

## **Choose to Thrive not Nosedive in 2009**

By Pat Heydlauff, Feng Shui Expert

Even though the 6:00 news preaches doom and gloom daily, you don't have to buy into it. There are millions of people in our country that get up and go to work, find new jobs, buy homes, start a family or start new relationships every day of the week. They do not succumb to the prevailing negative attitude espoused by those who would have you believe only *they* can make it better.

Yes, you may have to work a lot harder to find a new or better job. Yes, you may have to change your appearance and thinking to begin a new relationship or fit into a new employment situation or to deal with all of the changes and challenges facing you. But you can do it by taking control first of your thinking, then your actions and surroundings so you can create the future you want in 2009.

### **Change Your Thinking**

Because we live in extraordinary times, ordinary thinking no longer works. Shift your thoughts to the unusual, unexpected and uncommon. If you are looking for a job and your usual process is to email your resume and it's not working, call the firm or deliver it in person. You might land a brief in-person interview. Post your profile information on free networking sites for the business community like LinkedIn.com where recruiters regularly look to find qualified people.

If you are seeking a new relationship or a better relationship with your spouse, evaluate carefully what is important in a relationship. Perhaps it is your outlook and expectations that need to change first before you can focus energy on your desires.

It's important to remember that what you focus energy on is what you will get. Everything you currently have in your life is the direct result of the seeds you've planted over the last several years of your life. If you plant the seeds of doom and gloom in your life that is what you will reap. If you plant the seeds of a good job, more income and better relationships that is what you will reap. If you change your thinking you will change your results.

### **Take Action**

It's one thing to think about creating a better tomorrow but for many it's another thing to do something about it. Nothing will change from the way it is today if you don't act upon your new thoughts. Once you've decided exactly what you want to create in 2009, focus all of your energy on it and make it happen. Engage all of your senses into creating a plan and then act upon your plan to create your future. This puts you in control of tomorrow not the 6:00 predictors of doom and gloom.

It is important to engage your feelings as well as your senses in this process to assist you in creating your objective. Feel the emotions of accomplishment now to help you reach your goal. Visualize it, hear it, smell it. Get a very clear picture of the end result and your subconscious mind will get to work with your conscious mind to help you create it.

Then take action. If it means making 20 phone calls per day then do it. If it means joining some social organization to meet new people, stop talking about it, do it. If it

means getting a job through a temp agency so you can find a new job, do it. No idea whether large or small is of any value unless acted upon.

### **Create Supportive Surroundings**

Surround yourself with nurturing and encouraging energy especially when times are financially stressful. There are a number of ways which can help you get through the difficult times while uplifting your spirits to carry on. Follow the Feng Shui principles below to help you take control of your future.

- Paint the walls in your home warmer colors in the earth tones family – get rid of the high energy unfriendly cold whites. Peach and salmon are coming back because they nurture relationships, family life and security. Aqua is also coming back because it provides the feeling of a day at the beach with no worries. If you cannot paint the walls or are on a limited budget, use a few accents in these colors such as throws, pillows and pictures to shift your energy.
- Use candles abundantly in safe containers throughout your home. They provide soft lighting more reminiscent of calmer and safer times. Even articles from your childhood or that of your parents can be placed with the candles to add warmth and the feeling of safety or comfort. Forget the binge eating of comfort foods – candles work great to provide you nurturing energy.
- Create an intentions board out of a simple bulletin board with push pins. Stick onto it pictures, symbols or words of everything you want to create in 2009. If you want to buy a house, stick a picture of a house on it. If you need income, put a \$ sign up, maybe even the amount you want to receive. If you want a new or improved relationship, place something there that represents what you want in your future. Hang this board where you will see it morning, noon and night to remind you to stay focused on your objectives and to provide you supportive energy.

By choosing to thrive and not take a nosedive in 2009 you have already placed into action the thought process of taking control of and creating your future. Change your thinking as necessary; don't get locked into the old ways of doing things. Make a plan then take action. Finally protect yourself by creating supportive nurturing energy in your surrounding.

You will be in control of your future, create what you want so you can thrive in 2009, not succumb to the doom and gloom of the news cycles.

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*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.*