

The Spiritual Feng Shui newsletter  
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Feng Shui for Travel and Vacations!

Q&A: How can I practice good Feng Shui while away from home?

Also:

Feng Shui Tip  
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for September 2012! This month we broaden our horizons and think of travel! As Feng Shui practitioners we understand how to create positive energy flow in our homes, but it can be a little more challenging in unfamiliar surrounds! There is a quick Feng Shui tip and inspirational quotes. May peace and harmony reign for you in September!

0x Feng Shui for Travel and Vacations!

0x Q&A: We are planning a trip overseas next summer, which may include parts of Asia. From what I've heard it's a really chaotic place, so I'm wondering how I'll be able to practice good Feng Shui while away?

0x Feng Shui Tip  
Top Travel Tips for Hotel Selection

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Enjoy!

Mike Z. Wang  
Author of *The Spiritual Feng Shui*

Thespiritualfengshui.com  
Unit 616, 220 Lake Promenade,  
Toronto, Ontario,  
Canada, m8w1a9

## **Main article: Feng Shui for Travel and Vacations!**

Travel! The word can invoke such feelings depending on your views of the subject – some people love it and can't get enough of it. For others, it brings dread and loathing to even think of another suitcase to pack or another airport to transit through.

Vacations on the other hand are sure to bring a smile to even the hardest of workers out there! However, if we remember all the basic principles of our Feng Shui practice, travel and vacations can be a rewarding and life affirming experience for you and your whole family!

### *Near or Far – A Vacation is Well Deserved*

Travel needn't be to some far flung exotic location! Nearly all of us take at least one vacation a year, even if it is just for the Christmas or Thanksgiving holidays. Whether you are going somewhere that requires many hours on an airplane or just a few hours in the car, preparation is the key to a relaxing time away from home.

- Allow plenty of time to reach your destination, if traveling by plane make it to the airport with sufficient time for check-in so you are not rushing; leave extra early if traveling by car to factor in any unexpected stops along the way.
- Don't be tempted to leave packing to the last minute and throw everything you can lay your hand on in the suitcase! Just think what a difference it will make to the start of your vacation to open a neatly packed case – your energy levels will be boosted and you will feel calm and relaxed.

### *Preparations For The Home While Away*

Even if you are only going away for a few days don't forget to think about what your home might be like when your return again. You don't want to come back to an empty house, with an overgrown yard and overflowing mailbox – this is a sure recipe for negative Chi and will undo all the good work your vacation has done!

- Ask a neighbor to empty your mailbox regularly and put out your trashcans for collection. Deal with all correspondence as soon as possible when you return home – don't put it off and let it clutter up your hallway.
- Arrange for someone to at least mow your lawn if you'll be away for any length of time.
- To maintain positive Chi in your home while you are away, arrange for a light to come on at night using a timer, or even better, see if you can get some friends or family to house-sit for you!

### *Home Away From Home*

You may not have any choice of where you will be staying or sleeping while away from home, particularly if you are going to a relative's home for the holidays. Even if you are able to choose a hotel, it is unlikely you'll be able to do much in terms of re-arranging furniture or room layouts to improve the Feng Shui of your sleeping space. As we all know, we spend so much of our lifetime asleep, it is important to get a good night's rest – just remember the fundamentals of Feng Shui still apply when away from home:

- Carry some small crystals with you – they will be especially useful if you need to balance out the Chi in the room where you will be sleeping.
- Do the best you can to optimize the position of the bed in the room – if you strike it lucky with a well-placed bed, perhaps even facing East - then good for you! If not consider what else you might do to improve its position without

physically moving it – would an extra blanket over the window help for example?

- If you are staying in a hotel room, sadly it is highly likely you'll be encumbered with all sorts of technology in the room – television, computer, telephone – all the things we strive to keep out of the bedroom in Feng Shui practice! Do what you can to make them less obvious or cover them with blankets while you sleep.
- Finally, being on vacation is not an excuse to let things slide with regard to cleanliness and clutter! You might only have one suitcase full of clothes and personal effects, but it is not an invitation to have them all spread throughout the room! Remember you can't trick Chi, so don't try and just shove everything under the bed either!

