

## Summer provides great energy

By Pat Heydlauff

No matter where you live or how you spend your days during the summertime, the longer hours of daylight and warm sunshine are filled with positive uplifting energy. This is the perfect time of the year to open your windows and doors and allow the fresh summer air to enter the home and meander through, chasing out any old stagnant smells, germs and negative energy.

Summer is also a great time to re-energize you, not just your house. Many of us work long hard hours indoors during the winter months and do not realize just how much personal energy we deplete on a daily basis. Sometimes people go for weeks on end without enough sleep, nourishing food and downtime. For those living in harsh winter climate areas with shorter days and longer winter nights, the energy depleted is even greater than for others living in the warmer southern climates.

Summer is the perfect time to spend a few lazy days in the great outdoors breathing in the fresh nurturing energizing air. It is also a time to linger in the sunshine soaking in its warmth. Summer truly is the best time to re-energize you. This process is sometimes referred to as Feng Shuiing your personal self, not just your surroundings. There are only a few simple steps to follow in order to maximize your re-energizing process.

Begin by finding a quiet place outside to enjoy the warm sunny days; a place where you can be totally alone for at least one half hour each time you visit this place. Make sure you take with you only something to drink that is nourishing, cooling and refreshing and perhaps a small notebook or journal; no books, no CDs or tapes, no videos or DVDs and definitely no cell phone. If you do take any of these items with you do not use any of them during your one half hour of downtime. While in this space clear your mind of everything, yes everything. You want to have your mind totally empty so the warm lazy weather of the long summer days will start to fill you up with re-vitalizing, refreshing new positive energy. Until you clear your mind of “everything” there is no room for

anything new. Once you've achieved totally peaceful emptiness, try stay in that space as long as your mind and body allows. You will feel incredibly invigorated after doing this at least four to six times throughout the summer.

Second, once you have discovered your perfect quiet place, share it with no one. For purposes of re-energizing, it is an area only you should spend time in for that half an hour. You do not want anyone else's energy to interfere with your "revitalization zone". If you are surrounded by family members and children throughout the summer put them on notice that all you ask for is one half hour of peace and quiet at least six times throughout the entire summer. Adults in today's world live and work under a lot of stress and need downtime to refuel their body and mind and it must be done in a manner that allows everything old and un-needed to be released and new energy to enter.

Finally, once you have completed spending time in your downtime "revitalization zone", reflect on the thoughts that entered your mind. Write them down so you will remember them. It is during total stillness that you will find answers to long term perplexing problems; develop a strategy for a new program at work or perhaps even invent a better mouse trap. Always keep a small notebook or journal nearby so you can record your thoughts immediately and capture the moment.

In our society today, we live in cement cities, are surrounded by noise pollution and work in cubicles. Our bodies and minds need refreshing regularly so that we can face tomorrow and find joy and peace in our lives.

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her now at (561) 799-3443 or email her, [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net) or visit her website, [www.energy-by-design.com](http://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”. Have a peace filled day.

*Pat Heydlauff*

Speaker, Author, Artist

"Everything you say, think and do matters."

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