

It's All about Positive Energy

By Feng Shui Expert Pat Heydlauff

The positive use of energy can help you improve those areas of your surroundings and life that bring you discomfort, concern and worry. By shifting energy drainers to positive energy, everything can be made better. Whether you consider Feng Shui to be the placement of things and the flow of energy throughout your house and life; or a lasting lifestyle worth living is less important than realizing it is all about positive energy.

Feng Shui **is** the positive use of energy. It works because it uses the same energy that everything and everyone in your life is made of. It is the same energy that Einstein recorded in his famous formula $E=mc^2$. The sun, the moon and the universe are teaming with energy that heats us, cools us and keeps our planet in its proper orbit so we don't float off into space and crash head-on into another planet.

Our physical body is a microcosm of the universe overflowing with the positive use of energy. Our heart beats creating energy that makes our blood flow and our lungs use energy to move up and down so we can breathe. We use food for nourishment which our bodies turn into energy so we can walk, talk, think and use all of our senses.

Does It Matter?

At this point you might be thinking, "Why should I care, does it really matter." The answer is, yes it does matter but only if you want your tomorrows to be better than today, yesterday, last week or last year. If you are totally satisfied with all aspects of your life and there is no room for improvement then perhaps you might not care. But if any part of your life, business or personal self is out of balance, **it matters!**

Feng Shui is simply a tool that helps you create a better tomorrow through the positive use of energy. It is a guide for how to eliminate the clutter in your life and the negative energy that zaps you. It is also a guide for how to replace that negative energy with those things and people that will provide you uplifting supportive and encouraging positive energy.

Feng Shui is no panacea or magic bullet. It is simply a tool for harnessing all of the energy in your surroundings. Everything you can see, touch, smell, hear and taste has energy. That energy is either positive and helps you or negative and works against you.

Through the use of Feng Shui principles you can improve the various aspects of your life that are not working for you, your marriage, your family, your children, your job or your business.

Feng Shui, the Tool

There are many areas of life that respond well to the use of Feng Shui principles. They range from personal and intimate goals to financial well-being and improved relationships. Using basic Feng Shui principles with the positive use of energy as a tool, you can improve any or all of the following:

- Relationships – personal and professional
- Income and job satisfaction
- Health and personal well-being
- Good fortune and luck
- Creativity and right brain activities
- Career and spiritual goals
- Self empowerment

Feng Shui is a vast subject but not difficult. Think of using it the same way you would eat a triple scoop ice cream sundae. You would eat the sundae one bite at a time savoring it and thoroughly enjoying the process. You approach the use of Feng Shui in the same manner by tackling one area of your life, house or business at a time.

If you are going to improve your personal life at home, always begin using Feng Shui principles in your bedroom and then move on to the kitchen which is considered the heart of the home. If you are going to use it in the workplace, begin in your office space and then see if you can impact the front entrance of the business next so positive energy can enter.

By tackling change in your home, office and life one step at a time you will guarantee success with a minimum amount of inconvenience and discomfort. If you are ready to have a better tomorrow, get busy and make it happen. Try Feng Shui, it really works. You deserve it.

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Feng Shui and Self Discovery Painting classes begin August 16 in Jupiter and September 10 in Palm Beach Gardens. Watch for sign up materials arriving soon. 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, or visit her website, www.energy-by-design.com.

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"Everything you say, think and do matters."

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