

Life, Space, and the Energy of Your Mind

How the Energy in Your Space Reflects the Energy in Your Life

Are you aware that your external environment reflects your inner state? According to the ancient principles of feng shui, your environment acts like a mirror of your inner self. It reflects how you feel subconsciously and it can influence your moods and levels of energy. When you consciously work with your space, you can place things around you that create a good flow of energy (chi) as well as things that support you in your efforts ... such as improving your health, strengthening relationships, finding the right job, improving your financial situation and more.

Without even knowing about feng shui, there are four simple strategies you can implement that will help you to improve the energy flow within your home, your office, your yard ... wherever you are. When energy flows freely through your space, you may find that there is more synchronicity in your life, that you don't have to work as hard in order to achieve the same results and that more things begin to go your way.

The four strategies you can implement are:

- 1) Live with what you love.
- 2) Make sure everything around you is safe and comfortable.
- 3) Express yourself creatively.
- 4) Organize everything.

Live with what you love. This means that you should surround yourself only with things that you truly love and care about. Take a walk around and examine what you have. Do any negative thoughts come up when you walk by or look at certain items? Do you have gifts that you've received that you never even liked but you kept them anyway, so you wouldn't hurt someone's feelings? Do you have pictures on the wall that you are ambivalent about? These are examples of things we place or keep in our space that we truly don't love. When you begin to remove such items, you may find that your spirit begins to lighten ... almost as if a burden has been removed. Try it.

Make sure everything is safe and comfortable. Are you able to travel throughout your home or workplace unobstructed ... or do you have to move around carefully so that you don't bump into things? Is all of your plumbing and electric working properly? Is every window in good working order and can you open all doors freely ... without squeaks, without sticking and without obstructions? Are you able to enter and exit from your car easily every day when you pull into and out of your driveway or garage? Are you able to fully open your front door or do you place a lot of things behind your door ... as an extra storage spot? If you

can identify with any of these situations, make an effort to fix the problem and you will begin shift the flow of energy in your space at same time. Broken things around you can manifest as problems in your life, if you allow them to linger for a long time. For instance, leaky plumbing and faulty electric can act as a slow drain on your health as well as your finances. Foggy and broken windows can reflect a foggy or less than clear outlook on life. Your space tells a story about things that are going on in your life. When you begin to correct the situation, you shift the energy in a positive way and this also begins to manifest in your life. When you are working to improve or optimize your health, make sure your space is clean and that you are able to move about freely, as well.

Express yourself creatively. We are all individuals and we are all different. Therefore, all of our homes should be different and reflect who we truly are. Take a look around your home and office. Are your favorite colors in view? Are there pictures on the wall that you really love and truly express who you are? Does your environment reflect where you are headed with your life or does it represent who you were perhaps 5, 10 or even 20 years ago? When you place things in your space that reflect who you are and where you are headed, you begin to bring focus to your efforts. If you are working to strengthen any part of your body or your spirit, place things around you that reflect good health and are inspiring and uplifting. A bowl of colorful, fresh fruit or a vase of fresh flowers can do wonders to lift the energy in any space.

Organize everything. Clutter is anything that you don't need, anything that you don't use or anything that you don't love. It includes things out in the open as well as things you have stored away and forgotten about. It includes things in storage that sheds you may be paying for on a monthly basis. Clutter represents stagnant and stuck energy. In a happy and healthy life, there is no room for clutter. It is a simple as that. However, we all have clutter in one form or another. A lot of clutter can drag you down, de-energize you and literally make you sick. Whenever you feel stuck, get up and clean something out. If you have a lot of clutter, start slow and begin by clearing away some of the easy things. By doing so, you create physical space for new energy and new opportunities to come your way. Once you make progress with things on the surface, you can begin to tackle some of your more difficult areas with renewed vigor.

If you are working to improve your health or any aspect of your life, review these four strategies and select one to try for yourself. By doing so, you'll begin to shift the energy in your space in a positive way and before too long it will reflect in your life. You may find that you have more energy, that you are happier, that coincidences begin to occur in your life or that you simply have fewer troubles, among many other things.

