



The Feng Shui of— Traveling Happy!

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After all the crazy, wet weather we had in May and June, I'm ready for warmth! Planning a vacation this summer? Here are some tips to help you attract good *qi* wherever you go.

A road trip can be a fabulous way to see and experience new places and new people. Start your trip right by making sure that your vehicle is in good working order. An unexpected repair on the road can cut into your travel time as well as your pocketbook. Give your vehicle a good interior cleaning before you go to bring good vibes into your car, as well as to help clear obstacles to a good trip. If traveling by RV or camper, it's likely that it has been sitting closed up all winter. Clear that old, stagnant energy that has gathered by airing it out thoroughly; you want to clear all musty, old odors. You may need to burn some smudge or incense to clear negative *qi* that may linger. Your vehicle is your "home away from home" while traveling, so a thorough cleansing is worth the effort!

If you are flying, don't let the stress of being in a hurry drain you of all your energy. Allow plenty of time to check in and to get through security. With all the security-screening measures, especially the full body x-ray scans— it's important to have good, strong *qi* around you to help protect you from any energetic drain. If you "opt out" of the scan, the total body pat down can be draining and invasive of your privacy. Keep your energy levels strong by being well-rested and not letting your blood sugar get low. Feel and visualize the *qi* within extending out to create a protective "bubble of energy" around you.

The air on planes has improved with Covid cautions and most airlines use a HEPA system that recirculates the air about every three minutes. It also helps to shield yourself with a little bottle of your favorite essential oil to sniff and to dab on to protect from germs and viruses. It will also help to keep you relaxed and refreshed.

Now that you have arrived, the positive or negative *qi* of your accommodations can have a great impact on the enjoyment level of your trip. Whether you're staying in a hotel, on a cruise ship, or renting a vacation home, you are affected by

what has been there before, and you can be sure that others have left their energetic "mark." For any room, if possible, open the windows to get fresh air in—fresh air works wonders to get things moving. One thing I really enjoy is buying a small, inexpensive plant or a fresh bunch of flowers to enjoy wherever I'm staying. They brighten the room and raise the *qi* level. Essential oils in a diffuser work well to clear old energy and its accompanying stale odor. Incense or smudge are not a good choice because they could set the smoke detector off.

It's important to do some clearing of the bed. Ringing a bell of any kind over and around the bed helps move away any negative *qi*. One method I use that also works well (and doesn't have to be packed) is clapping your hands or snapping your fingers!

Of course, you want a good night's sleep! Clearing the room and bed are crucial, but there are also other things you can do to enhance your chances of getting restful sleep. If you can, unplug the microwave and the TV; it also helps to cover the TV screen. I have a sheet that I pack just for this. Your

room may also have a large mirror facing the bed. This can also be covered if it is disruptive to you. The more you can do to "calm" the room, the better sleep you'll get.

The best and most effective Feng Shui that you can practice while on your trip is to remember to be considerate and kind to all who become a part of your vacation experience. Be thoughtful of all who cross your path, and you will more certainly have a rewarding, good-*qi* trip! ■

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@gmail.com.

