

**Living
Your
Life
In**



Balance...

Feng Shui & Interior Design Tips to live your life in the flow

By Pat Sendejas - ©2012

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Overview

This Special Report helps you apply the Ancient nature science called Feng Shui and basic principles of interior design to create a space that improves your health, financial situation, and relationships.

- Enjoy vitality and great health
- Increase your cash flow and hold onto the wealth you have
- Attract new relationships and improve current ones
- And much more...

This Special Report is a guide that can be applied in any area of your life to bring you success NOW!

If you would like more information on Feng Shui and how to apply it to your life, or Interior Design Consultations for: selecting a color palette, creating a drafted furniture plan to save you money and avoid costly errors, to have help shopping for furnishings or accessories, and/or setting up your office to attract the wealth and business success you desire then contact me for an quote at:

Phone: (805) 523-8488
Online: www.WithinYourSpace.com/contact
Email: pat@speaker4change.com

Thank you,

Pat Sendejas

Living Your Life in Balance

In my experience most people struggle with (and desperately want to improve) three areas of life:

1. Money
2. Relationships
3. Health

Imagine your own life if money, relationships and health were all working beautifully. I know it may sound like a pipe dream, but it **is** possible to dramatically improve your life in these three areas, and I'm going to show you how you can start today.

When I begin working with a client, they usually bring up one or all of these core areas of life that they want to improve. They've tried everything to increase their cash flow, find the right partner or enhance their vitality and well-being...but to no avail. Sometimes it feels like improvement in these areas is such a struggle.

If these areas of life are challenging for you, it's not your fault!

Have you tried one method after another, looking at what you are doing wrong, trying to figure what you need to change, and seeking one solution after another only to come back to the same experience over and over again?

Your struggles may be happening because the environment you live in simply isn't conducive to your attracting all the good things you deserve in your life.

You may have completely overlooked one **proven** technique that has worked for centuries...transforming your environment.

If you improve your environment, you will improve your life...GUARANTEED!

Can YOU relate to any of these common challenges?

- Communication struggles with children, spouse, and/or clients resulting in constant bickering and stress, or people withdrawing.
- Health issues with reoccurring surgeries, accidents, and/or illnesses.
- Feelings of loneliness and lack of support with a loss of friends or clients.
- Reoccurring incidents of money loss, unexpected bills, legal costs, and financial challenges. Having the feeling you just can't catch up.
- Uneasy connection to your environment.
- Anxiety about your future.

There is a solution AND I'm going to show you how you can start improving your circumstances so you can enjoy the benefits and pleasures of a safe and happy life.

The Secret to a Happy Life

The ancient Chinese knew a secret that we in the West are just beginning to discover. The secret is leveraging the flow of energy found in nature to create healthy and happy environments that you live and work in. When you change your environment, "miraculous" things begin to happen.

Great relationships open up for you. You'll begin to attract the right people, who are supportive and loving
More money flows in—your financial situation opens up so you can experience more money coming in and less flowing out.
Better health and more energy—you'll feel like you are wearing rose-colored glasses. Nothing can stop you.

These positive changes are easy to access once you've unlocked the ancient secrets of Feng Shui.

How Feng Shui Works

Feng Shui is a “nature science” developed in China over 2,000 years ago. This pure and traditional science uses many components (like color, natural elements, building and furniture placement, etc.) to determine how best to arrange your environment.

The use and careful placement of the five core elements of Feng Shui: fire, earth, metal, water, and wood affect the flow of energy moving through your environment. This energy is called “chi,” which literally means “energy.” It’s the life-force energy moving through everything: people, plants, all living things, including your building and its interior spaces, your office, bedroom, living room, etc.

The goal of Feng Shui is to align this energy to best support your specific and unique needs and situation.

