

Make 2006 a better year for self and others

By Pat Heydlauff

January, the first month of the new year, is the perfect time to energize your world for 2006. Many of you make New Year's resolutions to improve your lives as the clock strikes midnight on New Year's Eve. But, how many of you really give thought to just how you are going to accomplish those ideal goals and objectives. In order to simplify this process, think of such resolutions as an energy shift in your surroundings and within.

Anytime you set out to change something for the better whether physical or mental, you are also setting out to shift the energy in your world from where it is to something better. That is exactly what happens when you use Feng Shui. Feng Shui is all about using positive energy to bring about desired results. Call it goal setting, making New Year's resolutions or the use of Feng Shui; it is all about the energy you surround yourself with and how to improve it so your life can improve.

Even though many people try to make Feng Shui a very complicated and even a somewhat mysterious science or art form, it is simply living a lifestyle that maximizes things and thoughts that provide positive energy in your surroundings and minimizes, even eliminates that which gives you negative energy. I try to occasionally use simple formulas to make a point because they are so easy to remember or simply jot them down on a sticky note and put them on your refrigerator or computer. The one that best applies here is $CSS + PT = BS$.

This little formula translates to Color, Shape and Sound plus People and Thoughts equal a Balanced Self. When you consider it, everything in your world except the food you eat and fragrances/odors you smell consists of colors, shapes and sounds along with the people you surround yourself with and the self talk or thoughts constantly running through your head. If you can eliminate those that do not serve you well because they create negative energy and replace them with things that energize you, your world and self is bound to improve.

For example, color is a great Feng Shui tool. If your home or office has too many quiet somber colors or dark ones, energize it by using brighter and lighter colors. This simple change will lift your spirits and energize your mood. If the colors are already too bright and loud making you feel hyper, use quieter, softer darker or more pastel colors to lower the energy level. Shape and sound work exactly the same way. Too many straight lines in furniture and hallways dramatically increase the speed of energy as it moves through your surroundings making you feel edgy. The curving lines of softly upholstered furniture, pictures with gentle streams and fabric window treatments slow energy down as it travels through your surroundings. If you have too much softness and feel un-energized, add hard edges to your furniture and straight lines. Do the reverse if the energy is too much in a room.

When it comes to people and thoughts, this really takes homework on your part. You need to evaluate all of the people you come into regular contact with and determine whether they provide you uplifting positive energy and encouragement or are always filled with negative thinking and a defeatist attitude. You are in control of yourself and sometimes you need to make some choices in your life that are difficult such as eliminating some people from your immediate surroundings that constantly lower your energy levels. You do not necessarily need to totally remove them but do reduce the amount of time you spend with them.

Your personal thoughts are the other aspect to surrounding yourself with positive uplifting energy. If you constantly bombard yourself with negative thoughts, you will be filled with negative, depressed energy thinking. On the other hand, if you are constantly telling yourself that “I can do it”, “I will get that better job” or “I will lose ten pounds by _____” then you are filling yourself with positive uplifting energy.

Making your world and your surroundings better using Feng Shui can be just that simple. Follow the guidelines set forth in the simple formula $CSS + PT = BS$ and you will greatly improve not only the energy in your personal world but that of your family and friends.

Positive energy like good news is always welcome and contagious. Once you have some you want more and so do your family members and friends.

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In store presentation are available to clubs, organizations, societies and homeowners groups. Classes begin January 21. 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, “Substance vs. conditional acceptance ... the future face of the corporate world”.

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"Everything you say, think and do matters."

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