

## Use positive energy to balance your home

By Pat Heydlauff

Creating balance in one's home is where you begin when considering how to use Feng Shui in your life. It is the one tool that you can apply to every room and every thing in each room, including yourself. Feng Shui is all about using positive energy to bring about desired results. It is not a religion, a cult or something mystical but rather scientific in nature and a lifestyle choice. Feng Shui is a 3000 plus year old philosophy on how to arrange your life and your possessions to bring about positive events, good health and positive thinking.

If you've never encountered Feng Shui before, you will find it a refreshing way of thinking about how you do things, where you go, what you buy and who you spend time with. It is very simple. Everything and everyone you meet has either positive energy or negative energy. The things and people you surround yourself with that have positive energy give you a lift, are upbeat and encouraging; the things and people with negative energy affect you in a negative manner, depressing and discouraging you. My very simple philosophy on energy is either you love it and it gives you good energy or you dislike it, don't know why and it gives you negative energy. If it gives you negative energy, "get rid of it".

It can really be that simple. Get rid of those things that make you feel uncomfortable and people that are always negative. Be discreet but surround yourself only with those things and people that give you an energy lift, make you feel good or look great. The way to begin is by carefully observing your home and your surroundings. Try to pin point all of those things that make you feel uncomfortable or you've disliked for years but hung onto because Aunt Susie gave it to you. If you really don't love it, it is giving you negative energy. Give those things to charities, churches or to others that are in need and they will enjoy their new found gift and the good energy of your giving.

Next, pay close attention to the things that remain in each room of your home. Determine whether you really need each item. Somehow we are a nation of over purchasers, collectors and holders onto things. Over the years, much of this becomes clutter and collects stagnant energy. Unfortunately, if you energize the stagnant energy of clutter, you simply get more clutter rather than what you prefer to energize and encourage. Just because there is a corner in a room, you do not need to put furniture in it or stacks of magazines that someday you will get to. Just because you wear warm clothing in the north during cold weather, you no longer need them when you relocate to the south. Get rid of them. Do you continue to think the same way about the usage of the telephone as your parents did in the 50s and 60s? To them a long distance call was something you made with great care and only for the briefest periods of time. Today, we all walk around with cell phones and think nothing of calling someone on the opposite coast to just say "hi".

Once you've completed these two steps you can actually balance the energy in your home so each room provides you a feeling of tranquility along with the utility it was designed for. Walk through each of your rooms again and observe whether they are too dark or too light; too full or too empty and too energetic or too relaxed. If a room is too dark, add some light colored items to the room through the use of window treatments, pillows and throws. If the room is too dark, reverse the process. If it is too full, continue to remove items, even furniture; if it is too empty, carefully select one item at a time to place into the room until you feel it is balanced. If the room is too energetic for the activities that take place in the room, tone the bright colors down with soft muted pastels and lower the light wattage in the lamps and light fixtures. If the room is too relaxed brighten it up with some exciting colors and lamps that throw light up toward the ceiling like a torchiere. In some rooms like a bedroom you will actually want softer and quieter colors and comfortable furniture. However in the kitchen and family room you will be much more comfortable with upbeat colors and lots of lights.

Feng Shui is all about using energy to create balance in your home and your life. It is truly a way of living that encompasses some of the Eastern philosophies blending them with the world we live in today but not conflicting with any religious beliefs. Balance is the key to discovering peace and joy in your life.

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Feng Shui Basics ... class scheduled for Nov. 5. In store presentation are available to clubs, organizations, societies and homeowners groups. Pat Heydlauff, author and public speaker is the “Feng Shui/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, home décor and Feng Shui 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, email her at [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 corporate programs on “Substance vs. conditional acceptance”.

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"Everything you say, think and do matters."

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