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## 8 Ways to Boost Your Energy

Improve your lifestyle with these feng shui practices

By Elizabeth Weiss McGlenick

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Think feng shui is only about arranging furniture and painting a room the "right" color? Think again. If you're dragging before you even get out of bed in the morning, it's time to implement some changes from a master feng shui practitioner that can give you a better start each day.

Dawn Carter, president and creative director of office [Furniture Concepts, Inc.](#), offers eight tips to help you attract positive energy and people to your life, adopt healthy behaviors and add some much-needed pep to your step.

Here are eight ways to boost your energy:

1. **Know why you're unique.** "Your birth date helps determine traits in which you are predisposed. This helps you manage your personal energy," says Carter. Your birth date indicates colors that support you best (for the clothes you wear, carry a bag, feed your pet, etc.) and even reveals ways that you can get a better night's sleep. Find out your patterns by [checking Carter's birth date](#).
2. **Pinpoint your acetal patterns.** Classic feng shui is based on the five elements -- fire, earth, metal, water and wood. "Water people, for example, are deep thinkers, so superficial conversations aren't as interesting. Fire people need to be addressed or they can become silent," explains Carter. Your feng shui element is also determined by your birth date.
3. **Strengthen your weak areas.** Each person has strengths and weaknesses based on the feng shui element. Carter offers some examples: "Earth people are calm in times of trouble but they also tend to resist change. Metal people are natural leaders but when giving orders they can be abusive. Wood people are action-oriented and can become bored easily."
4. **Make conscious decisions.** If you feel like you're stuck in certain patterns or are frustrated, there is an imbalance in your life. "In these days of multitasking, single-tasking is a lost art," Carter says. "I go back to yin (rest) and yang (activity) -- consciously think about what you want spiritually, emotionally and intellectually and make choices accordingly. A lot of people in your life that support your choices." When yin and yang are balanced, we're happier, she adds.
5. **Be prepared... to a point.** Anxiety develops from a fear of not knowing. "When we know a situation is possible, plan for it and enjoy the ride," Carter advises. "Think of a new activity when you stick up on Monkeys, crochets, crochets and board games, it can be quite enjoyable." A tip is simply the "risk management" practice in the name of your life. Control what you can and work on allowing the rest happen as it will.
6. **Establish and work toward obtaining goals.** "What do you want your life to look like in six months, one year or five years? Make choices toward

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Think feng shui is only about rearranging furniture and painting a room the "right" color? Think again. If you're dragging before you even get out of bed in the morning, it's time to implement some changes from a master feng shui practitioner that can prepare you to better meet each day.

Diana Garber, president and creative environment officer of Intuitive Concepts, Inc., offers eight tips to help you attract positive energy and people to your life, adopt healthy behaviors and add some much-needed pep to your step.

Here are eight ways to boost your energy:

1. Know why you're unique. "Your birth date helps determine traits to which

you are predisposed. This helps you manage your personal energy," says Garber. Your birth date indicates colors that support you best (for the clothes you wear, car you drive, food you eat, etc.) and even reveals ways that you can get a better night's sleep. Find out your patterns by sending Garber your full birth date.

2. Pinpoint your social patterns. Classic feng shui is based on the five

elements -- fire, earth, metal, water and wood. "Water people, for example, are deep thinkers, so superficial conversations aren't as interesting. Fire people need to be self-expressed or they can become sullen," explains Garber. Your feng shui element is also determined by your birth date.

3. Strengthen your weak areas. Each person has strengths and

weaknesses based on their feng shui element. Garber offers some examples: "Earth people are calmer in times of turmoil but they also tend to resist change. Metal people are natural-born leaders but when giving orders they can be abrasive. Wood people are action-oriented and can become bored easily."

4. Make conscious decisions. If you feel like you're stuck in certain patterns

or are fitful, there is an imbalance in your life. "In these days of multi-tasking, single-tasking is a lost art," Garber says. "It goes back to yin (rest) and yang (activity) -- consciously think about what you want spiritually, emotionally and intellectually and make choices accordingly. Attract people into your life that support your choices." When yin and yang are balanced, we're happier, she adds.

5. Be prepared... to a point. Anxiety develops from a fear of not knowing.

"When we know a situation is probable, plan for it and enjoy the ride," Garber advises. "Think of a snow storm; when you stock up on blankets, candles, cocoa and board games, it can be quite enjoyable." Aim to apply this "risk

management" practice to other areas of your life. Control what you can and work on allowing the rest happen as it will.

6. Establish and work toward obtaining goals. "What do you want your life to look like in six months, one year or five years? Make choices toward

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those goals; otherwise, you end up feeling like you're living some else's life," says Garber. "Manage life consciously, or unconsciously it manages you. Take time to acknowledge your accomplishments, and allow yourself to learn from the rest."

7. Be aware of cause and effect. Simply enough, negative thoughts and

actions attract negative behaviors and people; likewise, positive thoughts and actions attract the same, explains Garber. Even if you're not expressing negative or positive emotions verbally, be conscious of how your mind is working -- this affects what happens around you and whether the direction of your daily life heads toward good or bad, happy or sad, up or down.

8. Manage your energy. "Ultimately, we are responsible and accountable for all that we say and do," says Garber. "With practice, our reactions become more positive." Make the effort to manage your energy and responses so that your energy doesn't manage you. Be conscious as you live your life, and be present in the moment when you make choices.

These feng shui tips don't all need to be implemented simultaneously. "Wear your good energy colors and observe if your energy changes -- whether you have more of it or you're perceived differently," says Garber. "Sleep toward a

good direction and notice if you have a better attitude to face the day." Change doesn't have to happen all at once to make a difference in your quality of life and levels of energy.

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