

Create Personal Calm and Peace using Feng Shui Principles

By Feng Shui Expert Pat Heydlauff

According to advertising experts, the average person is bombarded, even assaulted by more than 4000 impressions daily in the form of print, email, voice mail, radio, television and blaring advertisements. Additionally, you are constantly attacked with negative energy about the housing crisis and the economy in the daily news plus sound bites about Iraq, Iran and Russia's threats, home grown terrorists and nature's devastation as experienced through recent flooding and eminent hurricanes.

Does this assault on your senses totally unbalance your peace of mind and create jangled nerves? It did for Carol, a mom of two teens who worked part-time to help meet the family's ever increasing expenses. She contacted me saying, "I've had it; I cannot stand one more day of so much negative energy in my life. I am feeling anxious, I am yelling at the children and I can't concentrate at work." She wanted help on ways to lessen the impact of the daily barrage of negative information and to bring more positive supportive energy into her world.

It takes a lot of positive energy to deal with all of the negatives that surround Carol on a daily basis. Most people use up more energy every day than they create just by doing their daily routines at work or at home, dealing with health issues, driving in traffic and dealing with people. So, when they are faced head on with the additional stress of the constant negative news cycle and something major like a hurricane or flood they have little energy in reserve to carry them through to maintain calm and stay in control.

Energy Boost Options

Feng Shui is all about increasing the positive energy in your world to bring about desired results. In this case it's about building up a positive energy reserve for times of need by reducing chaos and stress causing anxiety and replacing it with calm and staying in control. What follows are several things I recommended to Carol that you can do in your home to help you and your family eliminate some of the negative energy attacks and provide you energy reserves.

- *Limit* your online and print reading plus television viewing of negative news items to one hour per day. Choose the best time for you to spend that hour based on your

schedule but definitely do not view the news cycle just before bedtime. The last thing you hear or see before going to sleep is what your subconscious mind will focus on all night creating restless sleep. Always view or read something relaxing or uplifting before retiring at night.

- *Believe* that you are in control of your world instead of outside circumstances and surroundings controlling you by increasing your positive energy. Repeating to yourself three times every morning **“I am in control of my world”** will automatically increase your personal positive energy. If all members of your family do the same, the feelings of negative energy like helplessness and being a victim will be overcome with positive energy in control thinking.
- *Listen* to really upbeat music to boost positive energy in your world; music that stirs the heart and soul and makes energy surge to the surface of your life. For some people ethnic music works great, others use really robust music like marches or a rousing version of the 1812 overture. For some, even great patriotic music does wonders. The choice is up to you. This really works to motivate you and bring energy into your life. This type of music will definitely energize and stimulate you and is best listened to early in the day or on your way to work. Do not listen to such music before bedtime or you will be mentally active all night.
- *Create* a “self energizing center” in your home. Put aside a small area in a spare bedroom, the den or sun room which is used just to spend time in alone for 10 to 15 minutes two or three times per week for regenerating you. When in this little private area, let other family members know that you are not to be disturbed. This should be a quiet zone where you can listen to peaceful music, read an inspiring book, write in your journal, meditate or simply stare out the window and let your mind and body rest. Place a green candle in this area in a safe container and light it to help you focus on self energizing. Carefully extinguish the candle when you are finished. You will feel uniquely refreshed and ready to face what lies ahead. This technique is very useful near or at the end of the day as it brings peace and quiet to your mind.

As Carol found out, people today are faced with far too many negative energy issues, bombarded with numerous activities and have to focus on many tense events. Yet,

they never take time to simply listen to their bodies and give themselves much needed rest for regeneration.

In order to have the reserve energy needed to deal with the daily assault of negative information plus catastrophic events like floods and hurricanes, our bodies and minds need to generate more energy than we use up every day. Carol found that following the techniques above significantly decreased the anxiety she was experiencing. She also found that by creating a reserve of positive energy she was more capable of dealing with stressful times and less anxious.

Don't just survive the bombardment of negative news cycles and threats from the weather and information abroad, thrive by enlarging the positive supportive energy in your world so you can maintain calm on the outside and peace within.

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Pat Heydlauff, president of Energy Design, uses Feng Shui design principles to eliminate chaos and stress at home and within oneself. More than a Feng Shui expert, Pat is a consultant and speaker who helps remove clutter and negativity while encouraging personal growth, improved relationships and prosperity. Her forthcoming book, "Feng Shui: So Easy a Child Can Do It," shows how to achieve a better tomorrow. For information on her consulting, speaking and artwork, visit: www.Energy-by-Design.com or call: 561-799-3443.