

Welcome to your *Feng Shui Travel Guide*



The Holistic Place
with Carla Samaden

www.theholisticplace.com



The Holistic Place 

*Hello and welcome to
"The Holistic Place".....*

Feng Shui brings balance, flow, calm and harmony into our lives. I think it is safe to say that we definitely want our travels to be all those things.

We want any place that we stay in to be the most supportive place it can be for us.

So wherever you go in the world - whether you're camping, glamping, hoteling, Airbnb-ing, cruising, going for a night, a weekend, a week, a fortnight or longer - these Feng Shui tips can help you feel supportive, grounded, protected.

I wish you safe and happy travels

With Love and Gratitude

Carla x

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A great place to start is cleansing

Doing this sets the right intention for your travels

☐ **Cleanse your suitcase/travel bag.**

Wipe it down and/or sage it with the intention that you are clearing away any old energy ready for fresh new energy.

☐ **Pack a few items to cleanse the space when you arrive.**

I have one or two things in my bag that I bring with me for space clearing. It could be some sage, incense, or essential oil spray or small bell or chime. We want to clear the space, which is really important, especially when we've been traveling and we really want to be able to settle and ground.

If I don't have anything with me I'll clap my hands (especially in the corners of the room/space) and open the windows to bring in fresh energy and refresh the space.

☐ **Calm your energy before you travel.**

Travelling can be stressful, there can be a lot to arrange - sorting, organising and packing etc. It can also bring up nerves and lots of anxious energy. Remember to take some time to stop, pause, take a couple of deep cleansing breaths - breathing in peace and calm exhaling any stress and tension. You could also try the following affirmation.

Affirmation: I embrace each moment of the journey with peace, calm and gratitude.

Maintaining Energy Flow

Travel is exciting and exhilarating but it can sometimes disrupt the balance and flow of energy

☐ **Pack with intention.**

A cluttered and bulging suitcase can create disordered energy. Packing light and organising belongings can help maintain clarity and focus. Include travel friendly feng shui items such as a small crystal or a lucky charm to keep the positive vibes flowing!

☐ **Keep important documents organised.**

Keeping travel documents in a organised folder prevents anxiety, mental clutter and keeps the mind calm and at ease.

☐ **Pack an energy anchor.**

Personal energy anchors are stabilising and grounding. It can be a familiar scent or a small object from home that acts as an energy anchor. Whether it's a favourite essential oil, or candle, photo, crystal - these small personal touches help to bring balance.

☐ **Movement to circulate your energy**

Flights and road trips can stagnate energy. Small practices like regular stretching or moving your body can help circulate energy to keep the flow going.

Feng Shui Travel Tips

We want any place that we stay in to be the most supportive place it can be for us

☐ Turn on all lights when you arrive.

Light = yang energy. This floods the room with your active presence and clears any residual yin energy from an empty room. They only need to be left on for a minute or two to wake up the space.

☐ Open the curtains and the windows.

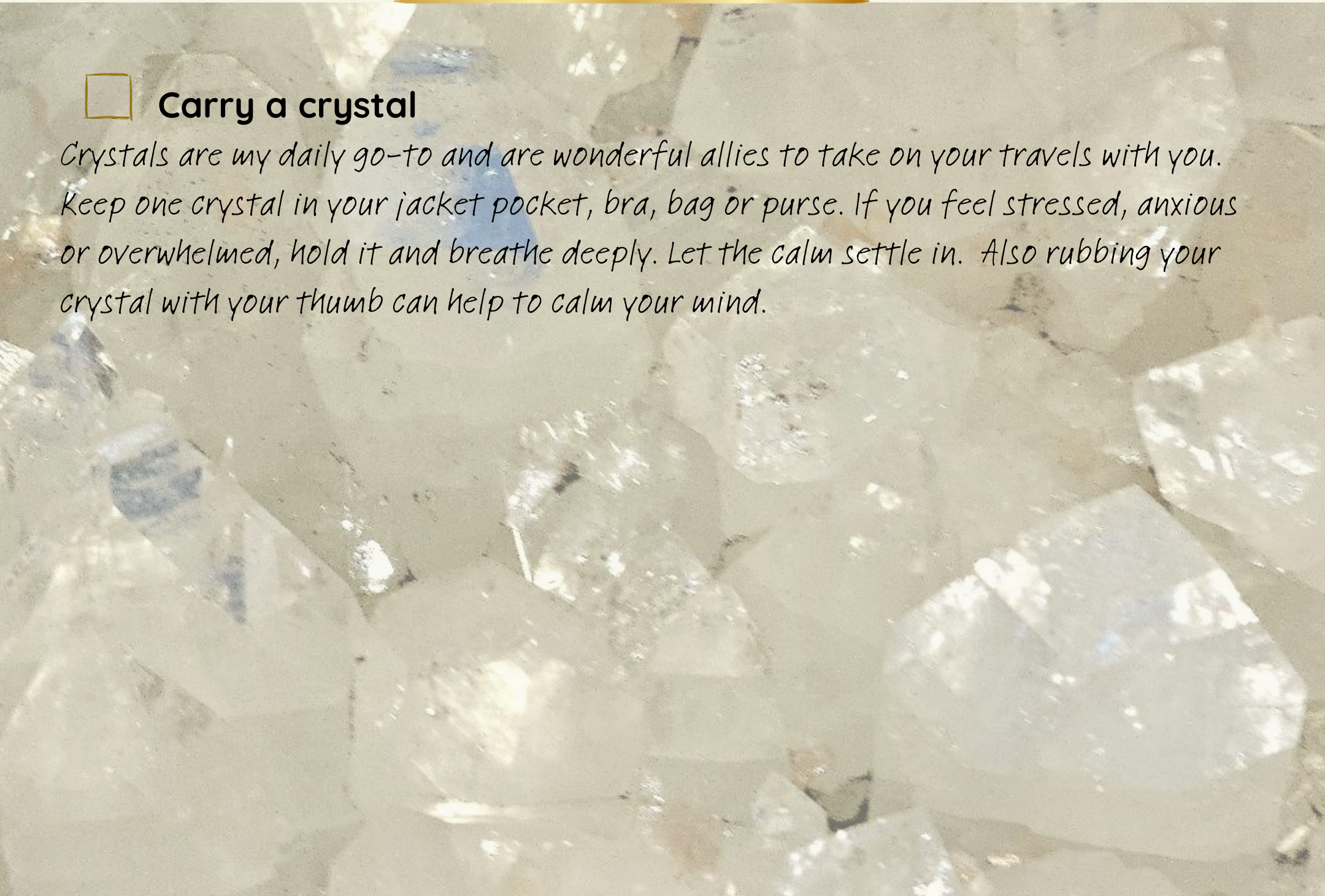
Let natural light and fresh air flood in. Natural light is a powerful energy cleanse and the fresh air brings new and uplifting energy to the space.

