

# Today is the day to use Feng Shui

Pat Heydlauff

A question I'm often asked is "just what exactly is Feng Shui and how does it work." Or, "is Feng Shui a religious belief system?" "If I don't quite believe in it will it still work?" "Are there fundamental rules and principles you always need to use?" "Will it work for me?" Others will even ask, "do I practice what I preach?" Absolutely yes, I do practice what I preach both at home and in my business.

Feng Shui is a 4000 year old art form developed by the Chinese to maximize the use of good energy in their lives so they could be healthier, more prosperous and live longer. Feng Shui is actually a form of physics that **utilizes positive energy in you and your surroundings to bring about desired results.** It is that simple. When you remove stagnant energy and clutter from your world and replace it with fresh vital energy you will find yourself and your surroundings refreshed and revitalized.

Feng Shui is definitely not a religion. And, yes it will work even if you do not quite believe in it. Feng Shui is practicing a way of life much like cleanliness is a way of life. In our society we feel fresh and vitalized when we shower or bathe because we have removed the old stagnant energy and replaced it with clean fresh energy. If we want beautiful skin we enhance it by using lotions and creams and for women, makeup. We use a whole different set of products when caring for our hair.

In Feng Shui we remove the clutter in your world first which is the stagnant energy and then enhance those areas of your home and office "in need" using different tools for the enhancements in each area. These enhancements are always based on Feng Shui principles developed over centuries of use to encourage positive energy to focus on those areas in your surroundings that need specific attention or to provide overall balance and harmony in your life. I often make use of treasures you really love that you already have in your home as enhancements, only placed in specific areas to bring special energy to that area of your life and house through the use of color and shape.

Such enhancements can be used to correct an architectural design that has inadvertently created a missing section in your home. Using Feng Shui you can also overcome negative energy views such as those overlooking a factory or a cemetery. Quiet peaceful surroundings can be created for rest or energetic surroundings can be developed for creative work. The same rules apply to your home or the office where you work.

A few of the basic color and shape enhancements for specific areas of your home and office are listed below.

- North is best for career and enhanced with gentle flowing lines, water and the colors black or deep blue
- East is best for health and enhanced with tall wooden things, pictures of wonderful trees, live very healthy green plants and the color green
- Southwest represents relationships and is enhanced with pairs, groupings or collections of things you love and earth tone colors

Feng Shui is a wonderful way to energize your world and help you find just a bit more balance in your life. In our world today we are faced with unrest, chaos and the threat of being harmed. It is important that our homes be our sanctuary from the outside world. When your life is completely balanced joy, hope and peace abound.

Feng Shui classes begin in February; call 561 799-3443 to sign up. Pat Heydlauff is the “energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork and home décor gifts featured in her store. For Feng Shui consultations, classes and energy design work in the home or office call her now at (561) 799-3443 or email her, [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net). She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”. Remember, “Everything you say, think and do matters”