For example, a realtor who wants to quickly sell a client’s listing often uses Feng Shui by making the following suggestions to the client: remove clutter, rearrange furniture to open up the room and help energy flow, which improves traffic patterns. Simplify accessories; change the energy by having carpets and air filters cleaned. Beware of air filters that give off negative ions with ozone as its by product. Use a good healthy air filter, preferably one that gives off negative ions, with a ULPA filter, and removes allergens, pet odors and dander. Change the temperature so that prospective clients are comfortable, put a fire in the fireplace, or add a water feature, which adds a soothing sound. These suggestions can transform a home to create a feeling of balance and harmony, and are all part of Feng Shui.

Even with all the positive Feng Shui energy implementations, just one single factor may be needed to make the final shift. When I suggested that a client add a water remedy in the appropriate place for her specific home’s energy, my client did not see or feel a shift. Remedies can take as little as three days and up to three weeks to produce results. Because there was no change in that time span, I suggested my client move the fountain just one foot, and to her surprise her husband got six new clients the very next day! The placement of remedies is critical to positive results, and is determined by identifying the energy first using a compass.

The energy blueprint tells us where it would be best to place each of the five elements. Your space may need several additions of water to increase wealth, often metal is introduced to help create forward movement and reduce arguing. Fire must be used with caution and can be great for wealth and good health and business expansion. Earth and plants are a great addition and must be placed in areas that are not susceptible to illness or money loss.

Does Your Life Have Balance?

Feng Shui is based on the book of I-Ching, which is about Yin and Yang and how life is always changing. Because our experiences every day cause us to speed up or slow down, we are always seeking to achieve balance. When we understand our Feng Shui personality and our Yin or Yang type, we can more easily seek a balance in our lives.

The Yin type person tends to be calmer; they support team efforts better than the Yang types, who plan and lead people into action. Just as Prince Harry is a Yin Metal type taking the lead from Queen Elizabeth, he is a wonderful Ambassador for England and the Queen. Queen Elizabeth enjoys lots of people, variety and many activities, and feels best when she is leading, according to her Earth Yang personality type. Prince Harry's brother, William, also a Yang type like the Queen, is a Fire Yang. He is passionate about his career and will make a good leader of England in the future.

Once you understand your Yin Yang personality type, you can seek the opposite type person as a friend or partner to bring balance into your life. A life of all Yin activities by a Yin type would get boring, and all Yang activities to a Yang would tire them out. There are many different ways to balance Yin and Yang types. Music is often used to change our mood and is a good way to bring balance to your soul. The Yin types will enjoy upbeat music to balance their quiet nature, and the Yang types will crave slow relaxing music when their life has become too active.

Yoga or walking are great relaxers for Yang types; more exertive activities are good to balance Yin types, such as dancing, which was demonstrated by Prince Harry on his recent trip to Belize, or jogging. Yang types may naturally select bolder colors for their interiors; yet

more subdued colors will help to calm and relax them in their environments. Yin types may be comfortable with darker shades of colors, but it is the lighter and brighter more uplifting colors that bring balance to their Yin energy type.

How I Discovered the Secret

I never realized how much the environment affected my life until my family moved to a new house some years ago. It was a spacious and lovely custom home on an acre of land in the Santa Monica Mountains, normally an ideal location, but as I quickly learned, the orientation of a house makes a huge difference on the lives of those living within.

I had never realized how much the environment affected our lives until my youngest son began having problems in his life. I was puzzled because we had a loving family and friends, the neighborhood schools were good, and as a family we were involved in the community and church activities. We were raising our children with values and lots of love, but something was missing and I couldn't put my finger on the reason why. At this time I had started studying the ancient secrets of Feng Shui. As I did a compass reading on my house, I discovered that the orientation of the house didn't support my son's life at all; it had a rather negative effect on him.

I discovered that two of the last three homes we had lived in had an energy blueprint that specified them as West Group types. The first home, where my youngest had been born and had lived in until he was twelve, had been an East Group house that supported him, especially in the area of academics, creativity, and wealth. But the following two homes were West Group.

When I became aware of Feng Shui, we were living in the last of the three homes. I learned it had an energy blueprint of delays, pain and struggles, in spite of the fact it was a beautiful custom home.

I quickly learned how important a building's orientation would be in relationship to its occupants. I had never realized how much the environment affects our lives until my youngest son began having problems in his life.

