

Is 2005 going to be better

Pat Heydlauff

With the arrival of a new year comes hope. Hope that better things are ahead. Hope that there will be fewer hurricanes, earthquakes, illnesses, financial stress, terrorist attacks and needless deaths. Hope on a personal level that we will lose weight, make more money, exercise more, be healthier or that our lives will be less chaotic. Can your 2005 be a better year?

Some things like hurricanes, earthquakes and terrorist attacks are simply out of our control but things like exercise, losing weight, financial stress and living a healthier lifestyle are definitely in our control. Just hoping for any of these things to happen will simply not be enough to bring them to fruition. You need to make a conscious decision to improve a certain part of your life and then focus your energy and the energy in your surroundings on your objective or goal. Hope is the essence of good things to come. Action based upon hope will help you reach your desired outcome.

Select three things you would like to improve in your life during 2005. Select no more than three and if one of them is really big you may wish to select only that one to accomplish. It takes a great deal of focus and energy to make large changes or improvements in ones life so select carefully and make sure you really want to accomplish your designated improvement. Step one is to write on a piece of paper the three things you want to improve in 2005 and place that paper in an obvious place where you will see it every day. For example, if losing weight is on your list, a reminder slip of paper noting your intended goal might also be placed on the pantry or refrigerator door. It can be reinforced by another piece in your closet and on your mirror in the bathroom. Follow this procedure for each item on your list.

Step number two is to unclutter every area you have placed your reminder pieces of paper. In the case of losing weight you will find that your closets probably are over stuffed and need to be emptied to make room for both new energy and new clothes. Your

pantry and refrigerator will also contain too many things that will hinder you from realizing your goal of losing weight. Get rid of the excess baggage everywhere as it holds stagnant energy and prevents your new goal oriented energy from entering your life. If your goal is to increase your income, start by uncluttering the areas of your home or work where you transact business such as the top of your desk or your entire office area. By uncluttering such areas you will be able to better focus on your intended goal of increasing your income.

Third, in order to help focus the energy in your surroundings on your desired goals listed here are a few Feng Shui energizing enhancements.

- To encourage better health place a picture of a beautiful grouping of strong healthy trees in the east part of your home and/or bedroom or something beautiful and strong made out of wood
- To encourage income place a very healthy growing plant in the southeast area of your living room or a “money plant”
- To encourage improved relationships place pictures of persons you wish to improve relationships with in the southwest area of your living room, make sure the people in the pictures face toward each other
- To encourage career improvements or positive changes place a waterfall or a picture of a gently flowing stream in the north area of your home

The best way to make sure 2005 will be a better year for you is to first determine what things you want to improve. Take the necessary action to make it happen. Then focus your energy and the energy in your surroundings on the positive changes you want to make.

Feng Shui classes begin in February; call 561 799-3443 to sign up. Pat Heydlauff is the “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 and home décor gifts featured in her store. For Feng Shui consultations,

classes and energy design work in the home or office call her now at (561) 799-3443 or email her, balancingenergy@bellsouth.net. She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”. Remember, “Everything you say, think and do matters”