

Are You Seeking a Balanced Life Portfolio?

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Do you know people that are on the go 24/7 and seem to have all the energy in the world? They just keep going and going like the Energizer rabbit - symbol for a well know battery manufacturing company. Have you ever noticed that the day eventually does come when they just stop dead in their tracks? It's as if their personal energy portfolio just went bankrupt.

What does your internal portfolio look like? Is your personal energy bottom line in the red or black? While you make sure your investment portfolio is filled with growing stocks and bonds and balanced with other conservative investments, what are you doing to balance your personal energy and your life?

Are you taking care of you?

What does your **self-worth** look like? No, not the financial self, but the personal inside of you self. Have you taken time to invest in you? To determine who you really are and what is important to you?

Are you a workaholic? Are you so busy earning a living that you don't have a life? Do you work out regularly to keep your body physically fit but not nurture your mind, your heart, your soul? Do you use a treadmill consistently to protect your heart but do nothing to nurture it?

How do you turn on a dime? How do you stop bankrupting yourself? Just how do you put an end to your constant need to work and fulfill your obligations - yet find enough time to refresh yourself and nurture your heart to say nothing about doing the same for your spouse and/or family? That is truly **the question** for the 21st Century.

Is a balanced lifestyle important to you?

Should a more balanced lifestyle be your objective? Balance is important in your financial portfolio isn't it? What good is a balanced financial portfolio if your workplace and your home are not balanced and peaceful providing you that all important downtime and peace within?

Balance is all about the quality of the lifestyle you live. Isn't that why you've created a balanced financial portfolio, so you can continue living a certain lifestyle quality long after you've stopped actively pursuing your career? Without equal planning to protect and preserve your personal relationships with family, friends and self, you or they may not be able to enjoy that balanced financial portfolio the way you would like.

Create you own balanced lifestyle portfolio

Before getting started, do a little mental exercise to help you focus. Picture the most relaxing place you've ever been. Go there mentally - right now. If it's near the ocean, feel the breeze, taste the salt in the air and listen to the waves. If it's in the mountains, breathe and smell the fresh crisp air and actively see the beauty around you. Make sure your place is filled with memories of uplifting, positive and supportive energy.

Now that you have mentally placed yourself in the location, how do you feel? Are you more relaxed, is your headache gone? Are you filled for the moment with less stress? Remember this image. It is your relaxing escape scene for use in the future.

Step 1 - create at least two or three relaxing escape scenes that you can mentally travel to in a moments notice – especially when under a great deal of stress. You only need to stay there 30 seconds for it to help. You'll receive maximum benefit however by staying there for at least one full minute – longer if necessary. Use these escape scenes as frequently as needed depending on how stressful the day. It will be extremely helpful if you can also go there for a full minute before you leave your workplace to go home at the end of each day.

Step 2 - on your drive home, check out the radio for traffic conditions only if you must then turn to a music-only channel or put on a CD of your favorite relaxing music. Plan to have at least three choices because different ones will work better on different days. Be sure that the majority of your drive home is peaceful, not road reports and definitely not news or talk radio.

Step 3 - this step is probably the most nurturing and important. The last thing you should think of when going to bed every night is **“my life is balanced and I am at peace”**. Say this to yourself right now **“my life is balanced and I am at peace.”** Write this in your Day Timer. Put it on your calendar as an appointment you need to keep with yourself nightly. Make this part of your nightly rituals. Make it so automatic that your

mind will remind you if you forget to say it; “**my life is balanced and I am at peace**”. An alternative would be “**I am so grateful my life is balanced and peaceful.**”

These three steps are a basic investment that leads to balance in your **self-worth** portfolio. Feng Shui is all about the use of positive energy to bring about positive results, in this case a balanced lifestyle.

When you’ve nurtured your heart and soul enough so your personal portfolio is healthy, you can pass along positive energy to family, friends, co-workers and employees. The result is a happier more productive life for you and everyone you touch.

The direct benefit here is a more balanced self with less stress, living in a more peaceful environment and enjoying a more productive and prosperous life.

Discover the Inner You Painting Class in the Palm Beach County, FL area. Are you looking for something “fun” and “creative” to do this summer? Try “free flow” painting – this spiritual painting class- much like meditation on a canvas - nurtures the heart and nourishes the soul! The class will be held the last four Wednesday evenings in July. You must pre-register and prepay the class to ensure your participation and enjoyment. Register now – space is limited – 3 openings left. Call 561-799-3443 for additional information, a copy of the flier and to register!

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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 personal growth, improved relationships and prosperity. Her forthcoming book, “Feng Shui: So Easy a Child Can Do It,” shows how to achieve a better tomorrow. For information on her consulting, speaking and artwork, visit: www.Energy-by-Design.com or call: 561-799-3443.

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Speaker, Author, Artist
"Everything you say, think and do matters."

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