



## Enhancing Vitality

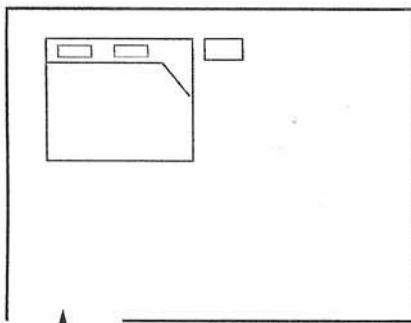
By Rebecca Norton

**M**illions of Americans have trouble sleeping. While most insomniacs attribute the cause to depression, anxiety, or nervousness, what tends to be left out is the positive energy and how it affects one's wellbeing. Pat Sanjeas, a Feng Shui Consultant, Speaker and Author, has established a new, open-minded approach to creating balance in an otherwise chaotic and stressful lifestyle.

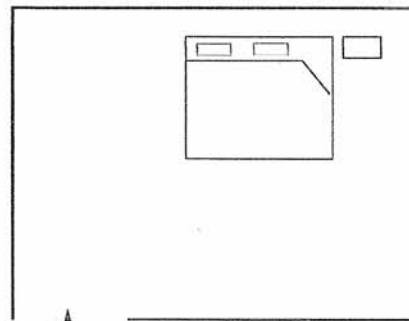
Pat holds a Bachelor's Degree in Art from California State University as well as being a graduate of UCLA's Environmental and Interior Design Program, and a graduate of the American Feng Shui Institute. She also

holds accreditation from The California Counsel for Interior Design Certification. In addition to mentoring, she is the author of "Letting Go to Create Magic" and "Letting Go to Create Magic: A Feng Shui Workbook". As young as eight years old, Pat's ingenious eye for design began her journey by rearranging bedrooms for close friends. After over 20 years of experience, her aptitude enhanced. Using ancient Feng Shui principles along with contemporary technology, Pat introduced a creative environment that promised to improve health, relationships, and wealth, among other important aspects of life.

"The body heals at night, making the bedroom a sacred place where a sense of calmness and relaxation should be displayed," explains Pat, while showing me a typical Feng Shui chart. In the first chart, poor alignment of the bed provides energy flow, whereas sleep is the desired effect. In the second, the flow is ceased and a healthy sleep can be achieved. "Everything relates to a Chinese belief, that happiness comes from health. In order to succeed in relationships, career and finances, you need to be healthy. A healthy person requires a solid night of sleep, which is reached when relaxation is attained," says Pat.



Poor alignment sleeping in front of doorway



Good, Protected from energy coming in the door.

Pat's additional tips to create a healthy environment for the bedroom are:

- Never keep anything electric by the bed, including alarm clocks, televisions or an electric blanket. These appliances give out EMF waves, which reduce the body's natural energy.
- Keep the walls, carpet and ceiling the same neutral tone, creating a tranquil setting.
- Rounded shapes sooth the mind more than sharp corners or angles.
- Avoid clutter, it will confuse the mind from focusing in a relaxed state.

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