Feng Shui teaches us that we all have a predominately favorable "orientation" for our living space, an element of nature that we are more drawn to, and a group type that's either East or West.

Your group type affects all areas of your life. Based on the year of his birth, I discovered my son is an "East Group" type. The house type was a "West" environment. I used a compass for a reading to determine the energy in the home and the placement of the building on the land. The sitting of the home is very important in determining the East or West building type. The sitting is determined by more supportive and private areas, such as; the kitchen, bath and bedrooms. The more public areas are usually on the opposite side of the home, such as the living room and front door, and are called the facing side. This home's environment conflicted with my son's East/West Group type, and that's why he at more challenges in school.

Receive a free personality profile for yourself, your family, friend or business associate to determine your East/West Group home or work space. See how compatible you are just by going into my website at www.WithinYourSpace.com and submitting your name and e-mail address. You will receive a link in your e-mail box to access a special page where you may chart a person's type by entering their year of birth and gender any time you want, now or in the future!

I could not change the fact that the house was a West group and my son would be supported best in an East group type house. I could, however, bring certain elements into the house that I knew would counteract the delays and struggles of the permanent energy of this house.

After I took the compass reading to determine the energy blueprint for his bedroom, I realized he needed the element of water to bring the room into balance. Water can be added by using a fountain or a fish tank, or by using colors, blue and black, to represent the element. I chose the latter and brought in colors representing the element for water. Then I realized his bed needed to be moved out of direct alignment with the entrance to the room. It was important to place his bed according to his best sleeping direction. Before I made the

changes, I discovered my son had already moved his bed. When I checked its orientation according to his personal best, I found that he had placed his bed intuitively in his most supportive direction. We also chose an area in the house that supported academics and creativity and set up his study area there. Soon after I made the changes, his grades improved.

With your free personal profile based on your year of birth, you will be able to determine what the best bed directions are for you in order to receive your best night's sleep, and your best directions to enjoy improved concentration, learning, and meditation.

The results were shocking...

In the past, my son would struggle for hours to get his homework done, but when he worked in the designated area of the house, which supported academics and creativity, he got his work done quickly with successful results.

Today, both my sons are aware of Feng Shui and its importance in their lives. My oldest son's personal element is metal and his wife is the fire element. What's missing in their relationship is the earth element. Because my son is aware of this, he consciously looked to purchase a home that is an "earth" type creating more balance for them. The home has another advantage: it supports academics and creativity with its permanent house energy, which supports his wife's career as a teacher, and their two sons' academic success.

Other successes I have seen...

The placement of a home office in the house is extremely important. After suggesting my client move her office to another room where the energy was more supportive for wealth, she e-mailed me with this feedback, "We completed moving the office to the other room...I checked my 401K this morning (which hadn't gone up in over five years) and found that it had gone up \$7,000. Unbelievable!"

Animals are very sensitive to the energy vibrations. One of my clients told me, "Since I remedied my hallway upstairs to have more balance,

the cat and my dog stay there during the day...and this never happened before!"

Applying Feng Shui & Good Design in Your Life

Several general ideas can help you begin to understand how Feng Shui is used, but the specific details can only be determined when I check your living or work space with my compass.

There are 3 Basic Steps that are important to follow when implementing good design using Feng Shui:

1. Be aware of your life situation and how you feel
2. Be clear about your intentions
3. Create an environment that supports your intentions and feels good

In design, form follows function, so it is critical that you get clear about how you plan to use the space and what you want to achieve.

The most important elements of good interior design are color, clearing clutter, and furniture placement. All of these factors create energy.

Each Color, for Instance, has its Own Vibration

Every color vibrates at a different speed. Red, purple, and burgundy vibrate the fastest. If you want a relaxing space, reduce your use of reds in your interiors. Black is also an intense color. Both red and black make a bold statement. They are high contrast colors and create a lot of energy, especially when used together. Often I find that Earth or Fire types select the fire colors in their spaces because it supports and recharges them. Red is the color relating to Fire Trigram types. Just as fire replenishes the earth in nature, it replenishes Earth type Trigrams according to your Feng Shui personality profile. This red black color combination may not be as supportive for Feng Shui

spaces when visiting energies of delays and separation arrive, which causes a need to remedy with metal objects of gold, brass or steel, and the colors white or silver.

