

Improving Your Life Through Feng Shui

By Pat Heydlauff

When you hear the words Feng Shui, do you cringe or do your eyes light up? Do you think, “Does anybody really believe that stuff” or “Will Feng Shui **help me** create a better tomorrow?”

Just what is Feng Shui and is it a good, even a great tool for creating the tomorrow you want instead of feeling like you are stuck with whatever you get and out of control, maybe even a victim?

Feng Shui literally means wind and water which translates to energy; when in balance, lots of positive energy and when out of balance, lots of negative energy - hurricanes, cyclones and tsunamis. Feng Shui is all about surrounding yourself with positive energy to help you focus on creating a better more abundant and prosperous life. Is your life calm and in balance or are you facing hurricanes like unemployment and poor health or the tsunami of a home foreclosure?

Feng Shui is not a religion. Even though the Western School of Feng Shui does have a religious component the Form School, Compass School and Flying Star focus on the use of positive energy principles with no religious overtones. It's all about the same energy referred to in Einstein's formula $E=mc^2$. Even more than that, it is a life's journey of surrounding yourself with the best energy possible through your thoughts, things and people. Also, Feng Shui is definitely not a bandage, magic or duct tape for fixing little things along the way. Rather, it is living a lifestyle that is free of energy-drainers such as clutter in your surroundings, in your thinking and the negative people in your world while being filled with positive energy that focuses on your well-being.

“Feng Shui is deliberately choosing to surround self with positive energy so you can create a better tomorrow; a tomorrow where things go right 90% of the time putting you in control, making you anxiety-free and confident.”

How to Begin

You can begin cold turkey and just do it or you can begin by taking little steps. Some projects seem so overwhelming that beginning little is the only answer. Try my metaphor, “you eat an elephant the same way you eat a mile-high chocolate cake or a monster-cookie, one bite at a time”.

In other words, sometimes the project is so enormous that you need to do little areas or a room at a time to get the job done; otherwise you might never begin. If your clutter is on your kitchen counters or dining room table, begin there. If it is in your personal bedroom or home office then begin there. It can be very

intimidating to see mountains of work ahead and no way out. Get started by simply putting one foot in front of the other.

Where to Begin

First - remove all energy-draining clutter from your surroundings, whether at home or at work. This is the simplest and easiest way to begin using Feng Shui principles to create a better tomorrow. Clutter attracts stagnant stale energy which is constipating. Plan to deliberately design open space so energy can flow freely.

For example, if your clutter is all stashed in the east health area of your bedroom or kitchen, you could find yourself gaining weight, have difficulty losing weight or be constantly tired and simply not feeling well. Maybe your helpful people/travel area in the northwest is stacked full of stuff so you find it difficult to get new job referrals, keep clients happy or travels plans keep falling apart. When clutter takes the place of good energy, instead of energizing exactly what you need or want in life you are energizing the clutter.

Second - work on your bedroom next. Besides completely eliminating all energy-draining clutter, remove anything from your bedroom that reminds you of work such as computers, stacks of books and magazines, treadmills, ironing boards etc. The bedroom is for rest and everything you surround yourself with in the bedroom should be peaceful, including the use of soft calming colors on the walls and in the linens.

Make sure there is nothing under your bed that causes unrest and discomfort sleeping at night. If there is, find some other place in the house to store it or get rid of it. You need unencumbered and complete circulation of positive peaceful energy flowing around your body when at rest to help your body rejuvenate and nurture itself. Your bedroom needs to be your own peace-filled sanctuary.

Be sure to include your closet in this process. Are you holding onto years of clothes in different sizes? **“If it doesn’t fit, you don’t love it or you don’t feel really great wearing it, get rid of it.”**

Third - unclutter the kitchen. The kitchen is the second most important room in the house. Whether you cook, carry in or eat out, the kitchen is the heart of the home, the place where you go to get nourishment and nurturing. It is important to keep counters and refrigerators uncluttered so healthy vibrant fresh energy can linger and find its way into your heart and soul.

A bowl of fresh fruit should always sit on your counter as it serves to remind you to eat healthy food as well as energize abundance for you and your family. Kitchen cupboards should be clutter free, organized and easily accessible to help you be more efficient and productive and pantries should be stocked with

nourishing food. Uncluttering in this room also helps to encourage uncluttering your mind of negative thinking and body of toxins.

Follow this same process throughout the house making sure every room is uncluttered and filled with fresh new positive energy. **Do not replace the clutter with new clutter – it is OK to have empty space.** The same rules apply to all floors of the home, garages and basements. Once you start in each of these areas finish them so they don't become a bandage surgery instead of a complete energy shift procedure.

Feng Shui is a life journey that helps you improve your life by focusing positive energy on creating abundance, good health and improved prosperity. Feng Shui is a great tool for improving your future.

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