

## **Take Control of Your Life Take Control of Your Future**

By Feng Shui Expert Pat Heydlauff

Does nothing seem to be going your way? Will you ever get past those incessant nagging doubts that keep lingering in your mind holding you back? What do you do when you run into a “brick wall?”

These are questions millions have faced on too regular of a basis as was the case for Barb, a freelance photographer. She seemed to do OK financially when the economy was good but floundered as soon as the economy hit a bump in the road.

Barb wondered, how long will this slump last and what do I do now? Do I need to turn around and look for a different career? Should I try something new? Should I start all over again?

When you find yourself in this position, do you pray or meditate to seek a solution? Do you want to give up? Do you look outside to others for help? Do you look inside for wisdom, inspiration and divine guidance? These are just some of the thoughts and feelings Barb was experiencing after she hit her proverbial “brick wall” and found herself between a rock and a hard place, too little income with too many expenses.

When your life, your career, your marriage, your relationships or income seem to be on hold, or worse, non-existent, yet life continues moving forward at warp speed, life can become very stressful - and anxiety can set in. For Barb, this was not one of those times when she needed to become passive or give up. This was one of those times in her life when she needed to take a hard look at just what was causing her to constantly be at the mercy of others. What she needed to do was to remove whatever was causing this blockage so she could move forward and be in-control of her life.

### **Begin by Evaluating**

When faced with a situation where nothing seemed to be going her way, Barb was encouraged to step back, become emotionally detached and evaluate what was going on in her life so she could see those things that **are** or **are not** happening that she thought **should** or **should not** be happening. She needed to fully understand that certain areas in her life were on hold or blocked where she’s hit that “brick wall” without even realizing that the blockage is what she was facing and may have been facing for quite some time.

In Feng Shui, when something is standing in the way of achieving or receiving those things you are striving to accomplish or receive, it is called blocked energy. That blockage could be something physical such as clutter in your surroundings directly correlating to what is stuck. Perhaps you have wanted to change your career path for the last two years but just nothing seems to be coming your way, or maybe it is being blocked. Perhaps you’ve wanted to increase your cash flow or have better personal relationships but no matter what you try, nothing changes or improves.

Figuring out that you are stuck as Barb did, or having just hit a brick wall is the first step in changing the blocked energy you are facing. Once you’ve determined what is stuck it is easier to take action so you can move forward again. Barb was given the following steps to help her and you clear out much of that blocked or stuck energy, experience far less stress and get moving forward again.

### **Clear Blocked Energy to Take Control of Your Life**

- Look at your surroundings – are areas filled with clutter? If your clutter is in the southeast, northwest or north areas of your workspace, office or home your blockage will be in the areas of income, your job, a career path or spiritual issues. If you find clutter, even small amounts, be merciless and get rid of it. Don't just move it - file it, put it away or get rid of it.
- With the clutter removed, energize those areas as follows: use a small wooden container as a money pot placing it in the southeast income area filled with seven one-dollar coins; in the northwest helpful people area place a "success" verse or a motivational teamwork picture framed in silver and in the north career area place a small waterfall, aquarium or picture of moving water. If you are stuck on a spiritual level place something in the north that is purple.
- If your relationships, your marriage, selling your house or an overall feeling of deteriorating abundance and well being is blocked, unclutter the southwest and east areas of your home and office plus the outside of your front door and entrance.
- Energize the southwest relationships area with a bouquet of flowers in varying sizes, shapes and colors or use a collection such as a family of elephants or giraffes; energize the east new growth and new business area with live upward reaching plants or pictures of healthy trees and energize the outside area of your front door and entrance with brightly colored plantings including a wreath on the front door using the same colors. This brings lots of new energy into you home and your life to help shift that which is stuck.
- Check one additional area for clutter in your office and home, the south. Unclutter it and energize good luck and good fortune with something red, a candle or something that symbolizes fire. If you use a candle be sure to light it at least once in a safe container to release the fire energy of the candle and the good luck energy associated with it.

It doesn't matter whether you are dealing with blocked financial and well-being energy like Barb, or you just feel really stuck. You will experience the same discouragement, disappointment and defeat. Recognizing that you have an issue to deal with is the first step in fixing that "stuck" feeling.

The next step is to unclutter and then energize the appropriate areas of your home or workplace. The revitalized energy where the clutter previously resided will shift the stagnant old energy out. The energy enhancements replace the old energy with vital new positive growth energy that is focused on helping you take control of your life while reducing stress and anxiety. They also help you take control of your future making things go your way more often.

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*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*

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