

Eliminate Chaos to Enjoy Life More

By Feng Shui Expert Pat Heydlauff

Does chaos control your life? Do you feel like you are working twice as hard and accomplishing less? Are your surroundings screaming at you “do something” but you are not sure what? Is your life a stress filled week packed into a 24 hour day?

Living in the state of chaos all of the time is extremely difficult to cope with.

When you are in constant chaos especially at home, life is nearly impossible and has significant negative consequences. The resulting impact on your life from constant chaos shows up as stress which in turn leads to many forms of physical discomfort such as headaches, muscles aches, a grumpy attitude and even more serious illnesses when no relief is in sight.

Chaos Calming Techniques

When the chaos in your life comes from things such as remodeling a home or office, a family illness, constantly being on the go with no time to take a deep breath or to settle into a new home, performance pressure at work or family upheaval, you need to take some serious steps to prevent a total burnout. Any one of these by itself is a major stressor; but when you put more than one together they become overwhelming. There are many techniques that will help calm some of your chaos but prevention and control of what is causing your chaos is at the top of your list.

First, pay attention to your thinking. Make a real effort to stay mentally in the current moment. If you let your mind wander to the past when you are under a lot of stress you will focus on everything that went wrong, missed opportunities and amplify the “poor me” attitude. If you let your mind wander into the future you will worry even more about all of the potential chaos that could come your way and what could go wrong, increasing the negative already stress filled energy.

Anytime your mind wants to wander, simply remind it that you are in charge and you are focusing only on the moment. By focusing on the moment you will no longer be at the mercy of your chaotic surroundings and will be in better control of your life.

Second, control what is happening to you personally. Limit foods and beverages that will cause the jitters such as caffeinated drinks, foods that are high in sugars, alcohol and anything that has little or no nutritional value. These items only add to the chaos in your personal environment while you continue to deplete much needed nutrients that will help you stay calm and physically strong.

At the same time, wear calming colors when you get dressed each day. A lot of blue, green and earth tone colors will serve you well and help calm your external plus internal chaos. Avoid reds and oranges completely as they are known to raise both your temper and blood pressure. To further calm your chaos take a short break every two hours and walk outside where there is a lot of green and blue in the natural environment. Take deep breaths of fresh air, it will clear your mind and help you stay focused.

Third, try to prevent chaos from entering your life in the first place. If you are

going to remodel your home, stage it so you always have one or two rooms you can go to that are not torn up. Insist that your builder abide by your rules, not theirs. If there is a medical issue in the family, take action and get it taken care of. Just because it may not be your medical problem, family medical issues create much stress for all family members. Plan ahead so you are prepared with a number of options when things go wrong.

You will feel more in control because you have pre-planned options to take care of the inevitable last minute often minor but sometimes major changes that do occur or things that don't go the way they were supposed to go.

Staying in control of self and your surroundings is the best way to eliminate chaos from your life. Once chaos sets in that means you are out of control; the chaos controls you and determines just how much stress you will experience. It is much harder to get back in control at this point which is why it is so important to prevent chaos right from the beginning.

Chaos whether in your personal environment, your home or where you work, if left unchecked, will wreck havoc with your emotions and physical wellbeing plus become a huge stress factor.

Create a mental thought process that allows you to focus on the moment so negative energy from the past or the future cannot enter. Treat your body with kid gloves by controlling your food and beverage intake as well as wearing calm colored clothing to sooth your jangled nerves. Also, get some fresh air and breathe deeply. And, if possible try preventing as much chaos as possible before it has time to set up camp in your world. Calm your chaos so you can have a stress free more enjoyable life.

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The 10 booklet series, Feng Shui, try it, it really works! has arrived and is available for ordering by calling 561-799-3443 or emailing Pat, or downloading by visiting her website. 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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