

Feng Shui your Summer

A self-discovery guide to explore your surroundings

In summertime, we often visit new places or enjoy re-discovering some of our well-known spots. You might enjoy the following during your summer travels.

1. Choose a spot and quietly sit, stand or lie down, whatever you prefer to get a feel for the space. Notice where you are in relationship to the shape of the land, the energetic currents and direction of flows (water, roadways, winds) and the nature, amount and directions of sunlight. Center yourself and connect with your inner space.
2. Gently expand your awareness and connect with the surroundings. Notice how you feel and breathe.
3. Repeat for each of the four directions (in front of you, behind you, to your left and to your right) and end focusing on the central area where you are; take your time and internally note your observations.

How do you feel about the space now? Are there intuitive images or feelings? What do you like and what feels supportive? Is there anything disturbing? Walk around the space or the area: does your path open harmoniously or does it feel cumbersome or confusing?

Enjoy your discoveries!