

## Gratitude provides great energy to begin the holiday season

By Pat Heydlauff

The old saying “Gratitude provides great attitude” should be your daily golden rule for living. Anytime you are in the “gratitude mode” your cup is always half full instead of half empty. Sometimes, if you are in a constant state of gratitude, your cup is running over the brim, not just half full. Gratitude for even the smallest of things in your life sets a positive mood for your entire day.

In our country we have set aside one specific day per year for the purpose of giving thanks which is great. Thanksgiving, our day of gratitude, has also become a holiday of family gatherings, overeating and football games. But, that still leaves 364 other days of the year (365 in a leap year) that we do not take time to recognize all of the good in our lives. There are so very many things to be grateful for in a free society like ours. Simply the fact that we are free with the rights to go anywhere we please, do anything we wish as long as long as it is legal, wear the clothes we choose, eat what we want and spend time with those we love is a minor miracle compared to millions of others in countries without our rights or freedom.

Gratitude simply means acknowledging or giving thanks for something or someone good in your life. When you regularly express thankfulness or appreciation you will notice an incredible increase in your personal energy and an uplifting of your spirits. Remember, Feng Shui is all about surrounding yourself with positive energy on the outside along with great positive thinking on the inside. There is no better way to create great positive energy within 24/7 than with gratitude.

To help remind you to maintain positive gratitude energy, place an item that is symbolic of gratitude for you in the south area of your family room. Items you may wish to use could include things like a gift from a treasured friend, a small framed hand written note of appreciation from someone else that was grateful for your kindness or a picture of someone who was always there for you. Make a point to look at your symbolic gratitude

reminder on a daily basis. It will not only bring a smile to your face but you will also be reminded to think of something right at that moment to be thankful for.

Next, place a candle (neutral earth tone colors would be great) in the southwest area of your bedroom in or on a safe container. Make a determined effort to light that candle at least once a week before bedtime. It will not only serve to help you relax before going to sleep but will allow you a few quiet minutes to reflect on your past week and give thanks for everything positive that happened during the week. Remember to also give thanks for taking care of yourself. If **you** don't do that, who will?

Last but not least, once a week tell a friend or loved one how grateful you are just for them being part of your life. Far too often, we never say thank you to those nearest to us. It is so easy to take loved ones and good friends for granted. Or, thank a harried clerk in a grocery or department store for taking good care of you, full well knowing that they've had a really hectic day filled with holiday shoppers. It is so very easy to give others a positive energy boost by simply saying "thank you".

"Gratitude creates great attitude" should be a mantra for all of us to say not just one day a year but throughout the entire year. It certainly makes others feel better and puts a smile on their face as well as your own. Have you ever noticed how good it makes you feel when you show appreciation to others? Gratitude provides a wonderfully positive attitude. The more you share, the less it cost and the more positive energy benefits you receive. Everyone wins with the gratitude attitude, especially you.

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In store presentation are available to clubs, organizations, societies and homeowners groups. Pat Heydlauff, author and public speaker is the "Feng Shui/energy specialist" and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork, home décor

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"Everything you say, think and do matters."

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