

Home Improvements are good Feng Shui Energy

By Pat Heydlauff

Fall is a great time of the year to bring to a close a lot of those projects that were put on hold over the summer. Fall is also a really good time to take inventory of your house and belongings to see what needs to be repaired, replaced, painted and discarded. Leaky faucets, squeaky doors and peeling paint are like clutter, they drain energy from your home and your pocketbook. But unlike clutter, it is more difficult to see them.

Do you have broken pulls and knobs on your kitchen cupboard doors? Is the sink faucet in the extra bathroom leaking? Do you have dead plants sitting on your lanai, porch or somewhere in the house because you just haven't gotten around to tossing them? All of these nuisance type repairs and annoyances create negative energy in your surroundings which interrupts your flow of positive energy. In Feng Shui, the rule of thumb is "if it's broken, fix it; if you can't or don't fix it, get rid of it."

When items in your home and your belongings do not work properly they need to be repaired or replaced in order to provide you balance and harmony in your home. Things that should be working properly and are not, provide interrupted energy flow in your surroundings. Interrupted energy flow in your surroundings equates to interrupted energy supporting you. Have you recently had some events you've been planning come unraveled? Perhaps your curtains are looking a bit old, tattered and the edges unraveling. Or, the rug by the front door that you've been meaning to replace for at least 6 months is finally giving up the ghost and unraveling around the edges.

The interruption of positive energy in your surroundings can cause many tiny interruptions of energy in your life. Things you won't notice at first like "not feeling quite 100% well all of the time" or "always running just a little late to meetings and appointments." Life is filled with a constant flow of positive energy that helps you keep your life on schedule and filled with good health, hope, peace and joy.

It is amazing at times that something as small as the frayed fringe of an old oriental rug can cause such frayed energy in one's life. This actually happened to a client of mine. Lots of little things kept happening "not quite the way this client had planned." Upon evaluating the home, one of the things I noticed was the fringe on the rug in the family room, a room this client spent a lot of time in." Once the client repaired the rug, the client later told me, it took about thirty days for the energy to shift and all of a sudden things started to fall into place and go more smoothly.

Little things in your life do matter. It's not only what you say, think and do that matters but also what you surround yourself with on a daily basis. Inspect your home and belongings from top to bottom and inside out like a realtor would that is thinking like a prospective new home buyer. That leaky faucet is not only wasting water which is costing you money but literally your money and energy are running right down your drain and out of your life.

It's OK to "get rid of it" if it is no longer working, is broken or has long lost its purpose for being. Toss those dead or almost dead plants and flowers. When they were alive and healthy they brought you good life and health energy; once they are dead they produce negative energy in those same categories. Get rid of them and replace them with vibrant, healthy new plants that bring you joy every time you look at them.

When something is in disrepair, it no longer provides good energy and needs to simply be removed from your life. It really isn't that hard. Either repair it, replace it or get rid of it. Either way, you win by removing negative energy from your life and replacing it with positive healthy nurturing energy.

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"Everything you say, think and do matters."

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