To make a bold statement, bring in a lot of contrast but do not expect your environment to be relaxing and calm. Because there is so much stress in our daily lives today, more and more designers are seeking to create spaces that create a calm feeling. When we are calm, our blood pressure goes down and our outlook improves. The most calming of colors are those seen in nature: greens, blue suggested by the sky, and light tan or beiges suggested by the earth. Even though dark brown is a color seen in nature, it is best to use it sparingly. It can cause depression and creates a higher visual contrast to our eyes next to whites and beiges, similar to the result when using the color black.

Secrets used by Successful Designers

It is important to have a color palette for your entire house. A great way to create a design color palette for your home is to select a print fabric with a multi-color design. Most multi-color fabrics use colors that have been professionally selected by a skilled fabric house designer and will provide you with an instant color palette. Most fabrics stick to the design rule of using only three main colors. Sometimes you may find four colors when you have a double complementary color scheme. Once you have a fabric that uses all the colors that you like, then you may take the fabric to your local paint store and have paint made to match the colors already produced in your fabric. An example is a fabric with tan, green and burgundy.

Next, select the lightest color for the major areas throughout your home that connect to each other and can be viewed at the same time from different viewpoints, such as: tan for hallways, family and living room areas. Then select a second main color for the bedroom and bath, such as green, and another main color for the kitchen, such as burgundy: all taken from your color palette. In each room, add the two missing colors from your main color palette in different proportions. The burgundy kitchen may have secondary accents of green and beige, while the bedroom may be mainly green with secondary accents of beige and burgundy. With a beige living room, you can select the other colors in your fabric to pick a sofa color and

other accessories in the room. Follow your color palette using your three established colors in each room. Change only the quantity of the color used in each room in order to introduce variety and interest. Following a professional color palette creates a calmer environment reducing arguing and stress. When a user experiences too much change by introducing more than four colors throughout the building, it causes the user to experience more anxiety.

To add even more interest to your room, mix stripes with plaids and floral patterns as long as you use the three main colors from your first fabric. The color will tie together all the patterns, allowing you to mix and match. For example: your living room may have tan walls and sofa. To tie together your color palette, bring in pillows and chairs in plaid or floral print using all three colors: green, tan and burgundy.

A space screams novice designer when the walls are painted a color and the ceilings are left white. Having walls and ceilings that match in color, create a larger more calming space, especially if the color is a light shade of paint.

Also remember baseboards need to be the color of the floor such as wood floors having stained baseboards to match the wood grain floor, or the baseboards need to match the wall color. If a home has decorative 5" baseboard moldings then the baseboards can be painted white to show them off, if the wall colors are light.

When using darker furniture within the space keep the baseboards neutral and match the wall color so that your eye goes to the wood furniture and accessories not to the contrasting baseboards. If the walls are light and the floors are light avoid a dark baseboard that will cause the room to be outlined and defined at the floor making the space appear small. Baseboards that match the wall color disappear and create a larger more relaxing space.

Clutter is Costly to Your Success

Clearing clutter includes: clearing closets of clothes you no longer wear, cleaning out your car and garage, and going through your kitchen cupboards. In your office, make sure you have plenty of file

cabinets to store things so the top of your desk does not become a storage area filled with paper and other clutter.

Rearrange Furniture and Watch How Your Life Flow

Furniture placement is critical. Never sit with your back up against a window. Pulling furniture or desks out into the room allows for a more supportive furniture grouping. Sofa tables or work spaces behind you give a feeling of protection. In an office, for more productivity, provide a flat work surface behind you in addition to your desk work space.

According to the arc of conversation rule, in order to increase communication between people, chairs need to be placed so that people are facing each other when seated within a distance of only eight feet. This rule applies to a group seating arrangement or around a table, as long as the distance between people is no more than eight feet. For areas that promote good discussion and encourage conversation place 4 to 6 chairs around a circular work table or coffee table instead of using a traditional chair and sofa grouping.

