

Balance in your surroundings comes in many forms ©

Pat Heydlauff

People often ask me “does Yin and Yang have anything to do with Feng Shui”? Or, “can I use something other than the traditional principles of Feng Shui to bring balance and harmony into my surroundings”? Others even tell me that they would like to use Feng Shui but do not want anyone to see something in their home that does not look normal or obvious.

Yes, Yin and Yang have everything to do with Feng Shui. It is the primary principle behind Feng Shui in that equal Yin and Yang mean perfect balance. For example weather that is not too hot and not too cold could be described as perfect Yin and Yang; also not too short and not too tall as in a blind date. Or, not too big and not too small as in a wonderful piece of chocolate cake. It is that equal energy somewhere near the middle that provides you the best positive energy, personal balance, peace and harmony. Yin/Yang balance is the underpinning for our planet earth. Earth and its gravitational pull have the perfect balance within the universe in order for it to remain in a gentle rotation cycle while revolving in its orbit.

You can use Yin and Yang to describe all direct opposites. When it comes to activities you might perform in a day, reading a book, sitting on the beach or listening to peaceful music is very passive and very Yin. If you are swimming, playing tennis or bicycling, you are very active and using Yang energies. When it comes to home furnishings those pieces that are soft, have curves and flowing lines would be considered Yin and those with hard edges, reflective surfaces and are very angular would be Yang. You can even apply this thought process to clothing. If you have a Yang personality and you want to become more Yin you do that by softening your clothing, wearing garments that are soft to the touch, are deeper in value and drape or flow in the wind. If your personality is more Yin and you wish to strengthen your demeanor and become more Yang then wear clothing that is sharp, crisp and is fitted or more structured in nature.

Simply using the principles of Yin and Yang you can go a long way on balancing the energies in your home and in your personal life. And, no one will ever know you are using some Feng Shui techniques to do it. Yang is considered energy from the heavens or the universe and Yin is considered energy from the earth.

Yang can be described as:

- Hotter, faster, stronger, brighter, lighter, more active and aggressive
- Circular, octagonal, square and angular in shape
- Hard, shiny, reflective surfaces, glass, polished marble and stainless steel
- Reds, yellows and oranges
- Male

Yin can be described as:

- Cooler, slower, darker, gentler, paler, softer and more passive
- Thin wavy lines, rectangular and broad oval shapes
- Matt or textured surfaces, natural wood and fabrics
- Blues, greens and purples
- Female

Using a balance of Yin/Yang energies is one of the ways simplest ways of doing Feng Shui in your home. If you have a lot of light colored tile on your floors it is very Yang and needs to be balanced with Yin furniture or decorative accessories that are darker and softer. If the walls in your rooms are all quite dark they are very Yin and need to be balanced with lighter colored furnishing. Too much Yang in a room will be exciting but eventually can create aggressive, angry thinking. Too much Yin in a room will be peaceful, maybe even boring but eventually could be depressing. By simply evaluating the rooms in your home based upon a few of the characteristics mentioned above you can create a wonderful balance and sense of well being.

To sign up for May Feng Shui classes on either Yin/Yang and the Five Elements or the Basics of Feng Shui 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”

Pat Heydlauff

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

Energy Design

1201 US Hwy. 1, Ste. 31
North Palm Beach, FL 33408

561 799-3443 - telephone
561 799-3360 - fax