

Positive energy needs to linger to improve well-being

By Pat Heydlauff

When positive energy knocks on your front door and enters, just where does it go? Does it linger and stay awhile or does it zoom right through your home (or business) and out your back sliding glass door or picture window? Is it blocked from meandering slowly through all of the rooms in your home by a wall, closed doors or heavy pieces of furniture? And, does it make a difference if it can't go anywhere but in and right back out?

Positive energy is your number one ally when it comes to your well-being. Positive energy is very desirable in a home or business and greatly needed to improve everything from prosperity, good health and relationships to good fortune and new business. Therefore, it is important that positive energy not only reach your front door but once inside it can gently meander everywhere constantly refreshing and providing new energy throughout.

I'm assuming you've already cleared the walkway of clutter and pruned shrubs so energy can reach the front door; also that you've energized the front door area with appropriate plantings and colors and perhaps have even painted your front door red. Then positive energy can find your front door and is ready and willing to enter your home or office. When I'm teaching a class, about this time I always get several questions about the direction the front door faces and whether certain directions are better than others. The answer is "yes it does matter what direction your front door faces but in reality, you cannot always do something about it". In those cases I suggest focusing on ways to make sure positive energy reaches your front door rather than whether it is facing the perfect direction.

With a very critical eye, step into your home or business through the front door and observe where your eye travels. Does your line of sight make a beeline right through and out the back to a pretty view (rows of cubicles or a dark warehouse if a business)? Does it

travel just a few feet and stop dead in its tracks because there is a wall directly in front of you? Does it bounce right back at you because you are facing a mirror which sends your line of sight right back at you and back out the front door? Are there large pieces of furniture in your line of sight that completely block your view? Energy travels much like your sight, quickly and in a straight line unless it has lots of places to slowly meander around and rest before it moves on. Much like bumper pool, when there are things in the way that are not too large for energy to overcome, a gentler slower movement of the energy occurs depositing new fresh energy, new thinking and new well-being where ever it lingers. In order to make sure your positive energy is refreshed, lingers and meanders throughout regularly follow the check list below.

1. To prevent energy from entering the front door and zooming right out the back, place a circular rug in your entry; energy will automatically start to slow down and move in a circular motion throughout.
2. Remove large obstacles from the path energy would naturally take preventing its flow and replace those items with smaller more circular shaped or curved items; energy will flow around the smaller things.
3. Maintain all room doors open throughout your home or business (except closets and bathrooms directly off the kitchen, foyer and living room) so energy is encouraged to refresh each and every room daily.
4. If energy does not enter rooms on either side of a long hallway because it travels too rapidly, use a runner on the floor with a slightly wavy pattern or geometric shapes to slow the energy down. You can also place pictures along the hallway at varying heights and in varying sizes to accomplish slowing it down so it has time to enter all rooms.
5. If you face a wall upon entering your foyer, instead of using a mirror, place a lovely landscape picture on the wall or use a wall mural encouraging the energy to come in and visit. You can also place a small curved table along that wall to force energy to move off to the sides and even place a beautiful multifaceted crystal bowl on the table which will send the energy in dozens of directions throughout your home and office.

Well-being, good fortune and abundance are directly linked to positive energy in your surroundings. Great care must be taken to ensure its presence and freshness. Stagnant energy leads to a poor business future, poor health and poor well-being. Follow these few simple steps so positive refreshing energy not only enters your home or business but lingers awhile so it constantly surrounds you and your loved ones or co-workers. A renewed feeling of well-being will be noticeable.

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"Everything you say, think and do matters."

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