

Taking care of self is great Feng Shui energy

By Pat Heydlauff

No more do we start summer with the children out of school and it is time to think about getting back into our fall routines filled with too much to do and too little time to do it. It seems like we never have enough time to just rest, think, dream, be creative and take care of self. If you don't take care of you, just who will?

It is an interesting observation of life that a person will take time to find the right barber or hair stylist, the perfect gift for someone else; the precise outfit to wear, yet never take time to reflect on what is really important in life. You would certainly never miss a date or appointment because you really needed to rest or be alone. After all, it is your life you are living so it is OK to always be on the go all the time, isn't it?

Just how crowded is your fall schedule? Are you working parents with children that will be back in school soon? Actually, the fall schedule is a mixed blessing because you have a defined plan to follow with little room for change. Between your work schedule and children's after school activities there is little wiggle room. Of course there is no time for taking care of self either. Or, are you back to a schedule of volunteer work, tennis, golf or a surplus of things that just keep you hopping?

All of these things are very important in our lives but none of them seem to include time to just sit and listen to the birds sing, watch the sun set or reflect on those things that are really important. For example, is your personal health a top priority? Have you added eating right to nourish your body and thinking enlightening thoughts to nourish your mind? Have you tried prayer, meditation or simply being very quiet and listening to your inner voice so you can re-connect with yourself?

At this point you may be wondering why I'm even suggesting that you need quiet time or time to reflect and connect. You need quiet time so you can eliminate stress and anxiety in your life. You also need it to find the inner strength to deal with the difficult times you

face throughout life. And you need to re-connect with your inner self to find peace within. It is the peace within that provides all of us hope and keeps us going from day to day no matter what the 6:00 news is telling us every night.

Just what is the solution? It is really very simple and costs nothing. Carve out of your busy seven day weekly schedule 30 minutes to spend just on you. That's right, out of 10,080 minutes a week; you need just 30 minutes to spend on self to make a significant difference. In 30 minutes you can remove much stress and anxiety or become quiet enough on the inside to really affect change in the way you live your life. Feng Shui is all about using positive energy in your world to bring about desired results. In this case the positive energy through quiet time is all focused on you and the desired results you wish to achieve in self.

So, what do you do in that 30 minutes you have worked so hard to carve out? You can do absolutely nothing but sit there and listen to your heart beat, and listen and listen.

Eventually you will hear your inner voice talking to you. At first your inner voice will be scolding you because you should be doing something else or going somewhere. Remind it gently that you are doing this to nurture your mind and soul and eventually you will realize that your inner self is suggesting something like "this feels good, let's do it again" or "let's listen to peaceful music and let our minds create wonderful pictures to relax in."

The options are many. You can watch a candle burn or the rain fall. You can write in a journal or paint mental pictures. You can also watch birds circling in the sky or cloud formations. Any of these activities will help you remain focused on being quiet and letting body and mind slip into neutral. Do set a timer so you know when your 30 minutes are up. You will be amazed a day or so later how much easier it is for you to cope with everyday issues that crop up at work and at home.

In our society we live in cement cities and cubicles with much noise pollution allowing us little if any time to be quiet, think and refuel self. With Fall coming, it is a perfect time to program into your busy seven day week 30 minutes just for you, just for quiet time.

Try it; you will notice life is better and more peaceful. After all, the road to peace does indeed begin with each and every one of us.

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"Everything you say, think and do matters."

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