

Energize Now to Ensure “Warm Fuzzies” during the Holidays

By Pat Heydlauff

When it comes to creating holiday memories filled with positive energy and those warm fuzzy feelings, you need to plan ahead. We get so wrapped up in our daily lives with meetings, health issues, “must do lists”, children’s or grandchildren’s activities that we totally lose track of time and the passage of the seasons. Then, we find ourselves constantly behind, frustrated and dreading the season instead of looking forward to every joy filled moment.

If you would like to create a memorable joyous holiday season this year, **“begin now”!** I’m not talking necessarily about the shopping and the food preparation although even those projects should be on your long “to do” list. I’m talking about the short list that you can and should take care of now so you can eliminate all negative energy producers that create a feeling of overwhelm and distracts you from all the reasons you celebrate the holidays.

Begin with the most common of negative or stagnant energy distracters, clutter. No matter how hard you try, clutter seems to collect everywhere. In my house the kitchen counter is a constant dropping off area for “stuff”. I keep a daily vigil to make sure it is cleared off and clean at days end. It is a never ending chore. The same holds true for my closet. There is always laundry to be done, clothes to be mended and items to be put aside for donating. Yet the closet can get away from you in an instant if you do not keep up the daily laundry and maintenance chores. Then, if you purchase new things, where do you put them? My personal rule is “something new comes in, something old goes out.”

Magazines, newspapers, books and an endless barrage printed material we receive in our mailboxes seem to be another source of clutter collecting stagnant energy in our homes. If you happen to be young parents, toys and children’s’ clothing quickly become another clutter issue. Just what do you do with all those clothes and toys they so rapidly grow out of in their early years?

In the world of Feng Shui, clutter is truly Enemy No. 1. Every place you have “stuff” or clutter stashed (be sure to check under your bed), stagnant energy collects. If the clutter is in your health area, it will affect someone’s well being in the family. If it is in the area of relationships, you will find a relationship (one or more) that seems to be slipping away or changing into something less than desirable. Everything has energy and it either affects you positively or negatively. Therefore it is important to remove as many things as possible from your surroundings that are filled with stagnant or negative energy.

I always recommend to my clients “begin in your clothes closet because that is your personal energy”. My rule of thumb is “if it doesn’t fit, look great on you or make you feel like a million dollars, get rid of it”. It is that simple. You are better off with several really good looking outfits than a whole closet filled with mediocre clothes. If you do not feel great wearing an outfit then **get rid of it** – it is no longer providing you supportive positive energy.

The next place to tackle is the kitchen. The same theory holds true as in the closet area. If something is cracked, chipped or not longer used, get rid of it. Do you really need a whole collection of knives if you only regularly use two to four? Do you need a cake flour sifter if you never bake cakes? Donate those things that are taking up valuable cupboard space to charity so someone else can put them to good use.

Proceed through each room of the house including the children’s bedrooms and fill boxes full with useable items, then donate them to charity. Get rid of them so you can have fresh new energy enter your home while providing others a source of new energy through the things that no longer serve you well. The garage should also be high on the list of areas to de-clutter. Somehow it is the first place we stash “stuff” and the last place we think to clean out. More often than not, it is also the last place we see when we leave our homes and the first place we see upon our return. Is that the image you want to remember every time you leave or enter your home?

It really is this simple. The less clutter you have to take care of the more positive energy you have in your surroundings. You will also have more time to do those things that are really important such as plan a truly memorable holiday season you can thoroughly enjoy with your family and friends. Remember, if something is no longer functional or provides you positive energy “get rid of it”.

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Fall Feng Shui class schedule: “Feng Shui Basics, what it is and how to use it”, October 28 and “Feng Shui, the 5 element cycle plus yin and yang create balance”, November 4. Call 561-799-3443 to register. Pat Heydlauff is a Feng Shui consultant, public speaker, columnist and artist. She has been a Feng Shui specialist consulting with families and businesses since the early 90’s with clients ranging from California and the Midwest to Florida. For Feng Shui consultations, speaking engagements and energy design work in the home, office or for self, 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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