

## Positive energy contributes to well-being

By Pat Heydlauff

My simple definition of Feng Shui is the use of positive energy to bring about desired results. Feng Shui is not some type of magic or a cult but rather a learned 3000+ year old form of science or chosen lifestyle. Energy =  $mc^2$  is the well know 20<sup>th</sup> century Einstein theory of relativity. Yet, the ancient Chinese studied and used energy every day of their lives to enhance well being, longevity and prosperity.

But, you might ask, what does  $E=mc^2$  have to do with Feng Shui. The answer is everything. Our bodies, our planet and our solar system are all related to each other and glued together with energy. Energy so to speak makes our world go round. The energy of the sun warms us and gives us light. The energy of wind blowing over the oceans gives us coolness and when harnessed water energy gives us electricity. Gravitational energy keeps us grounded and prevents us from floating into outer space while magnetic energy keeps us anchored. You can feel the end result of the wind blowing but you cannot actually touch the energy itself. You can also see the results of magnetic energy when using a compass but you cannot touch it either or prevent that compass from moving to its polar magnetic energy direction.

We all have personal energy as well. When someone unknowingly walks up behind you and startles you, you are reacting to their unexpected energy entering your personal energy field. When someone walks toward you with a beaming smile on their face and arms wide open ready to give you a hug, you are responding to their welcoming positive energy. Colors, shapes, sounds, things and people all have energy and affect you either positively or negatively. The simple rule to remember is: **“positive energy contributes to your well-being”**.

The more positive energy you surround yourself with, the more well-being you will create. Well-being in Feng Shui terms is described as better health, more wealth, more

prosperity, better relationships, more knowledge etc. Well-being comes in many forms and if some of those forms are not as good as you wish then you might consider following a few basic Feng Shui steps to improve well-being in your world.

Step one is to get rid of “stuff” that you’ve allowed to pile up for days, weeks and years. Do you procrastinate folding your laundry so stacks of it set around for weeks on end? Do you have “I’ll get to it someday” piles of papers and magazines but never quite find the time to do so? Or are you a “saver of everything” because you just might need it someday. Sort it, file, keep what is important and get rid of everything else. Just think, it will be so much easier to clean your rooms and wait until you see how much larger all of them are without all that “stuff” on your floors, countertops and tables. Your feeling of well-being will jump ten fold by following just this first step.

Next, open your curtains and shades to let in all of that glorious sunshine energy into your home. The energy provided by the sun through light and heat is a wonderful cleansing and healing energy. Too often we close our curtains and blinds for days on end to keep the sun out when we should bask in its wonderful nurturing energy. If you live in the south and are concerned about the sun fading furniture and rugs, make a habit of opening all of your curtains first thing in the morning and closing only those curtains for the few short hours when the sun will come directly in specific windows. You can keep northern facing windows open all of the time unless you need to close them for privacy. In the northern states, you can leave your curtains open all day until summer arrives.

The third step is to harness some wonderful soothing and nurturing water energy in your home. This can be done several ways. You can use a lovely small or large water fountain in your family/living room or near your front door and enjoy the wonderful sound of the water bubbling and tumbling over little stones and rocks. Just be sure to place the water fountain in the north area of your room. You can also use a beautiful picture or a lake, a gently flowing river or even an ocean scene as long as the waves are not crashing on the shore. The movement of the water in the picture needs to be gentle and flowing, not

turbulent and unforgiving. Also an abstract or impressionistic picture with a lot of blue in it will serve the same purpose. Hang such pictures on your north wall.

By uncluttering your home and adding some positive energy through the use of two of our most prevalent natural resources, the sun and water, you will dramatically change the energy in your home to a more positive feeling of well being. This is not a hard process to follow, nor expensive, you just simply need “to make it happen” by beginning today.

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Pat Heydlauff is a Feng Shui consultant, artist, public speaker and columnist. She has been a Feng Shui specialist consulting with families and businesses since the early 90's with clients ranging from California and the Midwest to Florida. Her unique artistic style and love for balance and harmony in her life has led her to conceptualize and create numerous Feng Shui presentations along with stunning art work based on the science of energy by design. Her Decorative and Fine Art can be viewed on her website. For Feng Shui consultations, speaking engagements and energy design work in the home or office call her now at 561 799-3443, email her [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net), or visit her website, [www.energy-by-design.com](http://www.energy-by-design.com).

*Pat Heydlauff*

Speaker, Author, Artist

"Everything you say, think and do matters."

Energy Design

1201 US Hwy. 1, Ste. 31

North Palm Beach, FL 33408

[www.energy-by-design.com](http://www.energy-by-design.com)

561 799-3443 - telephone

561 799-3360 - fax