Tune in to your space and take charge of your life! You may be very surprised and delighted with the result.

Your Mind Contributes to the Quality of Energy in Your Life

As can be seen in the above paragraphs, your thoughts and emotions are involved in a constant interplay with our environment. To bring more of your creative power to bear in the creation of your life you can work with energy from both the inside-out and the outside-in! The mind is an important and powerful influence no matter which direction you choose. It holds both the problem and the solution to achieving greater mastery of your life.

Our minds are always with us... busy, constantly engaged with analyzing, labeling, planning, or preoccupation with a variety of concerns, worries, and stresses. When we are focused on these mental states our energy fields are affected. Habitual thoughts, positive or negative, create ripples throughout our being that have repercussions on an emotional and physical level. They also influence choices, decisions and the ability to move forward in our business and personal worlds.

So, one very simple yet powerful way to be in charge of your energy is to be in charge of your mind. Start to become aware of the daily conversations in your head! You may be surprised by the stream of chatter, an ongoing commentary regarding life: events, experiences, people, places and things.

This chatter tends to be based on beliefs formed at various times in our lives. They may be the result of one strong event or an accumulation of messages received over time. Attitudes are formed upon the beliefs and behavior follows. Many of the beliefs we live with were formed in childhood and have never been explored by an adult mind to determine if they are still useful!

Sometimes it may be difficult to discover beliefs from the level of the everyday mind. This is one reason why tools such as imagery, visualization, self hypnosis, relaxation and meditation are so beneficial. They help us drop below the level of the chatter and observe from a broader perspective. These techniques have many health benefits as well as being pleasant and easy to use. There are also some other simple ways to begin to harness your mind's power.

Methods to Develop the Power of Your Mind

Awareness

Awareness is a process that encourages change. The first step is to pay attention. Begin to observe your thoughts, feelings, sensations, and

actions. Observation leads to having more information about yourself so you may begin to have more choice regarding your inner world and also your actions. From there you can start to experience more ability to feel in charge of yourself and life as well as to have the beginning of learning to develop a sense of inner peace.

Learn to Use Your Breath Properly

Learning to breathe properly has many health benefits on a physical level. It makes you feel more energized, lifts the spirits and can relieve many symptoms of anxiety. It can also help you to experience less of a sense of inner stress, and to create feelings of acceptance, peace, and tranquility. These qualities remain thoughts unless there is a process to move them from the head to the heart!

In addition, focusing on the breath provides a means to interrupt obsessive negative thoughts. Learning how to breathe in a slow, full, easy, rhythmical way can help calm difficult emotions.

Acceptance

Resistance, whether it is emotional or physical, intensifies pain. Learning to experience an inner state of acceptance not only helps you to feel better, but also contributes to positive change and empowerment from the inside out!

Practicing acceptance of minor daily circumstances such as a traffic jam or a computer glitch can help train us for acceptance of life's larger events. All these approaches contribute to a natural slowing down of the mind. This helps provide clarity and the ability to distinguish between what we can change and what we cannot.

Practice gratitude

We all have positive and negative traits but often focus on the negative as if it were all there is. At some point we begin to feel heavy, burdened, deeply flawed. This may be the result of early conditioning. However, no matter where it originated, it is possible for you to take charge and create something different for yourself.

A way you can begin to create this shift is to name five things you are grateful for in your life every night before sleep. Upon arising in the morning name five things that are positive about you and that you are grateful for. Focus on these frequently throughout the day.

You can begin with simple things such as the fact that you can see, hear, feel, taste or have good teeth! Progress to positive emotional qualities as you gets more comfortable with the process. Work toward naming 100 traits to be grateful for within a month's time--watch your energy change!

Self compassion

We are harder on our selves than we are on others. Before we can legitimately give others compassion, we need to be able to have that skill internally--for ourselves. How often have we heard that the only way to truly accept and love another is to do so for yourself first. We cannot give something away that we do not possess.

Challenge yourself to find three opportunities a day to practice compassion on yourself!

Integrating these simple skills into your daily life will add to your energy, create a feeling of positive flow within and ultimately bring you more joy, peace and fulfillment than you may now experience!

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