure air, as well as great places to swim—both in fresh water and hot springs.

What is it about the sun and nature that is so appealing, so healing? In Feng Shui practice, we strive to bring the balance of the elements into our environments, and this healthy balance can be found in abundance in the natural environment.

Swimming in water renews energy, quiets the mind, and has a deeply cleansing, balancing power at all levels of consciousness that is unequalled. Bathing in fresh water has many purifying benefits as the water is charged by the sun. Even if it's slow running, the movement of a river allows it to cleanse and purify itself, increasing the *qi* and enhancing the air and land around it.

Although chlorinated water does not have the high *qi* levels that fresh and salt water have, even



swimming in a pool has many physical and emotional benefits, especially if it's outdoors. The simple action of moving through water brings healing at many levels and is a perfect summer fun for all ages.

Any recreational activity that gets you lots of sun, fresh air and exercise will bring enormous benefit to your health and well-being. (Do you burn easily? I do! So I bask in morning sun before 10:30 a.m. to get direct sun without sunscreen.)

Hiking, biking, and even working in your garden with your hands in the dirt, will bathe you in nourishing, healing *qi*! ■

Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant and has been a Feng Shui professional since 1998.

She is available for consultations on-site or via phone. By using the timeless principles of the art and science of Feng Shui, Michele can help you bring balance and beauty to every aspect of your life. She is also a Certified Qigong Instructor of Ling Gui Healing Qigong School, Liu Dong's Method. Michele can be reached at (406) 582-5724 or by email at taodesigns@ymail.com.



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