

An Ancient Concept – A 21st Century Way of Life

By Feng Shui Energy Expert Pat Heydlauff

It's an ancient Chinese philosophy. But it works today as well as it did 3,000 years ago.

In fact, in this chaotic, instant-messaging, frantic world searching for hope, progress and positive change, the principles of Feng Shui probably have more relevance than ever.

Feng Shui is a name given to a particular lifestyle which began in Ancient China that leads to balance, harmony and well-being in your life. Feng Shui however is not a religion, a cult or a band-aid. A modern day name would be *Energy Cultivation* - the use of positive personal energy to create calm and balance in your life while it honors *your* existing beliefs such as your personal religious convictions.

For example, Christian families might have symbols of their religious faith such a cross, pictures and statues of Mary, Jesus, Archangels and numerous saints. These symbols are an important source of positive energy in their homes and are automatically part of the energizing process for such families.

Angels provide wonderful protective and supportive energy in children's bedrooms and in the public rooms of the home. Other religious symbols provide wonderful positive energy placed in the center of the home, in family and living rooms. In those locations they serve as the foundation for the family's values and respect for others.

Jewish families often have a collection of menorahs and a 'mezzuzah' on the doorpost of their home to bless their entering their home. They may have additional 'mezzuzot' on other doors to bless their coming and going from those rooms as well and special foods that are representative of their religious observances. Just as noted above these symbols become part of the energizing process for that family in their home. Feng

Shui supports the creation of positive energy by being inclusive of the existing beliefs, faith and principles already existing in a home.

Energy that Supports You

Feng Shui utilizes positive energy to support you and your beliefs - to revitalize the soul, un-clutter the home, to eliminate negative self-talk and make people more productive (and fulfilled) at home and in the workplace.

It does so by a number of methods. Perhaps the biggest benefit is uncluttering both your physical and emotional worlds, to allow positive energy to enter. Another important aspect is that it helps you balance your surroundings/environment through the use of color, shape, and sound. Then there's the placement of household objects and art.

Your home can be transformed into a peaceful refuge from that frantic world outside, a place where you can find your balance again - a place that flows with positive energy. And when your home feels that way...your mind and body do, as well.

Your workplace will be transformed into space that provides you better focus and more productivity. When your workplace is filled with positive energy it will also be filled with planned intentional success.

The results? You're a calmer, more focused, more productive person. You get more pleasure out of life. You're better-able to determine which things to keep and which to throw out...not only from your closet, but from your life. Your home becomes a place of peace and harmony...a true refuge from the everyday pressures of the outside world. Your workplace becomes a place where preparation and opportunity meet.

You learn to determine what you can control and what you can't. You're better able to live in the Now, instead of worrying about past events that did once happen or possible future events that may never happen.

By getting in touch with your true priorities in life, you eliminate the chaos and stress so calm and peace can enter. When calm and peace have entered, you've created a sanctuary. Once you've created your sanctuary in your personal environment, you learn to nurture yourself and have a better more productive enjoyable life.

Feng Shui is definitely not a religion but supports the religion you observe. Feng Shui truly is a lifestyle that is all about improving your lot in life through the use of positive energy by eliminating clutter, chaos and stress and replacing them with calm, peace and joy while honoring your faith and personal convictions.

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