

# **Can't Focus or Get Anything Done...A Solution that Works**

**By Pat Heydlauff, Feng Shui Expert**

According to Mac Anderson Founder, Simple Truths, a few years ago a health study determined there are three main reasons people can't cope in life:

1. They live in the past.
2. They have a low self-esteem.
3. They can't laugh at themselves.

All three of these can be important when you cannot focus and are unmotivated. Moreover, if one of them fits, you need to take appropriate action. But if you have carefully checked all three of these out and none of them fit you – then what?

Pam is a very determined businessperson who works from her home office. She recently relocated so her office was in new space of her choosing filled with positive energy. Nevertheless Pam was stuck, always on edge, not able to focus and definitely unmotivated. She was so unmotivated that she was falling behind on her work and didn't even want to sit behind her desk.

## **She Needed to Change**

Albert Einstein once said, "Insanity is doing the same thing over and over again and expecting different results." Pam realized she needed to change something but what. She agonized over what went wrong and did a good job of playing the self-blame game. She remained unsettled, anxious and completely avoided her workspace, falling further behind. She said, "I feel like I'm crawling on the ceiling and can't get down. Everything seems out of balance."

Pam was encouraged to reflect on her workspace, take into consideration Feng Shui principles and how they apply to the location of her desk. Pam believed in the flow of positive energy and Feng Shui principles so she got busy trying to solve her problem and fix her unsettled nerves.

## **The Solution**

Upon further evaluation, it was determined that the following problems existed.

1. Her desk faced the wall with her back toward everything and as she sat at her desk, all of her personal energy was falling right out of the workspace into the remainder of the house, taking her right with it.
2. In this position, her chair was placed so she did not have a commanding view of her space and the doors leading into her space.
3. Plus she had her income and new business energy plant flowing away from her taking her desire to work and create new business right with it.

All of this created chaos in the energy surrounding her workspace causing her to struggle with focusing and totally stopped her progress. The following corrections were made.

1. The desk was turned perpendicular to the wall giving her ample space to walk around it and for the proper placement of her chair. This step gave definition and control to her workspace.
2. Her chair was placed in the corner behind her desk providing her full view of the entire room and entrances. This is the position of power and control. She was not only in control of her workspace but also in command of everything within view allowing her to focus and concentrate.
3. The plant was moved into the corner behind her chair providing her a constant flow of new business and income energy.

The shift in energy was immediate; her workspace was back in balance. Pam said, "I felt relaxed, grounded and settled for the first time since my relocation and I love sitting and working at my desk." She did some additional uncluttering on her desk to help her concentrate and has settled right into a calm routine, focuses on the work at hand and is motivated.

The power of the flow of energy and the placement of furniture should not be underestimated. This Feng Shui principle can be applied to all rooms and the placement of all furniture. To see the before and after pictures click here: <http://www.energy-by-design.com/ArticlePhotos.html> .

© Pat Heydlauff, all rights reserved 2010

### **ABOUT THE AUTHOR**

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 book, "Feng Shui: So Easy a Child Can Do It," shows how small changes can lead to a big improvement in one's personal and professional success. 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.