

Need to Focus, try Feng Shui's 3 R's

By Feng Shui Expert Pat Heydlauff

Do you ever have days when you really need to focus but just can't? Are there things you need to get done yet somehow are totally unable to bring yourself to doing them. Have you tried to work on something that takes lots of personal concentration but you can't seem to tune everything else out?

Some may call this temporary out of focus experience "hitting a brick wall". Others may call it a major distraction or a mental timeout. What is happening in reality is your body is telling you that you are very low on energy and you need to take a break to **renew, revitalize and restore** your concentration quotient.

We tend to live our lives from hour to hour, even moment to moment and do not notice when our body says "enough, you need to take a break, rest and relax your mind." It is so easy to ignore the signs of lethargic thinking or fuzzy focus but they are there. Try as you may, you simply cannot focus and get even the most necessary things done in a timely fashion. That's when you need to stop, and remember to use Feng Shui's 3 R's.

Renew Self

To renew self, begin by taking a break. Get away from what you are trying to focus on and let your mind rest. Focusing takes a lot of energy and if your mind is not regularly nourished and re-energized it will demand a major timeout. To renew your mind while taking a break, do the following:

- Drink an 8 ounce glass of water to prevent dehydration
- Step outside to get some fresh air and get the oxygen moving in your brain
- Take at least 10 slow deep breaths in through the nose and blow them slowly out through your mouth

This little renewing exercise will take only a couple of minutes and you will be amazed at how much easier it will be to concentrate and focus.

Revitalize Your Concentration

Once you have renewed yourself it is important to also revitalize your concentration so you can get back to the important project at hand. Revitalization comes from deliberately placing all of your energy into the moment right now, not yesterday or

tomorrow or next week. That means mentally letting go of all of the thousands of thoughts that pass through your mind throughout the day and remaining focused on just the project at hand. One of the easiest ways to eliminate unwanted thoughts is to say the following every time stray thoughts try to enter your mind. ***I am in control and do not wish to be interrupted by thoughts not relevant to my project at hand.*** If necessary, put this on a piece of paper in front of you and repeat it every time you find yourself losing your concentration. It won't take long for your mind to get the message and to limit extraneous thinking when concentrating.

Restore Productive Energy

Anytime you are refreshed or renewed and in control you are well on the way to restoring your productive energy. No matter what the current project is, you need energy to focus and concentrate so others actions or your own thinking cannot distract or disturb your ability to be productive. To completely restore your productive energy build into your regular schedule a productivity and creativity energy regeneration program. Mark it on your calendar or place it into your date book and let nothing get in the way of regenerating and restoring your productive energy.

Your restoration plan needs to contain only the two steps outlined above done on a weekly basis, more often as needed. But, if you find that you are still running low on productive and creative energy, take a whole day to renew and revitalize yourself. Perhaps you actually need a week long vacation to regenerate. Your concentration and focus will dramatically improve if you simply pay attention to the energy needs of your body and mind and provide it the proper amount of energy nourishment.

You can't be an effective employee, spouse and parent, or even volunteer or friend if you are running low on energy and are unable to focus and concentrate. It is way too easy to give to others emotionally and mentally but not give to yourself. Think of your mind as a well-balanced high precision race car that needs only the finest care to operate at peak performance on demand. Just as the race car has a regular maintenance program, your mind also needs regular attention to renew, restore and revitalize itself to maintain its ability to focus and concentrate.

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"Everything you say, think and do matters."

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