

## How does energy feel©

Pat Heydlauff

Some people say “what do you mean, how does it feel?” Others question “just what is energy and how do you even know it is there.” If you can’t taste it, touch it, smell it or see it, just how do you know energy is there? It is there because you get an uncomfortable or happy sense in the pit of your stomach, or the hair on the back of your neck prickles or you simply can sense something. You just know things aren’t quite right. Or, you know something really great is going to happen even though you cannot actually see it, touch it, smell it or taste it.

Have you even walked into someone’s house and thought to yourself, “I could never live here” and could hardly wait to leave. Or, in another family’s home could you could cut the air with a knife it was so dense because of the negative energy lingering from a recent quarrel. In your own home are there places you simply never sit or rooms you never go in because there is something about them that is uncomfortable. Are there specific rooms and friends’ homes you love to spend time in? You are reacting to the negative or positive energy in specific parts of your home or your friends’ homes and your subconscious mind is protecting you by saying “stay away” or “come on in a sit awhile.”

It is energy that draws you toward people or repels you away from them. The same is true for the grocery store you frequent, the stores you like to shop in and the clothes you buy. Everything including colors shapes and sounds has energy. People, buildings and, every color, shape and sound provides you either positive or negative energy. It is important for you to realize this so you can maximize the positive energy in your world and minimize the negative energy. Positive energy items and people are uplifting, provide balance in your life and create a world filled with peace. Negative energy items and people do just the opposite.

Just how do you determine what and who in your surroundings provide you positive versus negative energy so you can sort through and eliminate as many items (and yes,

people) causing negative energy and expand those creating positive energy? A simple rule of thumb is “if you really love it, keep it; if you do not really love it, need or want it, get rid of it.” This rule works very well if you are single and totally in control of your surroundings. It becomes significantly more difficult when a spouse and children are involved. In order to avoid creating a war zone in your home with your family, the best way to deal with negative energy things is to create a list for each room in your house and your office of the things that you really do not like. Include everything from Uncle Pete’s mounted deer antlers in the den to Aunt Jenny’s moth eaten afghan she made your Mother for her 5<sup>th</sup> birthday. Have everyone in the house participate in this process. You might be surprised at how many things land on the list for each room. Get rid of everything not contested by various family members.

The items that are contested should temporarily be placed into a “maybe” box and should be reviewed in 6 months. If nobody missed the items in the box during that time frame and the energy improved in the rooms they were removed from then “get rid of them.” Negative energy often comes from all of those “want to be treasures” we hold onto “just because.” It also comes from too much stuff crammed into our homes using up much positive energy under the guise of “I might need that someday.”

You can feel the energy in your home and office shift from negative to positive by simply getting rid of all that “stuff.” The empty spaces you’ve created should not be filled right back up with something else just because you have it. Positive uplifting and encouraging energy loves to leisurely meander throughout your home, helping you create that “feel good, I love it here” atmosphere.

Feng Shui classes are being held in February and March; call 561 799-3443 to sign up. 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](mailto: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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Speaker, Author, Artist

"Everything you say, think and do matters."

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