



Feng Shui— Holidays of Gratitude & Love

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This holiday season is going to be different for many people. The hard decision whether to visit family is very real and can bring up feelings of sadness and loss at what is normally a time to reconnect and express our love. Frustration, unhappiness, and a sense of defeat are all negative forms of energy that can be hard to dispel once you accept any of them into your consciousness. Don't allow it! We can be creative and give our hearts to others—just a little bit differently.

It's important to understand that these are trying times, and you are certainly not alone in what you may be feeling. It is imperative for each of us to do our best. We may never know whose life we have positively impacted by a sincere smile or a kind word. And yes, a smile can be projected from behind a mask. It is the energy of your heart that people will feel through your eyes. (I desperately miss seeing people's faces and smiles, but we do our best!) Sharing love is a very good Feng Shui practice. As the saying goes, "What goes around comes around!"

It is your responsibility and right to take the time to nurture yourself and build your inner reserves. Now that businesses have opened up a little more, try taking a class in Qigong, Yoga, T'ai Chi, or even Aikido. All these forms of movement are based on energy flow in the body. Qigong in particular has foundations in the same theory and philosophy as Feng Shui. The building of inner strength will give you the ability to handle cycles of negative *qi*, rather than just avoiding them. There are times when we simply must face life's experiences head on!

Have you researched your personal astrology? Western astrology is based on solar cycles, while Chinese astrology is based on lunar cycles. Both can give you insight into what you may be experiencing in your life personally and into what's going on around you, and

both can give you a better perspective. The study of Feng Shui helps us to understand cycles of both positive and negative *qi* and how we can avoid the negative and harness the positive. When you have an understanding of why you are dealing with these in certain situations, whether personal, national, or across the planet, the Feng Shui you incorporate into your life can be more effective and powerful.

Living life and creating an environment based on Feng Shui principles are foundational for establishing good energy flow and giving you a solid base to deal with life's uncertainties. Practicing Feng Shui principles helps us keep our equanimity and balance even when things don't seem to be going well. If you feel you have done all that you physically can, it may be time to consult a practitioner and look at other factors. When you can hold your ground in the face of adversity, the tide will eventually turn, and good things will begin to appear in your life.

If we follow the truths of Feng Shui, it opens the door for good *qi* to come to us, but our perspective, attitude and character are what allow that good energy to enter our lives.

May You Have a Thanksgiving of Gratitude and Holidays of Love! ■

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 at todesigns@ymail.com.