

A Grateful Thanksgiving is Great Feng Shui Energy

By Feng Shui Expert Pat Heydlauff

Thanksgiving is the one holiday per year that seems to be the least commercialized and the most heartfelt. It is *the* holiday where the focus is on family, friends, food and being grateful for what you have. The hustle and bustle of this holiday has a lot less to do with commercialized gift giving and shopping till you drop but rather recognizing and honoring the joy of being together, sharing good food, good company, good times and expressing gratefulness for all of the above.

A great deal of positive energy is created in your life through acknowledging gratitude for all you have, both tangible such as your home, your family, your career and friends; plus the intangible such as freedom to travel where and when you want, to say what is on your mind and to worship where and how you wish. Being grateful is one of the best ways to create the positive Feng Shui energy I write and speak about.

Not only is positive energy created by being grateful for all you have, it is also created by those you share the holiday with. You provide them positive energy and they provide you positive energy. Then, the memories created by such shared events become a reservoir of positive energy you can draw upon when you are feeling down and depressed or simply feeling fatigued and out of sorts.

4 Ways to Create Your Positive Energy Survival Kit

It is one thing to be in the moment and really enjoy the festivities of a holiday such as Thanksgiving. But this abundance of positive energy only occurs once a year. And, it precedes two more holidays where there is often an abundance of really enjoyable positive energy to benefit from in the present and the future. So, what do you do the other 360 plus days of the year?

What you do is learn to store up some of this wonderful Thanksgiving holiday energy of abundance, family, friends and nourishment to draw upon during those days throughout the year that are leaner, less hospitable and perhaps even lonely. Apply some of the following Feng Shui principles to help you maintain the positive energy you will create and enjoy during the Thanksgiving season so you can use it all year long.

1. Take pictures. Yes, I said take pictures, lots of pictures of your holiday feast, family members, guests, friends, food and even the pets. Capture and preserve the essence of all of your holiday joy and positive energy. Then create a collage of 6 to 8 of your favorite pictures. Place the collage in a silver frame and hang it in the northwest area of your family or living room. This will provide you hours of grateful positive energy throughout the year.
2. Light at least one candle in a safe container during your holiday festivities and let the flame burn brightly for a long period of time. If you like fragranced candles, select one that is appropriate for the holiday such as baking spices or cinnamon. Whenever you are in need of the positive energy you have stored in your Survival Kit, burn a candle with the exact same fragrance. You will be transported emotionally to your positive energy reserves through your sense of smell and the visible flame, providing you that much needed energy lift.
3. Maintain an “I am grateful for...” journal. Once Thanksgiving has passed, sit down and reflect upon all the things you are grateful for in your life. Write them into your journal. Add things to your journal on a weekly basis so you have a formidable list as time passes. A gratitude journal is filled with hundreds and hundreds of positive energy thoughts and memories to lift your spirits on a down day.
4. A colorful way to preserve positive holiday energy is to create a huge bouquet of silk flowers. Start with the prettiest vase you have or can afford to buy. For each positive energy holiday thought or memory you have, place one silk flower into your vase. Continue adding to your vase with each new positive thought as the year progresses. Pretty soon you will have a gorgeous bouquet of flowers that will make you smile plus provide you with positive energy every time you look at it. Place that vase in the southeast area of your home to further energize positive relationships which will help you create even more positive energy messages.

Your positive energy Survival Kit will serve to lift up your spirits and encourage you during times that would otherwise be quite difficult for you to process or deal with. Enjoy Thanksgiving just as it is, for a wonderful holiday filled with gratitude, good food

and great positive energy. Savor and enjoy that positive energy all year long through the various Feng Shui tools now available to you in your Positive Energy Survival Kit.

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"Everything you say, think and do matters."

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