

## **Rough Seas or Smooth Sailing Ahead...Take Command**

**By Pat Heydlauff**

Do you wish your life was smooth sailing every day, not just occasionally? Do you feel like you are aimlessly adrift, being tossed around on the sea of life at the whim of the waves?

Everyone experiences a few days or weeks through out a lifetime where they feel out of control and tossed to and fro. However, when being out of control is the rule and is no longer the exception, life becomes very weary, uncomfortable and perhaps unbearable. This is when opportunity knocks on your door of life and you need to be alert enough to open the door and walk right in.

### **Be Your Own Captain**

Every vessel needs a Captain to guide the ship through difficult waters and trying times while always on the lookout for reaching smoother water ahead. Whether your vessel is a rowboat or a luxury yacht with its own movie theater and helipad, **be the captain of your own vessel**. Smooth sailing comes from the choices you make and the lifestyle you live, not the size of your vessel.

Living your life by design, Feng Shui principles and the statement "everything you think, say and do matters" helps you develop the tools needed to create smoother sailing.

### **Chart a Course to Smoother Sailing**

Once you understand that you create your tomorrows by your thoughts, words and deeds, you will realize that it was your thoughts, words and actions from the last week, last year or five years ago that created today. If you focused on negative thinking and things in the past, they have materialized in the present.

For example, if you think you will never find someone to marry because the good ones are all gone, then you will never find Mr. or Ms. Right because that is exactly the energy you are attracting. However, if you focused on smooth sailing and things going your way six months or five years ago, you are reaping those rewards today by enjoying a good relationship with your significant other. This is known as the use of positive energy to **design your life and attract what you want, not what you don't want**. It can also be called the "secret," the law of attraction or charting your own course.

### **Three Feng Shui Ways to Take Command of Your Vessel**

It takes courage, conviction and a rudder to be in command of your own vessel. Is your vessel sailing without a rudder? You have the ability to create your own smooth

sailing but a vessel without a rudder otherwise known as goals or a defined target is in for a very choppy and bumpy ride. You, the Captain, cannot steer your ship of life unless you have a clear course set to your final destination.

A favorite profound philosopher known as the Cheshire Cat in *Alice in Wonderland* advised Alice as follows when she questioned the Cat, "Oh, no, no. I was just wondering if you could help me find my way." The Cheshire Cat responded, "Well that depends on where you want to get to." Alice said, "Oh, it really doesn't matter, as long as..." To which the Cheshire Cat said, "Then it really doesn't matter which way you go."

If you do not have goals and a destination in mind you will wind up somewhere but will the trip be smooth and will you end up where you thought you were going?

1. **Make room for new positive energy** to enter by uncluttering your world. Remove the clutter physically from your surroundings and then your thinking. Only then, can you clearly focus on your future.
2. **Set goals** to chart your new course and design the life you want. Some of your goals should be attainable in six months, others one to five years. Review your short-term goals quarterly and your long-term goals annually and make changes if necessary. Next, create a plan or chart a course on how to accomplish them. **Then do it.** The sailing will be much smoother if you know what your destination is and how to get there.
3. **Stay focused** on your new lifestyle and goals by using positive energy. Place a healthy upward reaching plant in the east area of your living room to focus positive energy on your newly charted course and a water fountain or picture of a river with a good steady current in the north to energize your new outlook on life and career.

You are in command of your own vessel, always have been and always will be. You have the ability to create your own smooth sailing for next week, next year and five years from now by making sure you understand that "**everything you think, say and do matters because that is how you create your future.**" When you understand that, you can chart your own course and enjoy smooth sailing.

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## **ABOUT THE AUTHOR**

Pat Heydlauff, president of Energy Design, uses Feng Shui design principles to eliminate chaos and stress at home and within oneself. More than a Feng Shui expert, Pat is a consultant and speaker who helps remove clutter and negativity while encouraging personal growth, improved relationships and prosperity. Her book, "Feng Shui: So Easy a Child Can Do It," shows how small changes can lead to a big improvement in one's personal and professional success. For information on her

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