

# Do you really love your home

Pat Heydlauff

When you visit a friend's home do you think "I love it here, I could just move in and live here forever?" Or, do you wish you could leave instantly and wonder "how can anyone live in that place"? Do certain restaurants make you feel welcome so you can enjoy a leisurely meal and others leave you considering "where is the nearest exit?" The same is true for clothing stores, banks, investment offices, doctor's offices and grocery stores. Some make you feel welcome; others make you want to leave as soon as possible. What you are responding to is the energy of each of these locations.

More often than not, the energy is created in each building, restaurant or store by the use of colors, sound and lines. Soft colors, pleasant low sounds of music and gently curving lines created by the furnishings or equipment create a serene or peaceful atmosphere that makes you want "to sit and stay awhile." On the other hand, a busy restaurant that is loud has a bright colored décor and uses very straight almost uncomfortable chairs to seat you is creating the atmosphere of "enjoy the food but don't linger too long so we can turn the table and seat more dinner guests." You will notice that doctor's offices definitely use both soft colors and pleasant music to help patients relax in what is often a stressful setting.

Every technique used in offices and public buildings can and should be applied to your home. Most people really want a peaceful, reasonably quiet atmosphere at home that provides balance in their lives. Home is our only sanctuary from the outside world of cubicles, rushing traffic, noise pollution and cement cities. Home is the place where we should nourish our bodies and rest so we can begin another busy day. It is also often the place for festivities where we gather to celebrate birthdays, holidays and friendship. For some of us, it is even our place of work.

Blending home and work can be a bit challenging, especially if you do not have a dedicated room for work. If computers and equipment share the same room as you sleep in your subconscious mind will have a constant struggle with whether it should concentrate on sleeping or working. The same holds true if you have stacks of books and magazines in your bedroom. The mind just keeps going and going as it is constantly reminded of things left undone and you get no rest.

In order to maintain balance in your home and the most peaceful atmosphere possible here are a few guidelines that really work.

- Paint bedroom walls soft pastel colors
- Energize living areas such as family rooms and kitchens with slightly brighter colors on the walls or in the accessories like pillows, containers, area rugs, etc.
- Cool down south facing rooms having large windows with colors like soft blues and greens (think of the ocean and its refreshing coolness)
- Warm up north facing rooms with colors like soft yellows, pinks and earth tones (think of our gorgeous sunsets painted in pastel colors)
- If you must use computers in bedrooms, cover them at night
- If you must have a television in a bedroom, keep it behind closed doors once the lights go off

Loving your home has everything to do with the energy you have created through the colors you've chosen for walls, furniture and accessories, the music you play and the placement of your electronic equipment. A few simple adjustments made with a paint brush and changing the location or the covering of electronic equipment can make the difference between just liking your home and loving it.

To sign up for March Feng Shui classes call 561 799-3443. 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](mailto:balancingenergy@bellsouth.net). She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”. Remember, “Everything you say, think and do matters”

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"Everything you say, think and do matters."

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