

# **Will Feng Shui Help Me?**

By Pat Heydlauff

When I'm out speaking to groups or teaching a class, the most frequently asked question is "will Feng Shui help me? Will it make a difference in my life? Will it make my life better than it is right now? Can I regain control of my life? Can I get rid of the chaos and create calm?"

The first questions I'm asked never are what is Feng Shui or how does it work but "will it make my life better today than it was yesterday?" Isn't that what everyone wants, a better more peaceful less stressful life? A life where **you** are in control not others? A life where you are surrounded by calm not chaos?

## **Feng Shui makes a positive difference**

Feng Shui is all about shifting energy to create balance in your external environment and aligning your internal thinking so you can live a life of abundance, good health, wealth and happiness. Take a good look around you. Examine your home, your workplace and the people you spend time with. They are a mirror image of what you chose to energize in your life at this very moment.

Through the use of Feng Shui methods, you can shift the energy in your physical and internal environments to create harmony from chaos and bring good energy into your world. Feng Shui helps you have a better life, a balanced environment and a positive energy flow that will improve your life whether seeking good health, less stress or more income.

## **How do you begin?**

The simplest way to start shifting to positive energy and removing the negative is to remove energy-drainers such as clutter. Clutter can be described as "stacks and shelves of stuff", outdated thinking and even negative people. Clutter no matter where it is in your home or workplace creates stagnant negative energy that symbolizes old thinking, unfinished projects and procrastination. As soon as you remove the clutter, new energy can focus on those things you desire the most, positive relationship, good health, wealth and happiness. Be merciless when removing clutter.

- Rule 1, if things are not functional, are cracked, broken or do not fit, get rid of them.
- Rule 1, if you've decided to keep it, find a proper place for it and keep it in its place.

Next, evaluate your thoughts in the same manner. Are you still holding onto things your grandmother or grandfather told you when you were a four year old? Things that are extremely irrelevant today? Are you constantly telling yourself you will never succeed or you are too fat or too old? If yes, get rid of those as well. Take time with this step because your thinking clutter can really hold you back from succeeding at having an abundant life filled with hope, peace and joy. The type of thinking you are looking for would include:

- Women can't be CEO's or Doctors
- Men can't be star athletes if they are too small or have had an illness like cancer
- You'll never get anywhere without a college degree
- Or how about, I'm too fat, too skinny, ugly or have the wrong ethnic background

Since it is your thoughts that create reality, you need to remove the old way of thinking called clutter and make room for positive new energy to enter so you can improve your life.

Following through on these two basic steps of uncluttering your external and internal environment will make a huge difference in your life. Once you remove the clutter and its stagnant energy you should have ample room for new energy to help you create that world you seek of calm without chaos, or productivity without conflict.

Feng Shui is the uncluttering of your world, the placement of energy enhancements and the successful use of positive energy flow to improve your life so you have a better world to live in and enjoy more. Even though there are many additional Feng Shui tools to use, you must get rid of the negative energy drainers first in order to make room for the new.

Shifting from old to new positive energy can be both exciting and challenging. Some results can be immediate; others take time. However, you will quickly notice a very different uplifting encouraging energy flowing in your world. Whether you are looking to

improve your health, your relationships, your income or overall well-being, Feng Shui really works. I encourage you to try it. Email me if you have any questions.

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**REGISTER TODAY** for Feng Shui classes beginning February 15 at the Jupiter Community Center plus Finding your Spiritual Path through Painting in Jupiter, on-going. Classes will also be held in Lake Worth in March. Pat Heydlauff, Feng Shui expert is a consultant, public speaker, columnist and artist. She has been consulting with families and businesses since the early 1990's with clients ranging from California and the Midwest to Florida. For Feng Shui consultations, speaking engagements and energy design work in the home, office or for self, call Pat now at 561 799-3443, email her [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net), or visit her website, [www.energy-by-design.com](http://www.energy-by-design.com).

*Pat Heydlauff*

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"Everything you say, think and do matters."

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