

## **Calm the Crisis Frenzy...Take Action**

“Recent economic hard times have swept millions of people from the positive to the negative side of the stream. These millions are struggling, some of them in desperation and fear, to get back to the positive side of the stream.”

This quote seems to describe very well the feelings sweeping across the country today. In fact it is so accurate one would think it was the lead story in the morning paper. This statement was actually written by Napoleon Hill in 1937 and is found in his famous book *Think and Grow Rich*.

If one were to study US history and travel further back to its beginning, this same statement could have also been written about the conditions the forefathers of the nation found themselves in 1776; conditions that led to a declaration of freedom from the British Empire. Over taxation, bank and home foreclosures were as rampant then as today.

By now you might be thinking “so, what does this have to do with me? I can’t find a job, sell my house or pay my bills.” Others of you might be really lucky and have made a lot of right decisions in your life so you are protected but your savings and investments for your retirement have all but evaporated and you’re thinking “I’m too old to go back to work and I don’t know how I’m going to pay for my medical costs in the years ahead.”

### **You’re Not Alone**

The good news is that you are not alone; there are truly millions of people working their way through the same problems you are facing. The even better news is that history repeats itself. In each of the really difficult history time frames noted above; this nation and its resourceful resilient people have rebounded bigger and better far surpassing the negativity of the crisis to once again thrive.

Our ancestors made it through crisis after crises because they had core values they believed in, were very determined to make it and were filled with hope. Some of their thinking is below. It shaped the direction of their future while surviving the present.

**Hold onto hope.** Our country is built on the premise of hope. Immigrants have flocked to this nation because of the flame of hope burns strongly. A nation built on the freedom of choice and the right of pursuit of a good life is a nation that nurtures hope. Keep the flame of hope burning strongly by being grateful for being lucky enough to be one of the 6.7 billion people on the planet that lives in a free society where you have and can make choices.

**Believe in yourself.** You need to be your strongest cheerleader. You know you can accomplish anything if you put your mind to it. You’ve done it before and you will do it again. Yes, even in a down economy, you know you will come out of these difficult times with your feet planted on solid ground. Believe you can and you will.

**Believe in history.** Our nation has successfully come through two extremely difficult growing periods in our short two hundred plus years of history; a revolution and a civil war and we made it through both. What we are experiencing now is nowhere near as catastrophic even though the doom and gloom purveyors would like to have you think differently. History has a tendency to repeat itself and it appears we are in another cycle of our history lesson. Making a difference in your home and your community to help others will also help you and the country survive the current crisis.

### **Break the Cycle – Take Action**

While you are working on believing in yourself and fanning your flames of hope, use some pro-active Feng Shui principles to help you create and attract that future you are seeking.

1. Focus energy on what you want right now. If you are constantly focusing on everything that is going wrong or what you don't have such as a job or not enough money, you are further energizing no job or not having enough money. In difficult times it is very important that you are very clear on what it is you want and then to stay focused on it. For example, if it is a job you want, focus every ounce of your energy on getting a job, not what kind of job or where but a job that will fill your immediate financial needs. Do not put a company name, position or title on the job, just focus on being employed and receiving the amount of money you need in exchange for your knowledge and work experience. Place a small rock next to your computer or phone to remind you to stay focused and keep you grounded.
2. Unclutter both your thinking and your home so you can remain focused on the important things rather than be distracted by all the "stuff" in your surroundings and your negative thoughts. Clutter in your surroundings and in your mind is like constipation. You need to get rid of the old before something new can enter. Get rid of the words "I'll try" from your vocabulary along with can't won't and all the other negative words. They are standing in your way. Replace them with "I am one step closer to achieving my goal." Get rid of the clutter and stuff in your home to make room for new energy that will help you focus on your immediate needs.
3. Align your thinking with your actions. If you need a job and you keep thinking about getting a job, take action. Spend six hours a day if necessary on the phone and the computer looking. Timing is everything. If you are worried about your investments running rampant like an endless roller coaster, stop looking at your portfolio on a daily basis. It is out of your control and history shows it will get better. If the doom and gloom on the news is creating a mini crisis for you nightly, watch only the basics on the news and then move on to more pleasant things. When you learn to align your thinking and actions it is much easier to deal with a crisis.

Holding onto hope and believing in yourself will take you a long way on making it through any crisis. Focusing energy on what is important, un-cluttering your thinking and surroundings and then aligning your thinking and actions will remove much of the stress created by a crisis and help you find workable short term and perhaps even long term solutions.

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*Pat Heydlauff, president of Energy Design, helps people eliminate chaos and stress at home and within oneself. As a consultant and speaker, Pat uses color, design and organization principles to transform clients' lives. Her proven methods remove clutter and disorder, while enhancing personal growth, improved relationships, prosperity, and joy. Her new book, "Feng Shui: So Easy a Child Can Do It," provides changes that lead to personal success and abundance. For information on her consulting, speaking and artwork, visit: [www.Energy-by-Design.com](http://www.Energy-by-Design.com) or call: 561-799-3443.*

