

How to Use Feng Shui

By Pat Heydlauff

I often get asked the question, “how does Feng Shui really work?” “Is it all about setting your intent that shift the results or mind over matter?” “Is it magic?” Or, some people even question “how did you do that, why is it working? I know it is working but why and how?” There really are no magic bullets or potions, no mysterious formula and no religious overtones. It’s all about energy and how you use this invisible force that surrounds you 24 hours a day, seven days per week. It is the same energy that Einstein so brilliantly described in his formula $E=mc^2$.

There are a few simple guidelines that you must understand in order for Feng Shui and the use of positive energy to work. It all begins with you. You in this case can mean the one person you reading this article; it can mean the family as you or you the couple. The reason there are so many options to “you” is that the energy goals of a home might include the entire family or perhaps just the couple that is the head of the household. It can also mean the one single person desiring to make positive changes in his or her life.

Before choosing to use various Feng Shui energy options for improvement you really need to determine just where, what or who needs to shift energy and what you would like the end result to be. If “you” is the family and the end result is better family relationships then after a general balancing of the energy in the home to ensure an equal and proper flow of that energy, all other Feng Shui energy shifts should revolve around the goal of better family relationships. If “you” is a couple and the objective of that couple is to be financially independent, the home needs to be balanced first and then additional changes should focus on income and abundance. If the change is the singular “you” and you wish to live a less stressful life, then again, balance the house first and additional changes should focus on stress elimination.

In other words, the first step is to determine just who is involved and what the exact objective is of the energy shift. You cannot proceed and expect good results if you do not

know where you are going and what you are doing. It's like driving your car to a vacation resort you've never been to before. You need to have a good map to have a safe and timely arrival. In this case you need to be very specific in your objective. Write it down and then follow the simple guidelines I lay out in my various articles.

Next make sure your home is properly balanced and energy is readily meandering throughout. Loosely interpreted, this means first, get rid of clutter. Get rid of things that no longer serve you well, are broken, chipped or you simply do not like. Give it away, sell it or throw it away. If it is any of the above it provides you only negative energy and will not serve you well. Next achieve balance by having at least a little amount of each of the elements in every room in your house. The following ratio seems to work very well in our country: water – 5%, wood – 40%, fire – 10%, earth – 40% and metal – 5%. These elements can take the form of flooring, furniture, artwork, countertops and decorative accessories.

Then you can move on to the specific goal or objective you wrote down. Sometimes achieving your goal can be done simply with an overall balancing. Other times you need to change colors in a room to shift energy. If you need more peaceful energy in a room use more earth tones. If you need to energize a room such as an office, paint it white and use more metal in that room than in other rooms in your house. This combination works well for encouraging someone to get busy when in that room.

Feng Shui is all about harnessing the invisible energy that surrounds us every day. Every piece of furniture, ever color, sound and texture has its own energy and it affects you either positively or negatively. Therefore, one of the benefits of using Feng Shui and positive energy is always feeling better and being more productive because you have surrounded yourself with things that provide you positive energy.

There is no magic and there are no secrets when using Feng Shui, It's just a matter of surrounding "you" with things you love that provide you with positive, supportive nurturing energy.

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"Everything you say, think and do matters."

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