

Improving Your Well-being Improves Health

By Feng Shui Expert Pat Heydlauff

Are you are struggling with re-occurring tiredness, the blues, irritability, no enthusiasm or self motivation? Do persistent minor health issues continue to crop up out of nowhere? Are your self-esteem and self confidence taking a beating no matter how hard you try?

Answering yes to any of the above should lead you to question whether some part of your life and surroundings are out of balance. Overall well-being thrives when you are receiving a constant supply of new supportive and encouraging energy both physically and mentally. When your well-being is properly nurtured you will have a positive outlook on life, you will be confident and forward looking. When your overall well-being is not being properly energized and nurtured your physical health and mental outlook pay the price.

When discussing Feng Shui, most people think of it as the placement of some thing or the flow of energy through your home and office. Yes, it is that but it is so much more. It is also the flow of energy through your body and mind. And, it depends on whether the energy is positive or negative as to whether it improves your well-being or diminishes it.

Take Charge

It is so easy to blame everything and everyone else in life for your low self esteem, lack of motivation or nagging minor illnesses but in the field of Feng Shui, you are in control. You are the only one that can take charge of your life and make it better or allow it to continue on the path you are on. Since you are in control of the energy you surround yourself with, only you can change it for the better.

In order to take charge of your surroundings, you always begin with removing the clutter from your life. Clutter can be anything from clothing to things to people. For clothing, use basic rule No. 1, “if it doesn’t fit, if it doesn’t make you feel like a million dollars wearing it and if you don’t look great wearing it, get rid of it.” If it’s “stuff” you are dealing with use basic rule No. 2, “if it’s broken, chipped, rusted or cracked, you

haven't used it for two years or is a duplicate, get rid of it." Pass these things onto those in need if they are useable, otherwise toss them

Eliminate unhealthy energy

Generally speaking, there are three areas of your life to review when dealing with re-occurring health issues, no self motivation, poor concentration, irritability and low work productivity. A close look at the following should help you find where your supportive energy is either being blocked or being drained.

PHYSICAL WELL-BEING is often greatly diminished by something as simple as un-suspected allergies, both from food and the airborne/environmental pollution type. More and more is being written by the scientific community about allergies bombarding our lives in the food we eat, the water we drink and the air we breathe. Observe how you feel 8 to 12 hours after you eat; do you feel bloated, are your eyes watering, is your nose stuffy or do you lay awake at night wondering why you can't go to sleep? Allergies can chip away a little at a time leaving you constantly tired and unenthusiastic. Do some research and talk to a doctor or Health Practitioner.

CHECK OUT YOUR RELATIONSHIPS. Healthy relationships that are equal are always filled with positive uplifting and supportive energy. However one-sided relationships, over-powering relationships and controlling relationships can lead to significantly unbalancing you and your well-being. First evaluate the relationships you have on a personal level with those you see on a daily basis. Look carefully because it may not be as it appears on the surface when scrutinized more closely. If there is a problem, determine how to best fix the problem, and then fix it. Next move onto friends and more distant family, evaluate those relationships. Negative energy relationships will also chip away at your personal energy and leave you feeling hopeless and helpless if unchecked.

IS YOUR JOB/CAREER SERVING YOU WELL? If you are relatively content at work, this may not be the area causing you discomfort. Evaluate it closely to see if improvements need to be made. Determine what and how to make those improvements and if it is in your power to do so, do them. If not, find out if some or all of your suggestions can be implemented through channels. If on the other hand, you are really unhappy with what you are doing dust off your resume, spruce up your wardrobe and

modernize your hair style so you can compete on better than equal footing with in the job seeking world. Search until you find a job that provides you at least the same benefits you currently enjoy and better satisfaction which leads to improved well-being. Lateral moves are quite acceptable if they meet the benefits and satisfaction criteria.

Improved self confidence, self esteem and health are the direct result of surrounding yourself with positive energy which leads to a positive attitude. And a positive attitude leads to a much better outlook on life and the opportunity to enjoy it more.

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To buy any of Pat's 10 booklet series, Feng Shui, try it, it really works! call 561-799-3443 or email Pat. Each title is also available by downloading it from her website www.thechaosbusters.com. Pat Heydlauff, Feng Shui expert is a consultant, public speaker, columnist and spiritual artist. She has been consulting with families and businesses since the early 1990's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations in the home and workplace or for self, speaking engagements and in-depth organizational seminars, call Pat now at 561 799-3443, email her balancingenergy@bellsouth.net, or visit her website, www.energy-by-design.com.

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"Everything you say, think and do matters."

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