

Have you overcome the “hurricane blues”©

Pat Heydlauff

So many people I’ve spoken to recently are still struggling with what I call the “hurricane blues”. Their houses are still in utter chaos because of re-construction, their cages are still in disrepair or their offices were damaged but when repaired are just not the same. Their lives have been put on hold and their belongings are crammed into storage pods or scattered in various rooms throughout the house. Even for those of us that did not sustain major damage to our homes or offices, all of us did sustain a great deal of stress and trauma.

These types of massive storms result in chaos and clutter which in turn create a very unsettled stress filled world to live in. Even though the massive amounts of landscaping, up rooted trees and outward devastation have long been cleaned up there remains this inward devastation, the crippling of hope; the hope that we would have been spared such pain and devastation. We may have been prepared on the outside with hurricane shutters and plywood but it is difficult to prepare internally for what we experienced.

For those who are still struggling to put their homes, offices and lives back together and wonder if life will ever be the same there definitely are specific things that can be done to help bring fresh energy into your world and give you that much needed hope that soon life will get back to normal.

First, try to isolate the chaos areas of your home (or office) as much as possible from the areas you must live and work in. Every time you see the damage and destruction you are constantly reminded of the trauma and negative energy of the hurricanes. In this case the old adage “out of sight, out of mind” really helps. If boxes are stashed every where throughout your home, try to isolate them to one or two rooms even if the rooms are then not available to you for use. Use a large felt marker and draw a smiley face on some of

the boxes. This really works. You can't help but smile back. This will also act as a reminder that this chaos is a temporary problem and not a permanent fixture.

Next, in order to overcome the feeling of being overwhelmed, make a list of all of the things you've already done since the hurricanes passed through. Put everything on the list such as picked up blown off shingles, removed broken branches, had tree specialists remove dead trees, threw away broken household items, removed hurricane shutters, took pictures of the damage, contacted the insurance company, met with the adjuster, replaced broken glass, moved clothing out of the water damaged areas, packed away valuables and breakable to protect them, etc. Do not miss a thing when making this list. Make a second list of the things that still need to be done. Every time another item is completed cross it off the second list and put it onto the first list. You will be absolutely amazed at all you have accomplished and will soon realize you are well on the way to completion. Just seeing in writing all you have accomplished will lift your spirits and give you hope.

Third, if you are finally ready to put it all back together and the damage resulted in tearing up the inside of your home, always start in the master bedroom and bathroom. Simply start one box at a time. Once there is no longer chaos in the area where you sleep, you will automatically rest more comfortably. Next go to the kitchen so you can nourish not only your body but also your desire for hope to return. The kitchen is where you nurture your body and soul and where hope springs eternal. Then move on to the public living areas of the house.

If most of the damage was outside start by putting back together the area you first see when driving up to your house at the end of a busy day. You want to feel good about being at home and will feel much better about seeing a peaceful well organized area upon leaving or returning to your home. The second outside area to settle is the area you see most frequently from the windows in the family room or living room or, wherever you spend the most time looking out. Even if other areas outside or inside are still unsettled,

just being able to sit quietly and look out at one area that is peaceful and put back together will be very refreshing.

Having lived through not one but two very difficult life threatening events within thirty days can be very unnerving for even the most seasoned of us. Doing just a few things to organize the chaos and reflect on all that you have accomplished will help you through what seems like an endless chain of events that still need to be finished.

To sign up for April and May 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. 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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