

# **Feng Shui, a Way of Life for the 21<sup>st</sup> Century?**

By Feng Shui Expert Pat Heydlauff

Feng Shui is more relevant today than it was 3000 years ago. When the Ancient Chinese discovered the use and importance of incorporating Feng Shui principles into their lives, it was a matter of survival for their culture and civilization. They found that by harvesting, harnessing and using the positive energy provided by the universe in their homes and the Emperor's Imperial Palace, they not only survived but thrived, The words Feng Shui literally translated mean wind and water, thought to be the more powerful and plentiful energies on planet earth.

Survival 3000 years ago was incredibly primitive compared to today's standards so you might think they would have needed the use of Feng Shui principles more than we do now. Not true. If you think about it, they needed food, water, and protection from the cold harsh winters and militant threats from marauding warriors. Their lives were quite simple. They grew their own food. They did not travel far as generations of the same family lived together or nearby. And, all villagers looked out for one another.

Today, we still have threats from outside militants, but more importantly, our fast paced lives have changed so much that stressful situations bombard us 24 hours per day in the form of noise pollution, sound pollution, hostile work environments, the food we eat, the air we breathe and the water we drink. Also, we do not have the family nucleus or village looking out for us. Nothing is as pure, clean and simple as was the wind and water 3000 years ago.

## **The Feng Shui Way**

By incorporating the use of positive energy based on Feng Shui principles in your life, you literally can improve certain aspects of your life in the areas of health, prosperity, wealth, safety and relationships. The result of creating a Feng Shui lifestyle leaves you with a sense of self control and fulfillment. Through the ripple effect this sense of well-being flows into all aspects of your life creating balance, harmony and improving every area being bombarded by today's stress filled lifestyle.

However, like a bikini, one size does not fit all when it comes to Feng Shui. Everyone will benefit from the use of Feng Shui principles but the same principles may

not have the same results for every person. Each person has their own energy needs and requirements to live an abundant harmonious life. Because of this individuality, those things that provide you positive uplifting energy may cause someone else discomfort and negative energy. When using Feng Shui in your home where others are involved, the Feng Shui principles being applied need to serve all who live there.

### **Three Steps to feeling In-control**

**Step 1: Create Calm** and eliminate stress by developing “wind and water” balance. Think about what is the right amount of wind. It is a gentle cooling breeze on a hot summer day, not a gale force wind that creates summer hurricanes or winter blizzards. When it comes to water, balance would be a gentle lake or bubbling stream not ferocious waves pounding the shore or a fast moving river overflowing its banks flooding fields and homes. Determine what in your life creates this kind of balance. Do you need to eliminate invasive sounds? Do you need to surround yourself with soothing colors and calm people? Do you need to get a different job? You will **eliminate stress, create calm** and **improve your life**.

**Step 2: Be energized and in-control** by uncluttering. When you get up every morning and see clutter in your bedroom, on the dining room table and in the kitchen it is hard to face the day ahead because you are already overwhelmed. The clutter makes you feel exhausted, anxious and tired before you even begin. Get control of your clutter by getting rid of it and you will be **in-control of yourself**. If you don't need it, can't wear it or don't love it, **get rid of it**. You will **save time** because you will no longer need to search for things. You will **have more energy** because the exhausting energy draining clutter is gone. And, you will have **more abundance** because you have made room for it to enter your life by removing the clutter.

**Step 3: Attract good things and people** by the use of positive energy. Because you are energized and in-control you have tilted the playing field to your advantage. You have stopped attracting the stressful things and people you do not want and are **attracting better health, wealth, abundance, positive relationships and prosperity**. Positive Feng Shui energy plays a major role in the law of attraction.

Feng Shui is an Ancient Chinese practice that is more relevant than ever in today's culture. If you are looking for ways to create calm in your life instead of stress,

peace where there is chaos and self control instead of anxiousness and exhaustion, use Feng Shui. It is truly the answer to the 21<sup>st</sup> Century's stress filled hectic way of life.  
**Create your own calm, be energized and in-control so you can attract only the best of things and people into your life.**

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Pat Heydlauff, President of Energy-by-Design ( [www.energy-by-design.com](http://www.energy-by-design.com) ) and Feng Shui expert, is a consultant, speaker, columnist and award-winning artist. She has been consulting with individuals, families, and companies since the early 1990's, with clients ranging from California to Florida. In addition, she speaks at corporate and organizational functions, and gives seminars to enhance productivity. Pat Heydlauff can be reached at (561) 799-3443, or at [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net) .

*Pat Heydlauff*

Speaker, Author, Artist

"Everything you say, think and do matters."

## **Energy Design**

580 Scrubjay Lane

Jupiter, FL 33458

[www.energy-by-design.com](http://www.energy-by-design.com)

561 799-3443 - telephone

561 745-3871 - fax