For several furniture placement ideas for office and bedrooms pick up a copy of my recent book; ***Live Your Life On Purpose: Discover Your Feng Shui Personality: the People & Space that Support You***, available on my website at www.WithinYourSpace.com or www.Speaker4Change.com, also available in bookstores everywhere.

Now Let's Begin...

Step 1...Be Aware of Your Life Situations

Does your building support you in your health, your relationships, and in your potential for wealth? Do you feel your life has balance? What you don't know about the energy in your environment might be holding you back.

Are your thoughts positive or full of doubt?

Are you aware of your checking account's changing balance and your net worth?

Have you given much thought to your own short and long-term goals, dreams and desires, and those of your spouse, and/or children?

Consider what beliefs and thoughts you may have that hold you back, and how you may benefit by letting go of them.

Because get-togethers and holiday celebrations are very important to me, I want to celebrate them with family. To accommodate those attending, we have started a tradition to celebrate Thanksgiving any day close to Thanksgiving Day, even though most of society celebrates on Thursday. It is important to me to consider everyone's unique work schedules and the demands on their time. By being flexible and changing the day, I have more success gathering together a larger number of family members to come celebrate

Awareness of your life situation involves determining the East and West Group type of every occupant living in your home, based on their year of birth. Determining East or West Group is often the most challenging part of a consultation, and can require a professional to walk the property to determine where a building sits and where it faces. A general rule is that homes with the back, referred to as the "sitting position" in the E, S, SE, or N are considered East Type buildings. People who are West Types will be more successful in West Type homes and the East Type person will be best supported by an East Type home.

When you notice that things that had been going well for you come to a sudden halt, it can indicate that the energy in your environment is out of balance. Delays could manifest in long lines at the supermarket, or traffic on the highway being much heavier than usual. These delays in your life could be coming from your environment.

My clients have noticed that people do not return their calls, or

new clients seem to slip from their grasp just before the contract is signed. Perhaps you may have friends back out of lunch dates at the last minute, or you have an unexpected argument with your spouse, child or best friend, and all this can be attributed to the energy being blocked in your environment.

Money loss can occur with unexpected bills, or health issues arise when you least expect it. All of these occurrences show the energy of separation and sickness, and if you do not have the correct remedy in place for the “yearly” and “monthly” visiting energy, or the energy that was captured when your building was built, that energy can have a challenging affect on you.

When you are experiencing flow in your life, feelings of being connected with others, and money coming to you with ease, chances are you have the correct environment and proper placement of elements, bed direction, and colors that support you and the energy within your space.

Step 2...Clarity of Intention

I find decisions are easy when values and preferences are clear. In consulting with a client, I ask a variety of questions that help my clients get clear and then begin to develop plans for applying Feng Shui concepts.

Your thoughts are what shape your environment. Change your thinking and your environment changes. Your environment is a reflection of what you are experiencing.

Not long ago, I noticed I had been struggling with getting a clear direction for my business for several months. I had never realized that a couple of channels on our TV were always unclear. I had never realized this was a mirror for my life experiences, reflecting the lack of clarity about decisions I had to make in order to move forward with my business. The very day the clarity came to me was the day that we had three technicians working on our TV cable and clearing excess cables from the attic that were no longer necessary. I was also letting go of more complicated ideas in order to make my business

much simpler. The day I became clear was the day the TV became clear and more functional! Our environment truly is a mirror for us!

It is very important to know who you are, what you desire, and your personal preferences, so that you can better create an environment that supports those goals and helps you move forward easily with your true passion. I have seen clients who were unable to admit to themselves what they truly wanted. If you do not get clear on what brings you joy, you may struggle until you are able to receive what feels good.

Now that you are more aware of where you are and what situation you are in, allow yourself to decide what you truly want. Do some daydreaming about your life. Determine what areas of your life are out of balance; decide where your biggest challenges are, and what areas you would like to change. It is important to be honest with yourself.

Here are some sample questions to ask yourself that may help you become clearer about what you want for your environment.

