



# The Feng Shui of— **HAPPINESS!**

Michele Lewis, CFSP



It seems that anything ever written about *Feng Shui* will tell you that the practice of *Feng Shui* will bring you happiness. What exactly IS happiness? According to Webster's Dictionary, it is "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 you have the right to inner contentment? This means being willing to take a giant leap and change our view of ourselves and the world around us—a daring act that could bring radical change in our lives. 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 swings; we feel like life is falling apart, and we 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. We realize that our experiences

bring us lessons that, once learned, make us better, and 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 has the energetic power that magnetizes more of its kind to us in our lives, our relationships, and our work. And it's catching! The spirit and *qi* of peace and content-

ment within us can be tangibly felt by others and can help to calm them. When enhanced by integrating *Feng Shui* principles and practices, everything about us—our environment as well as our countenance—radiates out to the world the happiness we are feeling inside. ■

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***Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant, has been a Feng Shui professional since 1998, and 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. Michele can be reached at (406) 582-5724 or by email: taodesigns@ymail.com.***

