

Restore Relationships with Feng Shui Principles

By Feng Shui Expert Pat Heydlauff

Would you like to revitalize, restore or rekindle your relationships? Are having good long term relationships with family and friends a problem area for you? Would you like to enjoy spending more time with friends or family members but every time you get together something seems to go astray and you leave with feelings of rejection, envy and resentment?

If you've answered yes to any of these questions, take heart, you are not alone. Having good equal relationships are a very real problem for many people. In fact, relationships are the most talked about issue today on daytime television.

Like anything of value, good relationships take a lot of hard work and constant maintenance on the part of everyone involved in the relationship. It doesn't matter whether you are dealing with family members or friends; the same positive energy principles are needed.

Where to Begin

You begin by acknowledging that you have a problem with your relationships. Sometimes you can simply recognize a pattern of having the same set of circumstances repeat every time you get together with certain friends. By the time you part company you always feel hurt, envious and rejected. Maybe you always have a confrontation with a family member over what seems like nothing. Or, the same type of interaction takes place at work and you go home much of the time feeling unwanted, unappreciated and out of control.

You begin by recognizing you have a problem. Become aware of the fact that it is you, not the other person. You are the one with the feelings of rejection, envy and resentment, not the others involved in the interaction. You cannot change how they feel but you can change how you feel and react to them.

These types of experiences often are the result of feelings of inadequacy and insecurity that come from childhood. Usually, something has happened in your life either before or around the age of seven that creates a life pattern. In this case, that pattern

shows up in your relationships. The good news is that it is less important to know what happened in your childhood than to recognize you have a need and are willing to fix it.

Use Feng Shui Principles

The positive use of energy based on Feng Shui principles can work wonders in relationship building. **FIRST**, focus energy on **what you do want** in your relationships, not on what you don't want. This thought also fits the "law of attraction" process. If you want good relationships then shift your mental focus and thinking to how good your relationships are or will be not how bad they are. Visualize a gathering where you leave home feeling really good about spending time together and you will make it happen. You can do this in an instant right before you head out to meet friends or right before they arrive at your doorstep.

NEXT, love yourself. Unclutter the southwest relationship area of your bedroom and living/family room. In each room place a vase in that space with two silk flowers of equal size. One represents the outer you and the other represents that beautiful person within that wants you to recognize how very special **you are**. Every time you go to bed at night and get up in the morning look first at those flowers, smile and say to yourself "I love me." Soon enough you will do just that.

Whenever you are out with family or friends and something crops up that starts you headed toward your old feelings of resentment, envy and rejection think of your flowers and say to yourself "I love me." The flowers will give you the positive reinforcement you need to eliminate the negative feelings so you can have a pleasant ending to your outing.

THIRD, place a lovely healthy green upward reaching plant in the east area of your bedroom. This will energize new beginnings and help you grow and thrive with your new found self. As the plant thrives and grows upward into maturity, so will your love and respect for self. At the same time your relationships with others will blossom.

The positive use of energy based on Feng Shui principles works every time and is especially good when focused on improving relationships. Remember to put your flowers in the relationship areas of your bedroom and living/family room plus nurture a beautiful plant in your bedroom. As you nurture the plant and look at your vase of flowers twice

daily repeating "I love me," you will see a beautiful new person emerge right along with greatly improved relationships.

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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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Speaker, Author, Artist

"Everything you say, think and do matters."

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