How do you feel when entering your home?

If money is no object, what would you change in your existing environment?

Is there a cozy quiet place in your home where you can be alone?

Is there a space where friends or family gather to share good communication?

Do you have a special place to entertain and/or gather for meals? If not, is it important for you to create one?

Do you have a quiet place outside that is sheltered from wind and rain, but close to nature?

Be sure to consider these additional questions when you are becoming clear about your intentions. Simple changes can make big differences.

Do you have peace of mind?

Do you have a desire to create more balance in your physical body? Your environment can play a big part in your health. Is there an area of your environment that causes depression, or where you notice you are having headaches or fatigue? Do you find you have problems sleeping? Do you need to relax more or need to create a good exercise regimen? Is there a place for this in your home?

Balance affects your finances

Where do you pay bills? Do you want to run your own business? Do you have room for a home office? What are your financial goals?

Do you spend as much time as you would like with your family?

Where do you spend the most time with your loved ones? Is that working for you? Consider a change to your family's environment by traveling to an upscale hotel or vacation rental for a fun relaxing pool and spa weekend.

Do you want to add an outdoor or indoor activity area for fun gatherings?

Maybe your family or friends would visit more if you created an outdoor area for entertaining with a bar-b-que or comfortable seating area with fire pit. What about adding a pool table, ping pong table, pool or spa, or a space to play basketball? Think about a change you could make to your outdoor or indoor environment that would bring people together for pleasure, relaxation, or fun.

Are your relationships flourishing?

Are you looking for a new love, or strengthening your existing relationships? Often just changing colors in your home or changing your bed direction, or adding a little water to the right space will help attract that new relationship or create the harmony you have been longing for.

Step 3: Spaces that feel good & support your intentions...

I've listed many suggestions to give you ways to change and impact your life immediately just by making a few simple changes to your environment.

The first step and easiest way to feel good in your environment is to clear away the clutter. Did you know that just about every piece of information you are holding onto right now, if thrown away, could be retrieved tomorrow by searching on the internet?

Clearing clutter includes closets with clothes you no longer wear, cleaning out your car and garage, going through your kitchen cupboards, and making sure your office is more efficient with a work space in front of you and behind you for maximum productivity, and make sure you have plenty of file cabinets to store things. Never use the top of your desk as a storage area.

Many people hesitate to get rid of clothes because they have limiting beliefs that they will not have the money to replace them. Or they wish they were a smaller size and are living in the past when they liked how they looked in a certain outfit that no longer fits. Be in the present, and be honest with yourself when deciding what to keep and what to let go of.

Start with the end in mind. Do not act on anything, just sort into piles. Once you have the piles, you can tackle each task more easily.

I remember the time I lived in a condo and after living there a year I decided to move everything into a moving van so that the carpets could be cleaned and the walls painted. When I moved back into my home, everything sparkled and I felt renewed.

How long have you lived in a space without moving the furniture or taken down the mirrors, pictures, or window covers for cleaning?

Letting Go Brings in More

How you feel within your space changes your vibration. If you feel good, you attract more of the things you enjoy. My most amazing experience of abundance related to clearing clutter was this story I wrote in my first book, *Letting Go to Create a Magical Life*.

I had a gift certificate, part of a balance owed from a speaking fee, for the Hyatt Hotel in Palm Springs. I called to make reservations before it expired and was told that my \$125 credit would probably be enough for two nights because it was during the off-season. I was scheduled to arrive on Sunday with my husband. On the Thursday before leaving, I sorted through all my books and took sixty-six hardcover books to donate to the library. I had quite an assortment, from interior design books and spiritual books to books on raising children and teens. Many of the books were from my past, when I had needed them, and I wanted to give them to someone who might now benefit from them.

When I got to the library, they gave me a cart for all the books. As I unloaded my car I was tempted to keep some of the books. I resisted the temptation; if I had not read these in over a year, they would be best shared with others. I did not want to stop the flow of energy with things sitting in my house not being utilized to the fullest. That same week I also chose to give up my office in my home for my twenty-one-year-old son, who wanted to move back home to save money and build up his finances for his own place.