### *Take A Big Long Deep Breath!*

Now you have the room more or less organized, you should start to feel a bit more peaceful and at ease with your new surroundings. Take a few moments and see what else you can do to really start to enjoy yourself:

- Take some essential oils or incense to burn for a soothing and healing effect.
- Do manmade materials dominate the room? Look outside through the window; focus on the natural elements you can see, even if it is just some street trees!
- Bring along a photograph or two of your family or something else that makes you happy.
- If you are in a completely new location, particularly somewhere abroad, it can take time to adjust to a new culture, but remember you will always have the sanctuary of your room to return to for peace and quiet!

So as you can see travel, vacation or business trips needn't be an onerous undertaking with regard to Feng Shui practice! As with all our understanding and implementation methods of The Spiritual Feng Shui, a little common sense and adaptability goes a long way!

**Q&A: We are planning a trip overseas next summer, which may include parts of Asia. From what I've heard it's a really chaotic place, so I'm wondering how I'll be able to practice good Feng Shui while away?**

Asia can indeed be a chaotic place, however it will also surprise you with its juxtaposition of cultures, color, creativity and sometimes, even calm! Nevertheless, regardless of where you travel to, these suggestions will stand you in good stead for good Feng Shui practice.

#### *Finding Time For Reflection*

When traveling, whether for business or pleasure, we are often too busy taking in the sights or attending meetings that we fail to take enough time to simply - stop:

- Make a conscious effort to find in your day for reflection.
- Think about where you might retreat for that moment of contemplation – your hotel room? Perhaps there is a temple, a church, or an ashram near-by?
- How about heading away from the hustle and bustle for a day or two – are there any mountains near where you are staying? Even a smaller town, that is less populated and not so busy?

#### *Embrace Your Destination*

Rather than be overwhelmed by your destination, seek out the places where you might be able to find an oasis of calm:

- Many cities have lovely gardens where you can enjoy the colors, balance and positive Chi flowing freely – focus on the colors to suit your mood.
- Feeling frazzled? Too much energy buzzing around inside and around you? Think calm, think cool, think water! It would be rare not to find some kind of flowing waterway in a place where you travel whether the natural beauty of a river, flowing stream or waterfall, or a manmade fountain. All will achieve the same feeling of peace.

#### *Taking Care of Number One!*

Travel can be really exciting and all encompassing – we can get carried away and forget about our health because of all the stimulating things happening around us:

- Travel is a wonderful opportunity to try new foods – remember The Spiritual Feng Shui is a complete approach – not just your spiritual well-being, so use your travels to continue to eat fresh, healthy and colorful food. You'll no doubt try something new and delicious that you'll want to make when you get home!
- Also remember to consider your appearance – yes it might be a vacation, so you can relax of course, but still think about how good certain colors make you feel and what your favorite outfits are – all these factors will enhance your mood and boost the chances of an enjoyable traveling experience!
- Finally, think about your health. It is commonplace to fall ill when traveling – be sure to take any appropriate medications or first aid kit with you. If you do feel unwell while away from home, do not hesitate to seek medical advice. Ask your hotel for a recommended doctor or pharmacist.

### *Feng Shui Tip: Top Travel Tips for Hotel Selection*

If you are in the fortunate (or unfortunate!) position of selecting a hotel to stay in there are a couple of key things to remember in relation to good Feng Shui practice.

Choose if possible a hotel that provides you with feelings of warmth and gives good vibes! This is obviously a lot easier to do when you see the hotel in person as opposed to an online booking via the Internet.

If you can select a hotel that focuses its furnishing and finishes with natural materials; a new, bright and shiny industrial-type looking hotel might be the latest in design trends, but if it is dominated with metal, it will probably attract too much of one type of energy.

If there is a choice between a water-facing hotel and a downtown hotel, consider the calming properties the hotel on the water is likely to give, rather than the constant buzz of a hotel in the city central.

Again, these tips are clearly not rocket science, but simple and straightforward guidelines we can apply throughout our life as we continue to practice Feng Shui!

### *Inspirational quotes:*

"Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living." ~ Miriam Beard

I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move. ~ Robert Louis Stevenson

A good traveler has no fixed plans, and is not intent on arriving. ~ Lao Tzu