

Feng Shui: a Journey that Helps You Create Your Future

Feng Shui does not have to be a mystery or confusing and complicated. It is all about the flow energy or the flow of focus in your life. It is not a religious philosophy or a magic potion. It's about the same energy described in Einstein's formula $E=mc^2$.

Even more than that, **Feng Shui is a life journey** – a journey where you create surroundings physically and thinking mentally to support you in creating the future life you want. When you surround yourself with the best flow of energy possible through things, people and positive thoughts, you focus on and attract that which you desire.

Feng Shui is not a bandage for fixing little things along the way but a journey that is focused, clutter free and filled with positive energy. "Feng Shui is deliberately choosing to surround self with a flow of positive energy focus and thinking to bring about your desired results".

There is always one simple way to begin, unclutter all of your surroundings, whether at home or at work and unclutter your thinking. **Rear view mirror thinking and focus never works** in creating a better tomorrow nor does rear view mirror leadership. The only way it can work is if you create a visual of the future you want to create one to five years out and then work backwards developing a plan to accomplish it.

Create open space so energy can flow freely. You will discover that there areas where you are hoarding clutter which will coincide with events that continue to be issues you are dealing with in your life. Those areas could be physical and in your bedroom, kitchen or by your front door – or they could be mental and you need to let go of the old ways of doing things.

Is your clutter located in your health area and do you find yourself putting on weight, constantly have aches and pains, losing weight is difficult or you are always tired and simply not feeling well. Is your helpful people/travel area stacked full of stuff so you are finding it difficult to find a new job, referrals, keep clients happy or travels plans keep falling apart. Clutter takes the place of good energy and instead of energizing exactly what you need in life you are energizing the clutter.

Feng Shui is about the flow of energy and the flow of your focus.

Take care of the physical areas in your home that need to be uncluttered and unclutter them so stagnant energy does create a barricade to prosperity and abundance. If there are areas of your thinking that need to be uncluttered, let go of those things that cause you anxiety and stress so you can create a better tomorrow.

While it may seem to be more difficult to get rid of the negative thinking and clutter from the past, it really is no different than eliminating the physical clutter in your surroundings. Use a tablet or notebook and start writing all of the things down that are keeping you awake at night, causing you stress or are on your list of "would haves" "could haves" "what ifs" and "it's someone else's fault." Write until your arm goes numb if that's what it takes. Then take your list and shred it so you can stop looking into that rear view mirror and spend your time focused on creating the future. Once you clear your mind of the minutiae from the past, you will be amazed at what abundance lies ahead.

Follow this uncluttering process throughout the house making sure every room is uncluttered and filled with fresh new positive energy and do regular checkups on your thinking. **Feng Shui truly is a journey of eliminating the negative and creating a flow of positive focused energy, which results in abundance, health a wealth.** If necessary, unclutter and shift a little energy every day or every week and you will find that you've accomplished much and dramatically increased the flow of positive energy in your life while creating a new life journey of your choosing.

© Pat Heydlauff, all rights reserved 2011

Pat Heydlauff speaks from experience. She works with organizations that want to create an environment where employees are engaged, encouraged and involved, and with people who want to be in control, anxiety-free and confident. She is the author of *Feng Shui, So Easy a Child Can Do It* and can be reached at 561-799-3443 or www.energy-by-design.com. – for Feng Shui music for meditation, relaxation and energizing <http://www.energy-by-design.com/HealingMusic.html>. Visit her strictly business site by clicking here www.engagetolead.com.