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Hobie Hiler/staff photographer

Pat Heydlauff of Jupiter in her home studio last Friday. The author and feng shui consultant is gearing up for her first art show at the Town of Jupiter's art gallery, from Dec. 1 to January 2007.

Local writer, speaker to showcase artwork

By LINNEA BROWN
Staff writer

JUPITER — She walked away from a high-stress job and returned to herself. Jupiter speaker, writer and artist Pat Heydlauff has learned that life is all about balance, and aims to explore this through her work. She will showcase her unique mainstream and spiritual artwork at the Town of Jupiter's art gallery from Dec. 1 through January 2007.

Ms. Heydlauff, who reaches thousands of readers with her weekly print

and Internet columns for *Hometown News*, owns Jupiter-based Energy Design. She is an expert in feng shui, or the use of positive energy to bring about a desired result.

"You can make your surroundings positive and supportive of you by removing the negatives, and then using some of the principles of feng shui to make it better," she said. "For example, I used the artwork and painting process to remove the stress from my life."

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Artwork

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Though she recently had a piece of her spiritual artwork called "Ascension" selected as an honorable mention by the Best of Florida Artists and Artisans book, this is the first time she has participated in a local art show, she said.

The award-winning piece will be included in the Jupiter show, as well as several other pieces of her spiritual and mainstream art, which includes "anything from a still life to a landscape," she said.

Originally from the Midwest, Ms. Heydlauff's artistic journey began in California, where she raised her children and worked as chief executive for a non-profit trade association.

"I had a very high-pressure job, but all the stress was creating health issues.

My body was telling me, 'This isn't good for you,'" she said. "I realized there must be something more to life than this."

In her late 40s, Ms. Heydlauff quit her job and began exploring her creative side.

"Artwork was very therapeutic for me," she said. "I loved working with vibrant colors, shapes and designs, and it helped bring balance back into my life and relieve stress."

She also began following a new life path, studying energy and design and creating a feng shui-oriented product line.

Several years later, she moved to Jupiter with her husband. Though she initially sold her artwork and provided feng shui consultations from a retail store-

front, she chose to close the business earlier this year to focus on her art, writing and speaking careers.

Now, her days consist of driving across South Florida to give lectures and meet with clients for personal consultations, as well as devoting time to creating artwork and writing, both for newspapers and books.

Ms. Heydlauff said most of what she does is based around the principle that finding peace can be difficult in today's hectic world. Therefore, she stresses the importance of creating an environment with balance, harmony and a positive flow of energy within one's self, home and office.

In January, Ms. Heydlauff will be teaching a series of two different feng shui classes, as well as the art class "How to get in touch with your spiritual side through painting," she said.

At her upcoming art show at the Town, she will showcase a piece she has done in this style.

"I call it free flow art. It's about allowing your feelings to flow from the paintbrush onto the canvas to express your (feelings)," she said. "It's part of the process that has taken me on this spiritual journey of striving to find peace within."

Ms. Heydlauff said her spirituality is a combination of recognizing that there is a creator and a divine plan, as well as the fact that each of us has a role to play, as part of that plan.

"While we are here, we are to be what we set out to be, and use our spiritual

nature to (recognize) if there is something more that we're supposed to be doing here," she said.

It was in this spiritual quest that Ms. Heydlauff said she discovered her love for helping others find their own paths to peace, which she tries to bring to everything she is involved in.

"Sometimes I don't know it until I receive an e-mail from someone who read my newspaper column, saying, 'You must have been reading my mind — I really needed to hear that it's OK to let go of things from the past,'" she said.

When speaking to groups, she always encourages people to take care of themselves first, she said.

"If you don't take care of yourself, you can't take care of others, and sometimes I'll see people in the audience with tears in their eyes because nobody's ever given them permission to care for themselves first," she said. "It's wonderful when you can give someone a very simple thought, and it can make a difference in their lives."

Her greatest teachers and influences have been several close friends, she added.

"When I'm speaking, I always try to leave people with the following thought: everything you say, think and do matters," she said. "Also, a balanced life is filled with peace, hope and joy."

Ms. Heydlauff's artwork can be seen at the Town's gallery beginning Dec. 1. For more information, call Ms. Heydlauff at (561) 799-3443 or go to www.energy-by-design.com.