

Four Ways to generate Good Fortune

By Pat Heydlauff

With so many people unemployed, the stock market still significantly down from record highs in 2008 and economists arguing about whether the recession is over or is going to get worse, it's a wonder if anyone has a bright outlook on the future.

Everyone has been touched by this economic downturn. For those of you born after World War II this is really a frightening experience because it is the first time you have known this type of uncertainty and hardship, have had to do without and couldn't be sure of what tomorrow would bring.

Also, most Generation Xers and Yers who are so technologically advanced and always in contact have not had the underpinnings of being really connected to each other and their families. It is this very deep connection that is the foundation or the support system needed to get through such difficult and uncertain times. It is the family and your personal support group that is the glue that helps hold you together. They are the ones to look to for reassurance and encouragement. Without this, you can feel very alone, disconnected and dejected.

So many of the feelings you experience during this type of trying times is directly related to whether you think your cup is half empty or half full. The more positive energy you can maintain during such difficult times the easier it will be for you to handle. This is where using Feng Shui as a tool will help you create more optimistic thinking and surroundings that are filled with positive supportive energy. Feng Shui principles are all about the use of positive energy to create the desired result, in this case good fortune and luck to help you through the upheaval of today's economy.

4 Tips for creating Abundant Luck

If you have to make difficult or even unpopular decisions just to survive, you can change the course of your future by surrounding yourself with more positive energy.

One: Put together a positive energy support group that is of like mind. Make sure everyone in your circle whether family and/or friends is on your side and wants to see you succeed. Talk to them daily if necessary to boost your spirits, get together with them as often as possible to help, encourage and reassure each other that a better tomorrow is ahead.

The people in your group each provide you positive or negative energy. If there is anyone in your group that is negative and only finds fault or talks about failure, remove them from your group of people you regularly spend time with. To make it through such trying times, spend your time wisely with only positive energy people.

Two: Create an Intention's Board to deal with your immediate needs - use a simple bulletin board with push pins or some magnets on your refrigerator to create it. You can even use a tablet or create a document on your computer that you print out and hang where you can see it at least twice per day.

Place onto your board the opposite of the three most important things causing you negative energy. For example, if you desperately need money to pay bills, place several bills marked paid on your board. Add a smiley face so you can really feel the relief of your bills being paid. If you need a job place a sample paycheck on your board with the amount of money you want in return for your work commitment. If you happen to be a realtor and derive income from selling property, put a SOLD sign on your board.

The Intention's Board will help you focus your short term thinking onto what you want, not what you don't have. Create a miniature version on paper or a 3x5 card of the positive energy things on your board and keep it in your pocket or purse to remind you to focus only on those things that will create what you want in your future. The more you focus on what want the more you energize it and draw it to you.

Three: Unclutter the south area of you home and your bedroom. These are the good luck and good fortune areas in your surroundings. If they are filled with clutter and chaos, negative cluttered energy is exactly what you will get instead of good luck. You need to get rid of the old stagnant energy first and make room for the new to enter. If this area is filled with stacks of magazines, dirty laundry or is generally untidy, pick it up, organize it and put it away or get rid of it.

Next, focus energy on that area to increase the flow of good fortune by adding something red that is tall and slender such as a red candle, a red piece of glassware pointing upward or a picture hanging on the wall of mountains or a volcano spewing forth lots of red energy. Don't overdo the red when energizing the bedroom; use something smaller that will fit on a table rather than a wall. The color red, the shape of a triangle or something representative of the fire element will increase the flow of good fortune energy.

Four: Unclutter your thinking and make room for good luck to enter into your life. Is your mind constantly filled with negative chatter such as "I'll never find a job," "I'll never have enough money to pay my bills," or "I'll never sell any homes in such a bad economy?" Eliminate the negative thinking chatter. It is with positive energy thinking you create a better future. When your thoughts are always filled with the negative that is what you create. As soon as you eliminate the negative and replace it with only positive supportive thinking you will shift your personal energy to help you create the future you want.

A very effective way to eliminate negative thinking now is to use a tablet and write on it every negative thought that comes to mind quickly. Once your list is complete shred the paper and instruct your subconscious mind to allow only positive energy thought to enter. You will get very good at deleting the negative thoughts and eliminating them for good. But be sure to always replace them with positive energy thoughts or the old ones will try creep back into your life.

Good fortune and good luck are created first and foremost in your mind. When you put together positive thinking with a positive personal environment focused on good luck and are emotionally encouraged by others you have generated a plan that invites good fortune and good luck into your life.

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Pat Heydlauff, president of Energy Design, helps people eliminate chaos and stress at home and within oneself. As a consultant and speaker, Pat uses color, design and organization principles to transform clients' lives. Her proven methods remove clutter and disorder, while enhancing personal growth, improved relationships, prosperity, and joy. Her new book, "Feng Shui: So Easy a Child Can Do It," provides changes that lead to

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