

## Woman Defines Lifestyle Values Through Feng Shui

**Her Clients Get a Guided Journey to Find Their Own True Faith - Destination: Life's Balance and Harmony**

JUPITER -- She was always busy. She was always in a hurry and, consequently, always stressed out. Her health was failing and it became obvious something needed to change in her life. This scenario may be familiar to many people who have somehow lost control of their life. Some find ways to get their life back in order, while others go over the edge. This is not a good sign, but it happens.

Pat Heydlauff discovered Feng Shui and, suddenly, her life changed. Things began to take order rather than remaining chaotic. That was 15 years ago and since then Ms. Heydlauff has followed the principal of Feng Shui through her Energy Design company, which she has operated here since 2003. Pat explained: "It's all about energy. It's all about space. In our company, we help people reorganize their space and to remove old energy from their life, then introduce new energy. In some way, Feng Shui works for everybody who is willing to try it. So, we find out what people are struggling with, or are uncomfortable with in their home or office and show them how to improve their lifestyle."

Pat gets asked repeatedly, "can I really get rid of the stress in my life and be more successful? Or, "what does clutter have to do with my success at work or even at home for that matter?" She tells people

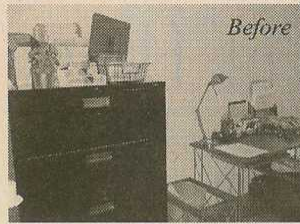


*Feng Shui expert, Pat Heydlauff, of Energy Design.*

"If one would create a sanctuary in their home using colors, shapes and sounds that nurture them, they will find peace."  
*Pat Heydlauff, Feng Shui expert*

the answer to those questions is a resounding - "yes!" Because, she says, "you can get rid of much stress in your life through the use of Feng Shui's positive energy." As to question two, Pat says "clutter has everything to do with success, because clutter collects negative energy, creates a block and stands in the way of good, new things to motivate and encourage people."

The Energy Design lady points out that when one uses positive energy and



*The above photos show an out of order office arrangement BEFORE Pat Heydlauff stepped in, then the orderliness of the surroundings when the Feng Shui principal was applied AFTERWARDS.*

basic Feng Shui principles they can: (1) bring balance to a distress-filled workday, (2) create harmony where there is anxiety, (3) improve working relationships that are energy drainers and (4) become more focused and productive.

Two steps will make the difference. Pat says, "first, remove energy drainers. These drainers can be anything from too many family photos to stacks of files, magazines and paperwork. Energy drainers can also be that dead plant in the corner taking up room and getting dusty, as well as the improper placement of functional items such as the telephone on your desk. Change them," she insists.

Secondly, one must shift to positive energy. Pat explained: "Position your desk so you either face the entrance or always have it in peripheral view. It is a position of power, safety and focus. Also, energize the wealth, good luck and helpful people areas of your office. East for wealth: add a healthy upward reaching plant, a picture of trees or flowers bursting with bloom or the color of green. Southwest for relationships: add a family picture or a bouquet of flowers. Northwest for helpful people. Place something sliver and round or a picture of people helping each other. It's just that simple."

Ms. Heydlauff spreads the word on Feng Shui through speaking engagements, painting, writing and other productive ways besides her Energy Design business. Feng Shui allows for a proactive lifestyle, she says. "One can improve their health, wealth and happiness by using a few key principals," she points out, "although in Feng Shui, there is no 'one size fits all' concept. Every person is an individual, every home is different and every business is its own entity." Essentially, Feng Shui employs 16 basics that apply to everyone, but the key is shifting the energy pattern in your personal environment. "If one would create a sanctuary in their home using colors, shapes and sounds that nurture them, they will

find peace,” Pat explains.

Through Energy Design, Pat helps clients design business environments to increase their competitive edge while adhering to budgetary and structural restrictions. Through alignment with the corporate conscience, layout, design, the use of shapes, colors and sound, she helps corporate clients stimulate vital energy in the workplace that also stimulates the bottom line.

Feng Shui is part of an ancient Chinese philosophy of nature. Feng Shui literally means “wind water.” It is often identified as a form of geomancy, divination by geographic features, but it is mainly concerned with understanding the relationships between nature and ourselves so that we might live in harmony within our environment. Feng Shui is related to the very sensible notion that living with rather than against nature benefits both humans and our environment. It further relates to the equally sensible notion that our lives are deeply affected by our physical and emotional environs.

It is these principals or notions that drives Pat Heydlauff in her quest to create energy designs in home and office for clients. She is a trained Feng Shui and energy by design specialist whose ultimate goal is to find peace within and without. She says, “we all need to find our own path in life so that we can live in balance and harmony, the true bridge to peace.

The principal of Feng Shui is not connected with any religious beliefs, Pat advises, “but it does consider health,

prosperity and lifestyle of an individual.” In her presentations, she brings a unique perspective to achieving personal balance and decreasing stress.

To learn more about the art of Feng Shui and how to incorporate it into your lifestyle, call Pat at 561-799-3443. Or, go to [www.energy-by-design.com](http://www.energy-by-design.com).



*These photos are good examples of the use of Feng Shui in the outdoors. The BEFORE photo is shaggy and denotes bad energy, while the other photo applied by the Energy Design company displays a calm, relaxed picture reflecting balance and order.*

