

Is your world in need of an “energy” boost?

By Pat Heydlauff

Clients and students alike often ask me, “is there anything I can do about reaching the end of my day without being totally exhausted”? Or, “what can I do to ensure that I have enough energy left at days end to spend quality time with my spouse, family or friends”? In our busy, fast paced world, it is not uncommon for people to simply run out of energy well before the end of any given normal day. Not only are our days crammed full of things we must do, there are also those things we do for others and things we should do for self. It seems like the last thing on our list always is “taking care of self”.

In the world of Feng Shui, “taking care of self” should be number one on your list, not the very last thing you tend to and then only if there is time and energy left to do so. Only if you take care of self first will you be able to perform well at work, properly care for children, nurture a spouse, have rewarding equal relationships or be a good volunteer. Caring for self is not the same as being selfish but rather a new way of looking at living your life. “Caring for self first” provides you a more energetic way of living and thinking. “Caring for self first” develops new positive energy habits that will reward you at the end of the day with enough energy left to enjoy your family and social commitments with friends. “Caring for self first” creates an environment with much less stress.

We all know that there are no magic cures when it comes to reducing stress in our lives and energizing self. However, there are a few simple steps you can follow that will help energize you while reducing some of that stress in your world. Step number one is almost always “unclutter your world”. This is no exception. Go through your home room by room and get rid of everything that does not fit, is broken, doesn’t look right in your current home or is simply stacks of “stuff” that you really do not need. The more uncluttering you do the simpler your life becomes and the easier it is to take care of what is left. In fact, the things that are left should be only things you really love because those are the things that provide you wonderful positive energy. Do you really need four dozen pictures of glowing sunsets? Will you ever again wear half of the clothes in your closet

that are either a size too small or went out of style three years ago? Get rid of all of that stuff. The rule of thumb for clothing is “if it doesn’t fit, is out of style or you don’t feel great in it, get rid of it”.

Next, learn to work with daily lists of things to do. At the very **top of your list** place at least one thing you will do to take better care of yourself. It can be something as simple as quietly sitting in the sun by yourself for 10 minutes just relaxing; or, listening to soothing music and allowing your mind to go completely blank for 20 minutes. Only when you allow your mind to go completely blank can you remove stressful thoughts and be filled with new positive energy and new ideas. On the remainder of the list place the things you have to do and the things you want to do. Number them in order of importance so you always get the most important things done first but only after you’ve done at least one thing for you to energize you. This step alone will remove much unnecessary stress from your life.

And third, be sure to unclutter your mind. The mind stores forever all of the negative things that have happened to you over your lifetime. Most people never remember all of the wonderful and good things that have happened to them but always manage to hold onto all of the hurts and painful experiences. The more of those you hold onto the more negative energy you carry with you on a daily basis. No wonder you do not have enough energy left at the end of the day. The easiest way to get rid of negative thinking is to simply say to yourself, “I no longer need to hold onto _____ (your specific negative thought); I have learned all I need to learn from that experience and now I send it away forever”. The more you follow this simple procedure the more positive energy you will have left at the end of the day.

If you need an energy boost, remember to unclutter your surroundings, make a daily “to do list” with “caring for self” as your number one priority and unclutter your mind by getting rid of all of those negative thoughts. These few changes in your lifestyle will lower stress, help you to be more productive and provide you lots more positive energy.

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In store presentation are available to clubs, organizations, societies and homeowners groups. Classes begin September 24th. Pat Heydlauff, author and public speaker is the “Feng Shui/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, home décor and Feng Shui 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, email her at balancingenergy@bellsouth.net or visit her website, www.energy-by-design.com . She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”.

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"Everything you say, think and do matters."

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