

Green when green wasn't cool

What is your definition of a Green Lifestyle?

Are renewable or sustainable energy, climate change and environmental pollution on your short list? Are you considering a shift to a greener lifestyle? Are you making changes in your home and your thinking to bring you into more harmony with the environment?

It is time to take action! Today is the best day to invest in a green lifestyle and eco-friendly products.

Whether you agree or disagree with everything you hear and read about the greening of America, you can definitely agree upon the fact a lot of time, money and effort are being dedicated to this endeavor.

By Pat Heydlauff

What is a Green Lifestyle?

Everyone has their own definition of the greening of America and what living a green lifestyle should look like. Sometimes, those definitions are vastly different and at opposite ends of the spectrum. My rather simplistic definition of a Green America, based on ancient *Feng Shui* principles is: People who live in, support and replenish the environment and an environment that supports people through providing a life giving atmosphere and resources in order that they both flourish.

The second definition of a green life could be living the *Feng Shui* lifestyle. The principles of the original Form School of *Feng Shui* are all about creating your home and life to be in complete harmony with your surrounding environment, what we call green today. *Feng Shui* is about enhancing your surroundings energetically, so you and your environment can enjoy abundance.

If you think about it, Planet Earth some 3000 years ago was in perfect balance. To be somewhat simplistic, Earth experienced day and night, heat and cold, wet and dry over a yearly cycle. It had oceans and land masses, mountains and valleys, barren land and crop supporting land.

The ancient Chinese civilization learned to work with their environment and to manage resources so they could live in harmony with their environment. They altered their environment only by cultivating the land and building homes to survive. When they learned how to position their homes in harmony with the energy forms provided by the environment such as trees, hills, rivers and maximum warmth from the sun in the South, they began to thrive.

By following some simple guidelines, you will improve your quality of life and that of the environment. You are preserving and replenishing the environment when caring for its plants and trees – living a Green lifestyle today that was cool 3000 years ago.

Pat Heydlauff, president of Energy Design, uses *Feng Shui* design principles to eliminate chaos and stress at home and within oneself. Her new book, *Feng Shui: So Easy a Child Can Do It*, shows how to achieve a better tomorrow.

Problem - Before

Positive energy was not reaching the front door because plantings were old and overgrown causing the walkway to be dark. Plus the large old tree on the left was lifting the sidewalk more than six inches in at least two places making it unsafe.

