

A Gratitude Journal Creates Positive Energy

By Pat Heydlauff

Have you ever had one of those days when just nothing seems to go right? Maybe you get an email from someone and take it completely the wrong way. Or, you're driving down the street minding your own business and someone cuts you off. They seem to be angry with you for just being on the same road at the same time. Even worse, everything you touch, whether it's a potentially great business deal or a relationship at home, is falling apart right before your very eyes.

We all have days like this where nothing seems to go the way we've planned. Or we feel we've come to an impasse because we've had to work incredibly hard to make anything worthwhile happen and when it finally happens it is definitely not what we planned. There's an old saying I use occasionally, "You get exactly what you want or you get what is standing in your way that you need to deal with first." You may ask, is it really that simple. The answer is yes. If things seem to keep falling apart and you don't know why then it is time to step back, take a bird's eye view and try determine if there are some major thought process changes that need to take place in your life.

Perhaps your body is trying to tell you to rest. It will continue to sabotage your very noble efforts until you take notice, pay attention to your health and give your body that much needed and over due rest. Maybe you've surrounded yourself with people that are not supportive of your needs as much as you are of theirs. Eventually that will drain your energy while you are constantly nurturing theirs. There are a number of reasons why things go astray in ones life but when there are many at one time, it is time to take notice and take action.

The best place to begin is with what I call a "Gratitude Journal". Buy a book, an empty journaling book, a spiral bound notebook, even a yellow tablet will do. At the end of every day write in that journal at least five things you were grateful for that happened in your day. If you can't think of anything try simple things like; you woke up in the

morning alive and in a comfortable bed or, the sun is shining and warming your day, or you feel well enough to walk from your bedroom to the kitchen and you have food in your refrigerator to eat. Do you get the picture? You can however write down as many things as you can think of, you are never limited to just five. You will be amazed as to how much better you will feel within just a few days. You will also be astonished at what you will start writing on your list once you get the hang of it. Being grateful for even the smallest of things helps put a lot of issues into perspective. By the way, date each entry so you can see progress.

Then, take a close look at the physical things in your home and office. Is there an overabundance of the metal element in your surroundings? If you spend a lot of time in an office with a lot of electronic equipment, metal furniture, white walls with little or none of the other four Feng Shui energy elements in your surroundings you can be headed toward overload or overwhelm. There needs to be an appropriate balance of all five of the elements in your work space to create calm, new business growth and grounding for good relationships. Too much metal puts you into overdrive. When in overdrive, people tend to live in the “what can be world” instead of “reality”.

If you are surrounded at home with the same high metal energy, it magnifies the hard edge “don’t come near me” attitude by 200%. On the other hand, if your home is excessively earthy, you can have the opposite problem of so little energy that you can’t accomplish anything because you don’t have the internal and external energy or drive to make it happen. If taken to the extreme it can become very depressing. You need balance.

To bring balance to an office or home that is way too high in metal energy add some wood furniture or accessories and several large tall greet plants or small trees in the east area of the entrance and somewhere along the east wall of each office. Repeat this process at home in the family room and bedroom. Add a touch of red to bring in the fire element, some earth tone colors in upholstery or carpeting and the water element in the color dark blue, a lovely water landscape or a water fountain.

If your body and mind need to rest then give them as much rest as possible. Take a look at your surroundings and create balance where there is chaos. And, most important, maintain a daily “Gratitude Journal”. It will feed the mind, nurture the soul and events will become more cohesive. When we are in a state of constant gratitude, life is so much easier to live; it is pleasant and filled with joy.

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Fall Feng Shui classes are scheduled: “Feng Shui Basics, what it is and how to use it”, October 28 and “Feng Shui, the 5 element cycle plus yin and yang to create balance”, November 4. Call 561-799-3443 to register. Pat Heydlauff is a Feng Shui consultant, public speaker, columnist and artist. She has been a Feng Shui specialist consulting with families and businesses since the early 90’s with clients ranging from California and the Midwest to Florida. Her unique artistic style and love for balance and harmony in her life has led her to conceptualize and create numerous Feng Shui presentations along with stunning art work based on the science of energy by design. Her Decorative and Fine Art can be viewed on her website. For Feng Shui consultations, speaking engagements and energy design work in the home or office call her now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

Pat Heydlauff

Speaker, Author, Artist

"Everything you say, think and do matters."

Energy Design

580 Scrubjay Lane

Jupiter, FL 33458

www.energy-by-design.com

561 799-3443 - telephone

561 745-3871 - fax