

Change is a good thing

Pat Heydlauff

A new year is often about change. Change for the better is always welcomed news and filled with good positive energy. Change for the worse however is often dreaded because it carries with it negative energy. Change can be wanted and hoped for. Change is sometimes a huge surprise in life. Change however is the only thing that is guaranteed in life.

All you have to do is look around and you'll see change everywhere. No two days are alike. The seasons change regularly. The weather is never the same. There is less daylight at certain times of the year and more daylight at other times. Nature changes its patterns and schedule of events daily, sometimes even moment by moment. You cannot possibly have any control over these types of change. All you can do is learn to go with the flow and allow nature to take its course.

However, there are large numbers of changes that occur regularly in your life that are completely within your control. These are the types of changes that you want to take extra care with and be in full control of. For example, downsizing or upsizing your home would be a major change and takes a great deal of planning. Or, the purchase of a new car or a major appliance likewise is a significant change in your life that requires time to research the purchase, shop for it and finally decide to make the purchase and have it delivered or drive it home.

The smaller types of changes that sneak up on you and take you by surprise are the changes that can be great in your life or a complete disaster. In Feng Shui change is a really good thing when properly planned for and expected. This type of change provides you really good uplifting or satisfying energy. These changes can include everything from going on a diet to trying a new restaurant; or, taking up a sport that you've never played before like golf or getting a massage. Deliberately planning change in your life

energizes and invigorates you. Feng Shui after all is the use of positive energy to bring about positive change or desired results in your life.

You need to be in control of yourself and your surroundings in order to eliminate the many dreaded surprises of change or the changes you do not wish to have occur. One of the best ways to be in control is to create a plan for the new year of all the positive changes you'd like to make. Begin by getting a small notebook. Create two columns on the first several pages. Add pages as necessary. Label the left columns "Desired change" and the right columns "Accomplished by". Then begin writing. Start by putting everything you wish to positively change in your life and surrounding in the left column. The first time you do this simply write as many things as you can think of as quickly as possible. You will be surprised at some of the things you may have wanted to change for years but just never got around to it.

A day or two later, re-read your list to see if you've missed something. Then in the right column assign each item in the left column a date by which you'd like to accomplish your change. For example, if one of your changes is that you want to lose weight, write next to it a reasonable length of time in which you hope to accomplish that change. If you've wanted to re-paint the living room and re-upholster your Grandmother's old sofa that you love, write the desired date of accomplishment to its right. Every time you think about something you wish to change in your life or your surroundings, immediately list it in the left column of your notebook and then give it a completion date.

By creating a little log or journal of the positive changes you'd like to make in your life you will be energizing those changes and will be amazed at the ease with which you will accomplish them. This is an ongoing process of both review for accomplishment and the addition of new items. If you find that several of the changes have not been completed by the assigned date, then you need to re-evaluate the importance of those changes. Are they really that important for you to accomplish, if yes, why haven't you done so? If they really aren't that important to you, then perhaps they should come off your list or the accomplishment date should be moved significantly further out.

The process of planning for positive change, new things and events in your life is very healthy, motivating and energizing. That puts you in control of yourself and your future. This type of change is very good and desirable. The more planned changes that occur in your life the happier and more balance your life will become.

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Feng Shui classes begin in January 28; call 561 799-3443 to register. 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 is available for speaking presentations on Feng Shui and “Energy by Design”. In store mini lectures are free to organizations and associations.

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

www.energy-by-design.com

561 799-3443 - telephone

561 799-3360 - fax