

Peace within comes from a balanced life

By Pat Heydlauff

Have you ever wondered why some people seem to be totally at peace, don't get upset when things go wrong and can ignore those little daily annoyances? Are there days when you wish you could just walk out the door and never look back? Do you think about what life would be like if modern day irritations wouldn't exist? Is there anything you can do about it? Do you have to change? If you change can you make it better?

Life is truly full of a myriad of experiences, some good, some bad and some really awful. You may not be able to control many of these experiences but what you are in control of is yourself and your surroundings. The phrase "the road to peace begins with me" is the simplest formula I can share with you to help you find peace within. Peace within is not only a most noble and desirable goal but also a mandatory requirement for living in a society void of roots and family values. Finding "peace within" is accomplished through three basic areas of your life.

1. the things you surround yourself with
2. the people you surround yourself with
3. the thoughts you create and hold within

Each of these three areas is of significant value when it comes to creating a world of peace for self. The only thing missing is personal desire. If you have personal desire, you can accomplish almost anything positive you wish to in your life.

The first area, the things you surround yourself with, I write about often as it is the easiest to deal with. Remove the clutter in your surroundings. Surround yourself with only those things you love that will give you positive energy. Make sure positive energy can reach your front door so fresh energy can regularly enter your home. And, energize the center of your home with something that symbolizes family, roots or that in some way connects you to being grounded and centered. This item can be a family picture of you with your

grandparents, a real or silk tree potted in a terra cotta pot, a purple candle on an earth tone ceramic plate that you regularly light or even a simple yin/yang flat plate like sculpture symbolizing balance.

Next, look at all of the people in your life that you have surrounded yourself with. Are there negative ones that always zap your energy? Are there those you only see occasionally but give you lots of peaceful energy when you are with them? Are there others that are your responsibility and you must spend time with them whether they impart positive or negative energy? It is important that you regularly evaluate the people you surround yourself with just as you do your material things. You need to un-clutter the people as well as the things in your world. Spend much less time with negative people that zap your energy and much more time with those that are uplifting. Encourage those that are permanent members of your life to be more positive. You can become their role model and help them. As they observe you and you help them, they will become more balanced, giving back positive energy to you in the process. The “un-cluttering of people” applies to those in your personal life as well as those in your career.

Un-cluttering your mind is the third step in finding “peace within”. So just how do you do this? You might think that it is much easier to un-clutter the material things and the people in your life. But in reality, it is no more difficult to un-clutter your mind than your physical world. Just as in the other two steps above, you need to evaluate the thoughts that daily float through your mind to see if they are still relevant. You also need to look at your core values and family values to see if they still apply to today’s reality. Are you holding onto thoughts and belief systems that belong to your parents and grandparents? Are you trying to live by their rules when society has long move past them? On the other side of the equation, are there values and rules your parents and grandparent held that you should re-claim and make part of your thinking. It is important that your internal thoughts are in complete alignment with your external surroundings in order to find “peace within”. To eliminate or un-clutter your thinking, write down on a piece of paper any thoughts that no longer apply or stand in your way of finding “peace within”. Once you have accomplished this, tear up all of those thoughts on that paper and physically throw

them away. Your mind with mentally do the same. If one of them happens to creep back into your thinking, tell it thank you for the reminder but you no longer need to think that way. This is a constant cleaning out process so you will have to repeat it with some regularity.

Converting your life to finding the road to peace within takes only determination and action. The rewards for traveling down this road will be that very elusive but so very desirable balanced life that is essential for finding “peace within”. Remember, “The road to peace begins with you”. It is a wonderful and very rewarding trip.

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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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