

Get rid of the old to ring in the new

By Pat Heydlauff

As we rapidly approach the new year, thoughts not only are filled with gift giving and receiving, decorating, baking plus all of the special things you do this time of the year but it is also a time of reflection and looking ahead. It is a time of the year you find yourself grateful for the things of the past and considering what lies ahead.

As you mentally prepare to end this year and begin the new, it is also a good time to give serious thought to creating more positive energy in your life so you can enjoy the new year to its fullest. Shouldn't one of your goals be to enjoy life to its fullest instead of simply making the motions of going through each day and take them as they come? After all, aren't you the one that is in full control of self?

Feng Shui is all about taking control of yourself and your surroundings so that you can indeed live life to its fullest. Feng Shui is the use of positive energy to bring about desired good or improved results both externally and mentally in your life. Through basic Feng Shui principles you can change for the better difficult aspects of your life by focusing positive energy on those difficult things. You can also focus energy on the things you love and do well so you can enjoy them even more.

One of the first basic principles of Feng Shui is to rid yourself of anything and everything in your life that does not provide you positive energy. This includes too many clothes in your closet that no longer fit or do not look great on you; foods you eat that do not nourish your body; stacks of stuff on counters and desks that are no longer relevant; and your thoughts that no longer serve you well. It is amazing over the years just how many things get collected and stashed into closets, cupboards and drawers that you never use, do not fit or are out dated. The rule of thumb is **“if it doesn't look great on you, if it is broken or if you don't love it, get rid of it”**.

Next, look at all of the activities you participate in over the weeks and months throughout the year. Do these things energize you or nurture you in some way? Are you volunteering your time to energize or nurture others? Helping others is always energizing as long as you don't overdo. There are however a lot of activities you participate in that are energy drainers. Evaluate each and every organization you belong to or every event you support with your time and/or money. If you do not receive an appropriate amount of positive energy for the time you invest in these organizations or events then you should evaluate whether your participation is still important to you at this point in time. Make a list of all of those time and energy devouring activities. Using a scale of one to ten with one being the most important and ten being the least important, give each of your activities a number. If the number is greater than four, consider eliminating it from your permanent activities' list. Focus most of your energy on those things you really love to participate in and they will energize you as much as you give them your energy.

The third area of your life to look at is your thoughts. Everyone is constantly talking to themselves. The question is, "what are you regularly saying to yourself". Are you telling yourself that you are a great person and can do anything you put your mind to? Or, are you constantly putting yourself down and creating negative energy within? It is critical to observe very carefully just what you are telling yourself because you can tell yourself to catch a cold, fail an exam or lose your job. On the other hand, you can make an effort to build yourself up by regularly using encouraging and success developing thoughts. It is very easy to put yourself down and deplete your much needed energy. Be determined to lift yourself up so you build good energy within.

Sometimes you really have to get rid of the old before you can ring in the new. You cannot move on to a new calendar year without leaving the old behind. Similarly, you need to eliminate old thinking, non-relevant activities and "get rid of stuff" to move on to new things in your life. In order to live life to its fullest, you need to take control of self and make it happen. Use Feng Shui and newly created positive energy to lift your spirits and nurture your mind so you can enjoy 2006 to its fullest.

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In store presentation are available to clubs, organizations, societies and homeowners groups. Classes begin January 28. Pat Heydlauff, author and public speaker is the “Feng Shui/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, home décor and Feng Shui 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, email her at balancingenergy@bellsouth.net or visit her website, www.energy-by-design.com . She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program, “Substance vs. conditional acceptance ... the future face of the corporate world”.

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