

Are you recycling old energy

Pat Heydlauff

One of the questions I get asked occasionally is “we loved our new home when we purchased it but somehow we are not happy with it now that we are living in it, what’s wrong?” Others will comment, “I’ve re-upholstered my grandmother’s sofa three times and I still don’t like it any better today than when it was given to me, why?” The answer to both questions is energy. The energy of others lingers in homes and furniture for years and will affect you directly.

In a new home it may be as simple as the energy from a section of the floor plan that is missing such as a diagonal corner in the family room or the contemporary colors of the walls. At first sight, these seem to be charming distinctive features for the home. But, once you’ve lived there for awhile these features create an unbalanced flow of energy which is what you are reacting to. In old furniture handed down from past generations, the energy may be negative for you because of the style or design of the piece. Perhaps you like furniture with gentle curves and the sofa you inherited is square and boxy. Angular furniture creates negative energy for you but softly flowing lines in furniture provides you positive energy.

When choosing a new home or buying new furniture, it matters whether you like certain features, colors and designs. It also matters what type of energy is produced by those features, colors and designs. For example, you may love the new contemporary colors the builder painted on the walls of your new home. They look so modern and different from your old home. It makes you feel like you purchased the model. The only problem is that when you moved in that wonderful dark green is actually a very depressing gray-green and it is everywhere. It is the last color you see when you go to bed at night and the first thing you see when you get up in the morning. It may have looked good upon viewing the home but to live with that very low energy color day in and day out becomes very unbalancing.

In order to determine why you do not love certain pieces of furniture, closely examine them. Observe their color, size, shape plus functionality. Determine whether it is the actual item itself or just a portion of it. If it is the structural shape of the furniture that is creating the negative energy and it cannot be changed, it would be in your best interest to happily part with it and let someone else enjoy it. The same is true if it is simply too big for your room. If it is a cosmetic change that is required such as refinishing or re-upholstery, make those changes promptly. Do not allow negative energy to build in your surroundings one day longer than necessary.

If you believe your home or parts of it are causing negative energy in your life, closely examine it as well. First, try to determine if it is the floor plan itself. Does it have missing areas to allow for a patio, pool or simply a unique area? Each section of your home is directly connected to a specific part of your life such as prosperity, wealth, health, relationships, etc. If one of these areas has been deliberately left vacant so a pool could be placed there an unbalanced energy flow is created in your home. Every area of the home that has not been squared off allows for an energy imbalance. Second, look closely at all the colors surrounding you on the walls, floors and finally in the furniture and decorative accessories. Are the colors uplifting? If not, re-paint those rooms. Are the colors too bright? If yes, tone down some of the colors using softer more peaceful ones.

After such a review of your home and furnishings, you will indeed come up with a list of simple changes that will improve the positive energy flow in your surroundings. The objective is to create a peaceful well balanced home that provides nourishment, rest and relaxation.

To sign up for March Feng Shui classes call 561 799-3443. Pat Heydlauff is the “energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork and home décor gifts featured in her store. For Feng Shui consultations, classes

and energy design work in the home or office call her now at (561) 799-3443 or email her, balancingenergy@bellsouth.net. She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance.” Remember, “Everything you say, think and do matters”

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