

Create Positive Energy when Remodeling

By Feng Shui Expert Pat Heydlauff

Are you contemplating or in various stages of remodeling, restoring or refurbishing your home? Would you like to remodel but find just the thought of it is overwhelming? Are there specific things you wish to accomplish besides laying new flooring and new counter tops such as creating a balanced flow of positive energy throughout so no room collects stagnant energy?

When remodeling you are less likely to be moving walls and bathrooms but rather modernizing, updating and replacing things that are either worn out, don't work or dislike. Just the mere act of cleaning up, fixing up and modernizing is creating great energy for you and your home. By getting rid of the old and replacing it with new things you love, you are surrounding yourself with supportive nurturing energy.

Keep Energy Flowing

As you are making your plans and mapping out every little detail, be sure to keep in mind the flow of energy throughout your home. That is how you energize the various areas of your home to ensure wealth, good health, prosperity and abundance. When energy gets stuck in corners, the back bedroom or a dark breakfast nook, it becomes stagnant and prevents new healthy and prosperous energy from circulating and staying long enough so you can receive its benefits.

Based on Feng Shui principles, there are a few remodeling pitfalls you will want to be sure to avoid if possible.

AVOID seeing the kitchen first thing upon entering your home or easily from the front door. It is the heart of your home to be guarded from energy rushing right through, taking your abundance away right with it. Also, if the kitchen is the first thing you see upon entering your home and the last thing you see upon leaving it, you will always be craving food which can be bad energy for your diet. Try maintaining some type of divider between the kitchen and the front door even if it is a half wall or a grouping of lovely tall plants and silk trees.

AVOID placement of a bathroom right in the middle of your home or very near the front door. Not only will the energy entering your home rush right into the bathroom

but it will go right down the drain taking your prosperity and good luck right with it. If this is a current problem, see if you can relocate the bathroom door so it faces a direction other than the front door or kitchen. If that is not possible, always keep that door closed, the toilet seat down and the sink drain closed so the good energy will meander throughout the house and help create abundance and prosperity.

AVOID dark areas anywhere in your house. It doesn't matter whether it is a dark long hallway, a small dark back entry from a garage, a stairwell or even a room with little or no natural light; make sure there is always light moving through those areas. Paint the walls a very light color. Add overhead lighting that is controlled by a wall switch or place a lamp in those areas on a timer so the light automatically turns on at dusk and off at a predetermined time later in the evening. The added lighting not only ensures energy will move properly through those areas but will also provide you safety when walking through those areas.

AVOID placing electronic equipment into bedrooms. When remodeling, make room for televisions, computers, etc. in the public areas of your home such as living, family or great rooms. Keep all that energy away from you so you can rest at night. If you are a late night show television person, place the television in a wardrobe or cabinet so it can be behind doors when not in use and sleeping. But, be sure to close those doors when the lights go out.

AVOID completely tearing up all of the areas of your home at the same time. Stage your remodeling, restoring and refurbishing into various projects and tackle them one or two at a time. Always maintain at least one room that is not torn up so you can retreat to it and enjoy total silence and calm with no chaos surrounding you. This is the most important step that most people overlook. You will not feel so overwhelmed if you tackle your remodeling in sections or by projects.

Remodeling should bring you joy and lots of new energy to help you create prosperity and abundance along with all of the other good things you deserve in life. By planning ahead and not trying to do too much at one time you will not only be much happier with the results but also much calmer during the process.

Is Feng Shui still a mystery? Are you wanting to use it but not quite sure where to begin? Try our booklet, *Demystifying Feng Shui, It Really Works!* To order, call 561-799-3443 or email Pat. All ten booklets are also available by downloading it from the website www.thechaosbusters.com. Pat Heydlauff, Feng Shui expert is a consultant, public speaker, columnist and spiritual artist. She has been consulting with families and businesses since the early 1990's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations in the home and workplace or for self, speaking engagements and in-depth organizational seminars, call Pat now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

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"Everything you say, think and do matters."

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