

Is Feng Shui like “open mind surgery”?

by Pat Heydlauff

Is your life a likely candidate for a Feng Shui renewal procedure? Are you ready for a “mind lift”? Can you become who you want to be? Does beauty come from within, is appearance important, can you be both beautiful and at peace? Or, is your life full of distractions?

Certainly you can become who you want to be. And yes, life is full of millions of distractions. Those distractions prevent us from being quiet inside and reflecting on who we are and what we want to do with the rest of our lives. Beauty does come from within as does peace therefore you can “choose” to be beautiful inside and out as well as be at peace within.

Do you want to find balance in your life? Is peace a word in your immediate future? Do you believe you can make the necessary changes? Or, do you feel like life is a blur? Is your life passing you by? Can you even remember the last 10, 15 or 20 years? Have the children all moved out and you don't know who you are because you've spent all of your adult life being their mother/father, your husband's/wife's spouse or your parent's daughter or son? If change is in your date book and you act upon it, you will feel like you have a new lease on life.

Beginning is the key to the **new you**. It doesn't matter if you use baby steps or take leaps and bounds. The objective is to look in the mirror and love the person inside out that is looking back at you. There is a plan to follow, a simple Feng Shui principle; energy comes from within not just your surroundings. Begin by making a list of all the things you'd **like to do** that you didn't have time for in the past. Put even the wildest things on it your imagination will allow such as running a marathon or entering a pie eating contest. Rank the things you'd like to do giving No. 1 top priority. Evaluate your list again and make sure you haven't ranked it incorrectly. No. 1 is where you begin. Then do it.

When you start doing things you choose as important to you, you take control of your life and many things change; you worry less and plan more, you are happy spending time alone or with others; you choose to go out for the day or stay at home to take a bubble bath or listen to great music and read a good book. Frown lines and worry lines relax into smile lines indicating **you're in control**.

All of us, no matter what our age, have a “child within” that cries out to be released so it can explore and create. Finding your youthfulness is an important step in your “open mind surgery” plan.. Make a new list of all the creative activities, fun things and/or exploration you'd like to do such as becoming the next Monet or being the next Mona Lisa. Rank them making No. 1 the most important **and begin**. You will feel like a child with a new toy.

Remember, when doing this “open mind surgery”, you are not running a race and you certainly do not need to be the Terminator and do it all at once. Work at your own pace, taking one step at a time. As you become who you want to be, you will start to really like who you are. In fact, you will love and appreciate **the new you** and wonder why you didn't begin years ago.

Becoming you is the most important thing you can do for yourself in this lifetime. Learn to appreciate who you are and love yourself. You have become your own best friend. This process provides the ultimate form of Feng Shui positive energy, from the inside out. Yes, life will get better and things will be different because you've taken control of your life. These few steps alone will bring balance and harmony into your world, providing you a “mind lift” that will be lasting. **Try it, you'll love the “new you”**. Energy that comes from within bubbles up to the surface and is very contagious, your friends and family will love the new you as much as you do.

A basic Feng Shui class, “Understanding the elements cycle plus yin and yang for balance” is scheduled for February 25; call 561 799-3443 to register. 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. She is available for speaking presentations on Feng Shui and “Energy by Design”. In store mini lectures are free to organizations and associations.

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"Everything you say, think and do matters."

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