When we checked into the hotel on Sunday, the hotel bell captain took our key and said, "My, this is a great room!" It was a suite with a living room, dining room, two bedrooms, and two spa tubs. Our corner room had three balconies: one overlooking the spa and two overlooking the pool. We had a fully catered

breakfast in our room, enjoyed the spa, and the total bill when checking out was \$23.23.

When check out, my husband asked what the normal rate of our room would be, and the desk manager told him, "The room charge is usually \$600 per night." I donated over sixty books, gave up a room in my two-bedroom condo, and got a \$600 room almost immediately. I let go with no expectations and the Universe provided for my abundance.

The Act of Letting Go Demonstrates Trust

As we let go of relationships, habits, or stuff in our life that no longer serves us, we tend to feel out of control or insecure, and yet it is this action of letting go that demonstrates our trust. By letting go you may find unexpected people, things, or elements of nature coming into your life to give you a feeling of stability and support. Trusting, by living in the moment, provides the Universe an opportunity to bring exactly what we need into our lives at the perfect time to support us.

Shore Up Slopes Around Your Home & Business

To keep the energy in the form of money, relationships, health issues from slipping away from you, traveling down a hillside on your property, plan a solid row of plants along the top of the slope. This one simple change can cause your wealth to increase almost immediately.

Make Sure There is Nothing Blocking the Front Door

Large trees or posts in front of your home or business in direct alignment with the front door can block good energy from coming to you. Never block an entrance.

Spaces that Support Good Health & Relaxation

Quiet Sacred Spaces Indoors and Outdoors

Spending time outdoors in nature can have a positive impact on your health, resulting in reduced stress, anxiety, and drop in blood pressure.

Indoors: If you are limited on space, you may transform your bed. Drape (enclose your bed with drapes or netting) your bed to become a special space where you can read, meditate, or daydream.

Outdoors: Create a relaxing space in nature, whether it is an apartment balcony filled with plants, or a space in your garden with outdoor living furniture and a canopy.

Create Relaxation and Warmth

The best way to create a cozy space is to add baskets, textured fabrics, and plants that offset hard lines of glass and other smooth cold surfaces for a more cozy and inviting space.

Avoid Sharp Corners

Sharp corners in Feng Shui are called "sha" and by making sure table edges are rounded, and accessories have curved lines, you will feel more comfortable in the space. Use bull-nosed trim on countertops and on the corners for finishing walls, whenever possible.

Be Sure to Have a Solid Wall or Headboard Behind Your Head When Sleeping

Having a solid wall or support behind our head goes back to the time when we were carried in the uterus with our heads down against a solid surface for 9 months. Babies and children sleep best with a soft surface against their heads. One of my clients was being challenged with her son's disruptive sleep patterns.

She would put him to bed in his bunk bed, and she would find him later sleeping in the hall, or sometimes in the bathtub. I suggested she turn the opened bunk bed against the wall so that he would have support of the wall behind his head. She immediately reported back to me that he was sleeping in his own bed now through the night. Turning your bed at an angle in the corner of the room is fine if your feet are not pointed at the door, and your head is supported with a headboard behind it.

Spaces that Support Strong Relationships

Avoid Working or Sleeping Under Beams

If you have been complaining about neck problems check to see if you have been sitting under beams lately. The energy coming down on you from the beam above may cause headaches or neck problems. When a beam is located above the center of a bed, it may cause division of the relationship, increasing arguing and feelings of separation.

Bring in the Senses Using Fragrances You Love

You may remember how great the scent of pine is during the holidays to put you in a holiday mood, or the scent of roses reminding you of a relaxing garden. Use scented candles and soft music when you entertain a special companion.

Use Pastel or Neutral Monochromatic Color Tones

The best way to create a feeling of calmness and reduce the potential for arguing is to void bold contrasting colors that cause the eye to stop and start when viewing a room.

Place Furniture to Support You

Sit in a position where your back is not compromised by a door or window. Avoid using a mirror to see behind you.

