

Change Your Thinking – Change the Results

By Pat Heydlauff

Have you ever noticed co-workers, friends, even your spouse constantly complain about how bad things are or complain about just “stuff?” According to a co-worker, it’s always the boss creating problems in an overworked, under-appreciated environment. Maybe your best friend is in a bad place in her marriage and it is always his fault. Or maybe, you’re having issues with one of your children.

What has happened to responsibility for self and taking control of your world including changing if necessary? The way to stop complaining is to deal with the issue so you can change the results.

While many people think of Feng Shui as just an art form in the placement of objects and things in your surroundings, it is so much more. It is about bringing peace and harmony into your life which means you also need to balance and align your thinking with your external surroundings and internal goals. Feng Shui is a tool to help you change your thinking so you can change your results.

Begin by Observing

If you keep complaining about the same problem or issues and don’t do something to make them better, the result will always be the same – no change – and continued complaints. First and foremost become aware of the fact that you are always complaining about the same issues. The same issues may show up in your life camouflaged in different circumstances and with different people – but they are still the same issues. You cannot change anything unless you are aware of the fact that you are stuck.

Once you’ve observed first hand what issue(s) are a constantly repeating in your life like a revolving door – then and only then can you do something about it. Perhaps you will decide you really do not want to change. If that is the case you are at least in-control and will complain much less.

Change the Results

In the case of the co-worker, after observing over a period of time, he noticed that the only time he really complained a lot was when he worked extra hours under very

stressful time constraints. While he would like to have more appreciation for a job well done and recognition for the extra effort, just realizing his complaints were centered around a situation of being overly tired and under a lot of stress helped him change his attitude, not his boss and not his job.

The young wife and mother of a nine year old struggling to be a good mother, while going through a really rough spot in her marriage, was already aware of why she was complaining. She chose to embrace many Feng Shui principles to shift the energy in her home first to balance and maintain a healthy flow and then to focus positive energy on areas such as relationships and creating a new and better home life. While the story is still out on the future of the marriage – she has stopped complaining. And, by shifting energy in her home she is back in-control of her life with a wholesome fresh positive outlook.

In the example of the Mother/child relationship, the Mother has been aware for quite some time that what she is doing is not working. In this case, the Mother is taking a very close look at just what is going on in the relationship that is not working and how to go about changing – *not trying to further change the child but the way she looks at and deals with the child*. This child is not the same as other children she knows so the same tools and techniques will not work with this child.

The one thing this Mother is working on is to shift the energy in the child's room by changing the child's bed, placing the new bed as far away from the door as possible and creating a Vision Board that reflects not only the good things the child has accomplished in the past - but what the child wants to do in the future – both immediate and long term. In this case Feng Shui principles will help shift the energy in the child's room to supportive – and in the Mother's life. She is the one that needs to change first so she can be in-control.

Observation and reflection are the two best tools when trying to understand what is behind constantly complained about issues. Determining whether it is an issue that you should and can change is a big step. Not all issues can be changed - or should be changed – or are in your control to be changed. Knowing the difference is important.

However, the only way you can change the result is to change you – change your thinking and shift the energy around you and the issue. This is where you use Feng Shui

principles as a tool to help you shift the energy in your thinking and surroundings to support your desire for new and better results – so you can enjoy life more.

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