

## Why is positive energy important?

By Pat Heydlauff

People do ask me occasionally if there is anything to this “Feng Shui stuff” and does it really work. Others sometimes quip, “even if I do the things recommended, will it make a difference in my life”. Some even go so far as to say, “you don’t really believe in this energy stuff do you”.

I respond to comments like these by saying “Feng Shui is the positive use of energy to bring about desired results. And it definitely will make a difference in your life”. Our world is made up of energy. There is polar energy in the north and the south. There is clockwise energy as the earth rotates on its axis. There is heat energy from fire, cool energy from water, growing energy observed in trees and the soil and energy that results when molten metal cools and is formed into tools, equipment and automobiles. Feng Shui energy is simply a way of harnessing some of that wonderful global energy and putting it to good use in our personal lives.

When you surround yourself with positive people, good ideas and things that please you, you feel really good about yourself because all of these positive things give you good energy. If you live in a dark home, surround yourself with “doom and gloom” people and pessimistic ideas you find yourself depressed, discouraged and not feeling well because of the negative energy. The choice is really quite simple. If you wish to feel well, have a bright outlook on life and find some peace and happiness within, surround yourself with things you love and people that provide you great energy.

When you think to yourself “with my luck ...” you are setting yourself up for negative energy thinking and action. If you change that to “I can ...” your personal energy switches to “good luck” thinking and positive energy. Your thoughts control you much more than you wish to recognize therefore it is important that you not only surround

yourself externally with things you really love that give you great positive energy but you also need to provide that same positive energy thinking on the inside.

To make an internal energy shift it is important to not only un-clutter your external surroundings but also your internal thoughts. You always start on the outside because that is where you physically live. If there is clutter in your surroundings that needs to be eliminated, do so before you begin your internal work. Next, make sure you surround yourself only with things you really love because that is what will give you the most external energy. This guideline also applies to the people you surround yourself with. If you constantly live with fear and concern and the people you see daily re-enforce those negative thoughts it will be very difficult for you to overcome their negative thinking as well as your own.

Now you can move on to your internal housekeeping. Using a tablet, write down all of your negative thoughts throughout the day. It is wise to make this a running list for several days until you think you have captured most of them onto your piece(s) of paper. Once you have your list, review it carefully to make sure you have not overlooked some obvious ones. Then review it once more to make sure you are ready to get rid of each of those negative thoughts. This may be tough because some of them you've held onto for a number of years. They have been your excuses for not doing things or your well justified reasons for not going certain places. When you have a list you are totally comfortable with that you really wish to get rid of, take your sheet(s) of paper and tear it up over a waste basket in very little pieces. As you let these little pieces of paper float down into that waste basket, say to yourself, "I have now uncluttered my mind and am free to allow new positive thoughts and energy into my internal world". Over the days and weeks that follow, if some of those negative thoughts try to creep back into your thinking simply tell them you no longer need them and to please go away permanently.

This is one of the best and easiest ways to let go of old and/or negative thinking that has cluttered your mind, perhaps for your entire lifetime. It is very easy to carry around all of the negative thoughts about failure, safety and insecurity planted in your mind by well

meaning parents, grandparents, school teachers and church leaders from childhood through early adulthood. Many of those thoughts are very irrelevant in today's world.

Internal Feng Shui energy controls the human just like the North Pole energy controls the direction a compass points. It is important to unclutter the mind so wonderful new energy can enter to motivate and stimulate you which helps bring you balance and peace within.

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Self empowerment class for women scheduled for Oct. 22. 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".

*Pat Heydlauff*

Speaker, Author, Artist  
"Everything you say, think and do matters."

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