Be sure to go to my website to receive your free personal profile and then cart others to see how compatible that special someone is to you. Don't forget to use your personality profile to identify your best facing direction to arrange your work space to support you. Make sure your bed direction is in a power position for you to enjoy deep sleep.

I apply the very scientific Feng Shui – the classic method, referred to as a “nature science.” I take a “compass reading” of your house, which includes a personal read of your type of element. The report I prepare is several pages long and is specific to you and your home, revealing how you and your home interact.

Success Stories

A Housing Developer Discovers How to Profit from Feng Shui

Byron is a mold inspector and developer; he's very knowledgeable about the building process and architecture but knew nothing about Feng Shui.

Byron had been trying to sell a \$2.3 million house for months but every time he showed the house, potential buyers would just slip away. He took the house off the market out of frustration and called me. I heard his bewilderment on that first phone call and I agreed to walk through the house and give my suggestions.

The first suggestion I made was to shore up a hill in the back of his property with shrubs and plants to keep the energy from going down the hill. He was losing valuable energy. I told him that the emperors in China used to put walls around their castles to hold in the energy. Energy loss or gain occurs with driveways, as well as the direction of the street in relation to your house.

One month later I got a call from Byron. He was ecstatic! He sold the house!

He told me that within two weeks of making the corrections I recommended, someone knocked on the door. It was a couple who wanted to take a look around. As the lady walked into the entry, she

stopped, turned to her husband and said, "Get your checkbook out."

The truly "miraculous" part of the story is that Byron hadn't even put the house back on the market yet! The house sold at full price.

Carol's Story:

Carol had just purchased a new home and she called me because she thought that Feng Shui could give her some insight into her husband's illness. The illness had developed shortly after the installation of the master bedroom décor. She had spent a lot of money on a professionally designed master bath. I saw the problem right away.

She was shocked when I told her that her husband's health challenges could be caused by the burgundy-colored drapes because they were increasing the potential energy of sickness and separation captured in that room when the house was built.

The house was an East Type, which supported Carol, but her husband is a West type so the house didn't support him. And the burgundy color was not supportive to the existing energy of separation and sickness in the master suite of the house, which had been determined when I took my compass reading.

As soon as she replaced the curtains with a color and type I recommended, his health instantly began to improve.

About Pat Sendejas

Pat began her interior design career at the age of eight when she would stay overnight at friends' homes and talk her friends into rearranging their parents' living room furniture. When she learned how to write in school, she would write her name backwards and hold it up to a mirror to read. Her father became concerned and went to speak with her teacher, who told him not to worry, "Pat just looks at the world differently than most of us."



Pat graduated from UCLA's Environmental and Interior Design Program and then received a Bachelor of Arts degree in Design from California State University Northridge. After 25 years of owning an operating her own design and remodeling firm, she felt she had not yet learned true-life lessons of having balance in all areas. She discovered and studied Feng Shui with a Chinese Master. She went on to teach Feng Shui and all design courses at Moorpark College in Moorpark, California. She is a professional member of the CCIDC (*California Council for Interior Design Certification*) and was a past Professional Member of the American Society of Interior Designers (ASID). Pat has received recognition for her Award-winning Kitchen Design. She has designed Model Homes and participated in the Conejo Valley Showcase Home tour in Westlake Village, California, professionally designed to raise money for the Wellness Center.

As a professional speaker, Pat hosted her own radio show, *Let Go & Grow* on Contact Talk Radio from December 2009 through December 2010. She has been featured in number magazines such as; *Woman's Word Magazine*, *Estylo Magazine*, *Ventura County Star News*, and the *Los Angeles Daily News*. She has been invited to speak to Independent Community of Bankers of America, Hyatt Hotel – Palm Springs, CA., Homeland Security – LAX and Long Beach, CA, Celebrity and Costa Cruise Lines, and Farmers Insurance Group Corporate. Pat enjoys improving her speaking techniques and became a certified trainer for Fred Pryor in 2011.

Pat combines her knowledge of environmental and interior design, and architecture with her Feng Shui experience to create changes that will improve health, wealth, and relationships for her clients.