

Positive energy is vital

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In a world where we are constantly bombarded with negative energy from the daily news, the War on Iraq to nature's devastation as experienced through Hurricane Frances, we could all use some help in bringing more positive vital energy into our world. It takes a lot of positive energy to deal with all of the negatives that surround us on a regular basis. Most of us use up more energy every day doing just our daily routines, driving in traffic and dealing with people than we create so when we are faced head on with the additional stress of something like Frances, we have little energy in reserve to carry us through.

There are a number of things you can do in your home to help give you and your family an energy boost. Feng Shui is all about increasing the positive energy in your world to bring about desired results, in this case building up a positive energy reserves for times of need. One of the ways to quickly increase positive energy is to believe that you are in control of your world instead of outside circumstances and surroundings. Repeating to yourself three times every morning and evening "I am in control of my world" will automatically increase your personal positive energy. If all members of your family will do the same, the feelings of negative energy like helplessness and being a victim will be overcome with positive energy thinking.

The next way to boost positive energy in your world is to listen to really upbeat music; music that stirs the heart and soul and makes energy surge to the surface of your life. For some people ethnic music like a Polka works great, for others really robust music like the marches of John Phillip Sousa and yet others might like a rousing version of the 1812 overture. For some, even great patriotic music does wonders. The choice is up to you and your family; but know that this really works to stimulate you and bring energy into your life. A word of caution, do not listen to such music if you are planning to go to bed soon or take a nap. This type of music will definitely energize and stimulate you and is best listened to early in the day. Periodically listening to this type of music in the morning or on your way to work will keep you humming all day and boost your productivity as well.

A physical technique you can use in your home is to create a “self energizing center” for adults (children usually have more than an abundant amount of energy so they do not need to build reserves). Put aside a small area in your home in a spare bedroom, your own bedroom, the den or sun room which is used just to spend time in alone for 10 to 15 minutes 3 times per week for regenerating your energy. When in this little private area, let other family members know that you are in your “self energizing center” and you are not to be disturbed for those 10 to 15 minutes. While there, listen to peaceful music, read a relaxing book, meditate or simply stare out the window and let your mind and body rest. You will feel uniquely refreshed and ready to face the rest of the day by simply visiting your energy zone and doing what most of us desperately require, time to do absolutely nothing for just a few minutes. This technique is very useful near or at the end of the day as it brings peace and quiet to your mind.

Society today is faced with far too many negative energy issues, bombarded with numerous activities and has to focus on many tense events yet never takes time to simply listen to their bodies and give them much needed rest for regeneration. In order to have the reserve energy needed to deal with catastrophic events like Frances, our bodies and minds need to generate more energy than we use up every day. Following some or all of the above techniques will make a significant difference in the amount of energy you have stored in reserve for more stressful times.