

# **Feng Shui helps you take charge of Your Life**

By Feng Shui Expert Pat Heydlauff

Are you tired for waiting for the other shoe to drop? Is it time for you to move on? Do you need to decide you can no longer rescue someone else from their chosen future? Have you pushed a permanent pause button for living while silently watching your life slip by?

Imagine what tomorrow would be like if you weren't so tied up in waiting for the other shoe to drop. Imagine how much better tomorrow would be if you weren't always putting your life on hold waiting for that "something" to happen. Imagine a better tomorrow without so much stress, doubt and uncertainty, filled with the life you wish you were living today.

Have you put your life on hold in hopes that a relationship, your marriage or job will improve? Are you waiting in fear for the phone to ring knowing that a loved one is not well? Are you nervously waiting for good news but fearing the worst?

## **Make Today Count**

Feng Shui is a "results oriented" tool that can help empower you through the positive use of energy and encourage you to invest in yourself. If you are living every day fearing the worst, you have just traded a day of your life for that fear. If you think you are a victim, you have just given your personal power to someone or something else. Use Feng Shui as a tool to help you overcome this type of thinking.

Start with a piece of paper. Make two columns labeling the left one "negative things and thoughts" and the right one "a better tomorrow." List in the left column everything you are afraid will happen, won't happen or don't want to happen. In the right column list all of the things you are giving up while waiting for those negative things to happen or not happen.

Now, go back and review the list on the left, evaluating each item. Does worrying, giving up living your life and not doing the things in the right column make any of the negative things either go away or any better. The answer is no. The only thing you are doing is creating more uncertainty, stress and insecurity. The way to make today count is by realizing and accepting that the things in the negative column in your life are things to

be aware of but not to allow them to control you and your life. Just through the realization that worrying never makes things better, you will replace worry, stress and rejection with self-direction and self-control.

### **Create Supportive Energy**

Once you are aware of the control these negative things have on your life, it is much easier to decide that you no longer need to be at their mercy. You are no longer their victim because you are now in control. In order to maintain your self-control the following Feng Shui principles will provide you supportive energy.

In the southwest corner your bedroom, place a small rock. It can be a pretty rock, a collector rock, even a faux rock. It gives weight to the thought “make today count.” This rock will provide you solid grounding energy and will serve to remind you that you are in control.

In the center of your living or family room, place a substantial candle in a safe container with one wick. It will serve as a lighthouse beacon lighting your way and reminding you that you are no longer a victim to the negative things on your list. Light the candle every time you wish to reinforce living your life to the fullest by not giving in to the negative things in your life.

And, on your calendar write “today is the day I took charge of my life.” Circle that date every month for the next six months and celebrate being in control of your life. You have chosen to make every day count. You are now exchanging every day of your life for the things you choose to do rather than allowing negative things to determine what you do. Celebrating is an important part of no longer being a victim to negative things and thoughts.

It will feel like the weight of the world will be lifted off your shoulders by doing just these few things. Taking control of you life removes layers of stress, disappointment and rejection. You will not only feel better physically and emotionally but will have much more personal energy so you can enjoy a better tomorrow.

Remember, make two lists and evaluate them. Decide that worrying about them will not make any of them better or go away, so go back to living your life. Give weight and substance to the idea “make today count” with your personal rock, use a candle as

your beacon to help you light your way. And, mark your calendar so you can celebrate your newly found “in-control” self.

© Pat Heydlauff, all rights reserved 2007

Pat Heydlauff, Feng Shui expert is a consultant, public speaker, columnist and spiritual artist. She has been consulting with families and businesses since the early 1990's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations in the home and workplace or for self, speaking engagements and in-depth organizational seminars, call Pat now at 561 799-3443, email her

[balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net), or visit her website, [www.energy-by-design.com](http://www.energy-by-design.com).

*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