

# Be in control of your world using positive energy

Pat Heydlauff

Feng Shui is the science of using positive energy in your surroundings to bring about desired results. One of the most desirable results a person can wish for is being in control of yourself and your world. One of the best ways to make that happen is through surrounding yourself with only positive energy.

Positive energy comes in many forms; good health, wealth, prosperity, good friends and a pleasant lifestyle to name a few. Being in control of yourself helps provide you more good energy to focus on the other areas of your life. Positive energy is created by what you surround yourself with in your home and office. If you surround yourself only with belongings, furnishings and things you love, they will bring you positive energy. If you have things in your home and office you really dislike such as furniture or pictures on the wall, they will provide you negative energy. And, the more negative energy you have in your life, the more out of control your life will be.

To determine the positive energy quotient in your home start by checking the living room, family room, master bedroom and kitchen for anything that you really do not love. Inventory each room by looking at the floor, the window treatments, the wall colors/coverings, pictures, furniture and accent accessories to see if you love each and every item. Just because someone in the family handed down to you a picture they thought belonged to your great grandmother is no reason to keep it if you don't love it. Get rid of it. Be merciless, things you do not love do not give you good energy. Go one step further in your kitchen. Be sure to check cupboards, pantries and closets for things you do not love or will never use. If it is useful donate it, give it to a friend who has admired it or put it into a garage sale. If it is not useful or salvageable, get rid of it.

Improve positive self control energy in your world by locating the center of your home and place something there that you really love that signifies peace, prosperity, health and wealth for you and your family. This item can be as simple as a family photograph of all

family members having a great time together at a family outing or celebration. Be sure to frame the photo in earth tone colors. Or, you can use something tall, strong and grounded like a handsome indoor tree (live or silk) potted beautifully in a heavy terra cotta or earth tone planter. If you choose a live tree, make sure it is always very healthy. If it becomes sickly looking, replace it immediately. You can even use a lovely bronze sculpture appropriately place on a coffee table or sofa table near the center. To find the approximate center of your home, envision two diagonal lines from opposite corners of your house crossing somewhere in the middle. Where they cross is reasonably close to the center. Placing an enhancement in this area encourages a grounding energy which leads to self control for all members of the household.

If you or one of your family members is having a particular problem by not having enough positive self control energy, repeat the above process in the bedroom he or she regularly sleeps in. If the center of the room is not available to position something they love that is symbolic of being centered or grounded place something similar to the above recommendations in the northeast area of the room. If it is a small child's room make sure the walls of the room are neutral skin tone colors and the enhancement will be something age appropriate like a picture of adoring grandparents framed in earth tones. In an older child's room, the walls can be brighter skin tone colors and posters should be kept to a minimum. The enhancement in their room should also be age appropriate such as a picture of their school baseball team or one of those great teamwork posters available in unique gift store also framed in earth tones.

Self control begins in the home and will improve at any age if appropriate techniques are used and the correct enhancements are properly place. The improved self control energy quotient in you home will encourage maximum positive grounding/centering energy. Positive self control energy is a Feng Shui tool that can be used throughout an entire lifetime.