☐ Pack a red item.

Red = fire = protection. A red string, red ribbon, red pouch or a red scarf/sarong. This is a feng shui tradition for travel safety. Also tying a red ribbon on your suitcase or handbag handle is a powerful way to protect your energy whilst on your travels.

☐ Carry a crystal

Crystals are my daily go-to and are wonderful allies to take on your travels with you. Keep one crystal in your jacket pocket, bra, bag or purse. If you feel stressed, anxious or overwhelmed, hold it and breathe deeply. Let the calm settle in. Also rubbing your crystal with your thumb can help to calm your mind.



Travel Crystal Guide

How to work with crystals on your travels

Different crystals come with different energies - some are known for protecting against negative vibrations, others keep us calm and balanced, and then there are those that feed us energy and activate our chi when we need it the most.

Here are some benefits of bringing crystals along on your travels...

They can provide a sense of grounding when we are in a new place.

They can ease travel anxieties and feelings of overwhelm.

They can instill confidence and bring positive energies throughout your travel.

They can act as a shield against unfamiliar energies that may arise from different environments.

They can help manifest smooth situations and a safe journey.



Carry them with you:

- Wear them as jewellery
- Tuck them in your bra/pocket
- Keep them in a dedicated crystal pouch

Place them:

- By your bed or under your pillow to help with sleep
- By the entrance of the room for protection
- Place in your bag/purse for energy

Work with them:

- Hold during moments of stress.
- Take a few breaths to reset your energy and intentions.
- Place on your chakras to boost energy

Travel Crystal Guide

These are some of my go to crystals for travelling

Amethyst

One of the best all-around crystals for travelling.
Protective and supportive to your energy and helps sleep.

Black Tourmaline

The ultimate travel protector. Keeps you safe and steady. Creates a protective energetic shield.

Clear Quartz

A versatile travel aid. This means you can reprogram it for all your different needs throughout your trip.

Citrine

Travel luck and joy. Citrine attracts "good luck" and has so many positive vibes surrounding it bringing joy to your trip.

Carnelian

A powerful energy boost, bringing confidence and adventure to your travels.

Moonstone

Traditionally carried for safe travel. It soothes emotional sensitivity and helps you adapt to new rhythms and environments.

Hello
I'm Carla
Samaden



I am so happy you are here. I am the founder of
"The Holistic Place"
Your place of balance and flow.

My intention is to help you feel calm, balanced and supported within every layer of your life, inside and out, so you can move forward with clear intention and energetic support.

I combine holistic wellbeing practices with the principles of feng shui to help you identify and clear any energy blocks that may be quietly holding you back in any area of your life and help you create spaces that reflect harmony, intention, balance and flow.

If you enjoyed this guide, I invite you to come and explore my website to find out how you can work with me and join my newsletter for Feng Shui and Holistic tips and special offers and updates.

Visit my website www.theholisticplace.com

Email - hello@theholisticplace.com

Or connect with me on social media:

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