

Worry less, energize more

By Pat Heydlauff

Have you ever worried about something negative happening so much that it did? Have you ever started a project and thought to yourself “I’m never going to get this done” and you don’t. Are there times you dread doing something only to actually do it and it turns out you were right?

Each of these thought processes are utilizing negative energy to bring about negative action. If you think negative thoughts, you will receive negative results. If negative thinking is the way you process information, just think of how great your surroundings and world will be if you focus on positive thinking to process information instead.

My simple definition of Feng Shui is **“the use of positive energy in your surroundings to bring about desired results”**. You also need to apply this definition to your thinking. What happens in your world contains not only that with which you surround yourself but also your thoughts within. Negative energy is generated from your surroundings as well as your thoughts. Once you control not only your surroundings but also your thoughts you will be able to make significant positive changes in your life.

The real question is “how do you go about changing your thinking”. When it comes to your surroundings you can observe first hand everything around you and eliminate that which gives you negative energy. It appears on the surface that it is more difficult to look at your internal negative thinking and eliminate that which provides you negative thoughts than to look at your external surroundings. But the reality is, it is just as easy to observe your thoughts as it is to see your surroundings. The following formula will help you expose your negative thinking and get you well on the road to shifting your thoughts to positive ones.

When you are ready to worry less (negative thinking) and use positive energy more, use this short formula: **F + C + NR = PT** (Fact + Change + New Results = Positive

Thinking). Write this formula down on a piece of paper as many times as you need to and place the formula everywhere you look often to serve as a reminder that you want to change and to help you remember how to do it.

Once you catch yourself thinking negatively about something (failing an exam or the kids will never come to visit etc.) refer to your formula immediately. The **F**act is failing an exam, the **C**hange is your acknowledgement of desiring to change to positive thinking and the **NR** is changing your thinking to **New Results** (passing the exam). Continue to practice positive energy thinking about passing the exam as long as necessary to shift your thought process energy.

Yes, it really can be just that simple. It does not matter what the **F**act is. You simply need to acknowledge that you are thinking negatively about the **F**act, realize you want to **C**hange your thinking about the **F**act and create **New Results** to create **Positive energy Thinking**. As you observe your thoughts over the weeks and months ahead you will be amazed at the number of times you will catch yourself in the negative energy thinking mode. Even the most positive people in the world find themselves with occasional negative thoughts about trips to the doctor or friends being angry with them.

By using the formula $F + C + NR = PT$ you will indeed find yourself worrying much less and enjoying life much more. By using positive energy you will bring about desired result plus more joy and peace in your world. Life is way too short to constantly worry about things that might never happen. Instead, enjoy life to its fullest using Feng Shui by worrying less and positively energizing more.

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"Everything you say, think and do matters."

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