

THE ENERGY OF TRAVEL

By Michelle Luongo



We all long to create a trouble-free flow in our lives. One way of doing this is with the help of Feng Shui, the ancient Chinese art to increase the flow of positive energy or "chi" in any environment. "The literal

translation of Feng Shui means "wind water", and operates on the premise that our living environment can help or hinder the flow of energy in our lives. Wind is the earth's breath, and water is the invigorating lifeblood of everything that exists on our planet. Both wind and water have tremendous energy that drives Feng Shui's practices to fill your life with positive energies.

You may have heard of using Feng Shui in your home, office or even a room, but did you know its philosophy can also be used to promote the positive flow of energy during your travels? Here are some Feng Shui suggestions that will help make your vacation escape the relaxing getaway you've been anticipating.

Air Travel

Feng Shui requires breathing space for energy to flow freely. Since space is at a premium on an airplane, it's a good idea to reserve a seat in an exit row. This will give you a little more room to stretch your legs. This is the best way to encourage positive chi and to ensure a comfortable, smooth trip.

Lodging Essentials

Request a hotel room far away from elevators and staircases and not overlooking a busy street. These areas of each floor will affect your rest and tranquility.

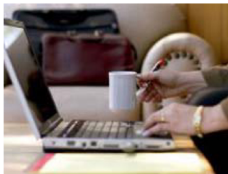
Large mirrors make the chi more active, which keeps you awake. Take some large scarves or pashminas with you to enhance your hotel room. Hang a scarf over the mirror and the television to keep them from reflecting so much light and active energy. Place a scarf over sharp corners of night tables or furniture, as sharp corners can disturb the flow of positive chi. Place a scarf over any image on the wall that is unpleasant to you. We want to surround ourselves with uplifting and inspiring images.



Make sure you're in a hotel with windows that can open, better yet request a room with a balcony or terrace. Stagnant air is unhealthy. Open the windows to let fresh air into your room when you first arrive. Getting the air moving is a great way to increase the chi. Take your favorite scents from home with you, such as your favorite scented candle or incense.

In your hotel room, make sure the telephone and alarm clock are on the floor and not next to your ears. Being awakened abruptly can chase your relaxed mood as well as keeping the pesky "electro-magnetic fields" away from you.

Flowers are an inexpensive indulgence that can really lift the chi to your hotel room. Each time you see them; they will remind you of your "blooming possibilities" and be grateful for a safe and pleasurable journey.



Make it smell good

Instead of chemical-filled scented trees, hang a container of essential oils from your rearview mirror. Lemon and ylang ylang are stimulating and can help keep you alert during long drives. Rosemary and lavender are soothing and peaceful, great to prevent road rage.

Keep water in your car

Drinking water clears your energy and mind. Water represents a smooth flow, when you're driving; you want a smooth, flowing experience. Water energy can also make it easier to cope with transportation woes.

If you travel with your laptop for business, you should set it where it will empower you. Keeping your laptop in the far left corner of your hotel room will energize your prosperity corner. A screensaver depicting a green, leafy forest or a flourishing garden can boost your money-making prospects. You can also select an image that is directly related to your business.

Road Warrior

If the ancient Chinese had driven motor vehicles, I have no doubt that they would have used the principles of Feng Shui on them. Clear negative energy from your car, increase a sense of clarity and protection, and prevent road rage by encouraging serenity while you drive.

Clean your car

Those old papers, cans, bottles, and wrappers create chaotic, stuck energy. Don't forget your trunk, glove box and the other nooks where negative energy might accumulate. Have a trash receptacle, and use it. Clearing out the clutter will make you feel a positive difference in the energy inside your car.

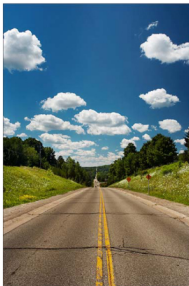
Wash the windows

The windows are the eyes of your car. Clean windows allow good energy to enter from outside, besides making it easier to have adequate visibility!

One of the best things about Feng Shui is that it's portable.

Today, it is more essential than ever before that we prepare ourselves for a trip. That's good news for people who travel on business or for pleasure. Just because you're leaving familiar surroundings doesn't mean you can't be comfortable on the road.

Make your travel experience more enjoyable, which in turn will create positive energy for yourself and for others around you.



Michelle is a Certified Feng Shui Practitioner and the founder of Balanced Living, Inc., her consulting firm, and director of the East Coast Academy of Feng Shui located in South Florida. She is recognized for blending real-life situations with Feng Shui knowledge that educates and motivates while offering real solutions on a wide range of projects from residential properties to mid-sized businesses. michelle@balancedlivinginc.com
www.balancedlivinginc.com



Discover Social Media Marketing!
Become the Social Expert in your Niche & Market.

BuildingSocialEquity.com

Click Here