

## **Try Something New to Create Balance**

**By Pat Heydlauff**

It doesn't matter if it is unfinished projects, finance and indebtedness, or wellness issues you are facing. If what you have done in the past is not working, try something new. It takes new positive energy to create that much needed shift for positive change to occur in your life.

Holding onto old ways of doing things that are not working creates negative energy in your life which results in stagnation and many unresolved issues or unfinished projects. Some of the symptoms of such energy stagnation would be relationships that are never quite what you want; jobs that never turn out the way you had hoped; never getting that promotion or pay raise you were promised; even a constant nagging feeling that you are never quite in the right place at the right time.

So just where do you begin? You begin by taking a close look at what you have because that is a mirror reflection of who you currently are and the choices you've made. You can even look back in time and see if who you are today is the same person you were just a few short years ago. As you look back, reflect on what decisions and changes you've made in your life that have led you to the present. Are you better off today than you were five years ago? Look at the things and people in your surroundings then and now. Do you have a better outlook on life today? If yes, what did you do to accomplish that change? Did you change relationships, jobs, homes etc.? If no, reflect further on why you are where you are today and why.

Since Feng Shui is all about using positive energy to bring about desired results it is very important for you to determine what parts of your past were filled with good energy. Those are the thoughts and things you hold onto. Even more important is the need to determine what parts of your past were filled with negative energy and eliminate those completely from your life. The best way to do this is to get out a simple yellow tablet and make two columns on the tablet. Label the left column "negative" and the right column

“positive”. Everything in your life and your surroundings that does not provide you positive energy should go into the left column. The rule of thumb in Feng Shui is “surround self with only positive energy things, people and thoughts to live a balanced abundant life”. Therefore, if your thoughts, things and relationships aren’t providing you positive energy or at least neutral energy, they are definitely sending you negative energy.

Be sure to put everything on your list, even what seems very minor or incidental. Once you’ve completed your list review it with great scrutiny. Then determine if those things on your negative list can be removed from your life. “Things” are usually the easiest to begin with. Perhaps you’ve even gone through this step and eliminated all the clutter and “things” in your world that are negative energy generators. On the other hand relationships are much more complex as are your thoughts and they take more time and care to determine if or when you should make those kinds of significant shifts in your life.

For example, if wellness or lack of it has been an issue for quite some time with you, perhaps you need to look at the nutritional and exercise aspects of your life to shift to positive wellness energy. If you no longer seem to be content with your career path or the quality of life in your surroundings, maybe you’ve finished that part of your life and it is time for you to move on so you can generate wonderful new energy, relationships and career options in a new location. Be sure to not step out of one energy box into another; think big and let expansive energy take hold. Moving to another location may not mean down the street or even fifty miles away. To shift energy if you’re a Northerner you may need to move south; a Midwesterner may need to move to the west coast and a West coaster may need to move to the east to shift energy.

Yes, it really can be this simple. Shifting energy can come in small packages such as painting your room and getting a wonderful new bedspread and linens or painting your entire home a more appropriate energy color to lift your spirits. Or, energy shifts can be dramatic as in moving across the country. If what you’ve been doing for the last several

years isn't working then stop doing it and shift to a positive energy thought process and action plan.

Use your yellow tablet as your road map to your newly energized future. Simply the act of putting everything down on paper will initiate the positive energy shifting process. Take action based on the information you've gleaned through observing your recent past life and the mirror reflection of your current life. That plus the information on your yellow tablet is your road map to your positively energized balanced and abundant future.

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