

Since when doesn't energy matter?

By Pat Heydlauff

Energy is everywhere. No matter where you turn, look, smell or listen; you feel, see, get a whiff of or hear some form of energy. Our planet is totally made up of energy. All people, places and things have energy. In fact, not only is everything made up of energy, that energy is either positive or negative and affects you accordingly.

For example, wind is a naturally occurring form of energy. When it is gently blowing and the palm trees are swaying it is a wonderful, relaxing and soothing form of energy. Yet, when that same wind is traveling at a very rapid speed in a circular motion and becomes either a hurricane or a tornado it is a frightening, threatening and dangerous form of the same wind energy.

Everything you surround yourself with provides you either positive or negative energy. The colors you paint the walls in your home are teeming with energy. The new hardwood floors you just installed have a different energy from the tiles you replaced. The four door sedan you drive has a different energy from the neighbor's SUV. Even the people you surround yourself with provide you either positive or negative energy.

The simple basic principle behind Feng Shui is that "everything you say, think and do matters" because each process provides you either positive or negative energy. The more positive energy you surround yourself with the more fulfilled, successful and happier your life will be. It's actually very simple. Feng Shui is the use of positive energy in your life to bring about positive desired results.

The more positive things, people and thoughts you surround yourself with the better you will feel physically and emotionally. Your relationships with family friends and co-workers will improve; so will your positive attitude about your self and all of the things you can accomplish in a day, week or lifetime. It is so simple yet we try to make it so

hard. Surround yourself only with things you love that give you good energy, people that are equally supportive of you as you are of them and positive thinking. Do a regular thought scan to make sure you are filling your mind with only positive thoughts. If negative thoughts continue to sneak in find your personal delete button and use it as often as necessary.

To follow this easy to live, peace and joy filled lifestyle, you need to remember three words: “HONOR YOUR SELF”. By “honoring you self” you are accepting the fact that you need to take care of yourself and not let others take advantage of you and not allow materialistic things to create negative energy in your home. I do realize that when you share your home with others, there needs to be some give and take over material things that stay or go but generally speaking, get rid of things that do not serve you well or provide you really good energy.

Remember, it isn't only materialistic things that provide negative energy that you need to get rid of. The people you've surrounded yourself with can be filled with all types of negative energy and are passing it on to you. Limit your time with them or gently remove them from your life. Also, you can be regularly talking negatively to yourself. For example, if you've just interviewed for a new job, do you constantly think, “the interview didn't go well I'll never get that job”. Or, “I'm too fat, too thin or too short to be hired”. It doesn't matter what the subject is, what matters is what is the thought process you are using, positive or negative.

Who says energy doesn't matter? When everything in your presence all day long is made up of energy and affects you either positively or negatively; **energy matters!** If you wish to change your life for the better, improve your relationships with others and find your life filled with joy and peace then take a hard look at your surroundings, the people in your life and your thoughts. HONOR YOUR SELF. Remember, “Everything you say, think and do does matter”.

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