

Peace WITH ENDO PODCAST

PWE19: Energize Your Life with Feng Shui

Aubree: Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find Peace with Endo.

This is episode number 19 and on the show today we have Jen Heilman. She's a fellow author in the book we did together called *Women Who Inspire*. She's a lifestyle mentor, and intuitive coach and Feng Shui ninja on a mission to help you create the life you crave. Thanks for being here Jen.

Jen: Yeah. Thanks for having me. I'm excited to be here.

Aubree: So, I re-read your chapter in *Women Who Inspire*, which is called, "Your Greatest Resistance Reveals Your Greatest Reward", and it's so beautifully written and heart felt during a time that I can only imagine was so difficult. Can you share a little bit more about your story that you wrote in the book?

Jen: Yeah. Absolutely. So, basically it is about my... the time in my life where my son was born with congenital heart disease, and they basically told us that if he didn't have a series of open heart surgeries and reconstructions on his heart that he would not survive childhood, and so he is eleven years old. He's going to be 12 in August. So he is, you know, at that point where he would be failing right now if he hadn't had those surgeries.

So, going through the trauma with him and nearly losing him and then being incredibly fearful of losing him, I really lost touch with myself and with my needs, and who I was as a person and what made me happy, and all those sorts of things, I think that, you know, often times that happens in motherhood, but it was kind of magnified by a thousand with his... with everything that was happening with him.

So, when he finally started to come out of it, and we were seeing the light at the end of the tunnel, and he was going to survive and he was going to not just survive but thrive, it was a couple years later, he was probably around two years old, and I started to come out of that of fog as well, and there was a need for me to pull myself

out of that story of the fact that I was... the story around being the mom of the sick kid, you know, that kind of thing, and to step back into my own light and my own power, and that's when I started to look again, you know, and for me, I've always been super connected to space. I was the kid, you know, who was rearranging their bedroom all the time, and trying to get it to feel a certain way. I was, you know, creating houses out of shoeboxes for my dolls and, you know, stuff like that. It was just always around space. I was always creating things around space, and then that carried me into this world of architecture and then interior design, and so I've always been, you know, fascinated with all of that kind of stuff.

So, I was in a bookstore, and looking, you know, browsing the books, and this book just really captured my attention, and I pulled it off the shelf and it was called, *Feng Shui Your Life* and it was written by Jamie Barrett and it continues to be a source of inspiration for me, because of the way she connected my love of space and my spiritual side. I really was at a time when I needed something more in my life, and that more was, you know, this enhanced connection with my higher power, you know, the universal energies and all that kind of stuff, and so just really trying to tap back into my own power so that I could continue to be as present as possible for my son, and for my daughter, and for my family.

And, so yeah. So I found this book, and it was Feng Shui, and it was just magic and I dove in and I started playing with, you know, all of theories in it and I was just delighted to see the results, you know, as I shifted things, and noticed things about my space that she was referring to in the book, and as I made the changes, I noticed that money started to flow more easily or conversations with my husband flowed more easily, you know, that sort of thing, and it really was just completely addicting and I just needed to expand on it. So, that's how I got started.

Aubree: That's awesome.

Jen: Yeah.

Aubree: And I know space does play a big role in how you feel, how your room is. So, can you share a little bit more about like how... How it all works? Like what are the theories behind it?

Jen: Absolutely. So, the you know, Feng Shui in it's, you know, more formalized explanation is the art of placement, you know, it's a... It's thousands of years old. It's from China and Feng Shui in particular is from China, and, but there are many ancient cultures that practice these kinds of theories and methods within their spaces. They just call it something different.

So, I think a lot of people when they start to hear about Feng Shui something clicks in them, you know, something like this deeper knowing that they are connected to, and they're like yes that totally makes sense. So, Feng Shui is really about enhancing your space to create better flow, to create better connection, because when you are,

you know, connected in and you're... things are flowing, everything is flowing. You know, money's flowing, love is flowing, your health is flowing, and you feel more energized and at peace at the same time. So, it's a really incredible balance that you create in your space, and it is about, you know, keeping your space cleared out, and de-cluttered, you know, and not carrying and holding on to things that you don't need, things that you don't love.

It's about creating a space, or writing a story with your space for the life that you want to live. A lot of times when I'm doing a consultation for people, not a lot of times, every time I'm doing a consultation for someone I read their space and I see the circumstances of your life, and so what we do is we walk through the space together either in person or virtually, and we go through step by step like what is showing up? What theme is showing up? Everybody has a theme or a story that is holding them back from reaching their biggest potential, you know, in their lives.

It's not allowing them to achieve a level of abundance that they know they're capable of achieving, they just can't quite get there, or you know, the level of health that they'd like to achieve or the level of love or relationships, and ease in that kind of scenario, and so this theme or this story presents itself in physical form in their space, and as I guide them through their space, and start to show them where it's showing up, they're more easily able to see that theme and how it's playing out in their lives and the beauty is they're able to do something about it.

They're able to take action because they can remove that thing, or they can shift that thing, and when you are able to take immediate action you feel, you know, this sense of accomplishment, and progress, and momentum, and the results of that, you know, because you're feeling those emotions, you're putting that energy out into the world, and it comes back to you, and so the manifestation of those... of re-writing that story and creating the life that you want to be living happens more easily and more quickly.

Aubree: I love that.

Jen: Yeah.

Aubree: And I'm just looking around my office here and (laughs) you know one thing that I struggle with is just... there is clutter, and it feels like there's like constant stuff, you know, that comes in and out. Do you have any tips for like that side of things? Like it feels like you never like release all the stuff?

Jen: Yeah, right? It's you know, it's an awareness. It's just, it's another level of awareness that if you start to feel stuck, you know, being able to take action in your space is really empowering. So, if you're feeling stuck and you're sitting at your desk, you know, you can clear your desk. So, you can take action to clear that out, you know, if you're feeling stuck in a certain area of your life you can, you know, go to that area.

So, the you know in Feng Shui one of the main tools is the bagua map, and basically this map we overlay it. We put it over the top of your floor plan and it reveals to us like where your wealth area is, where your fame area is or your love area, your health area. There is eight guas and there's one in the center that's your well-being, but so it's all of those areas of your life: your career, you know your helpful people, spirituality, your knowledge, family.

And so if you're feeling stuck or there's some kind of circumstances happening in that particular area of your life, you can go to that space and uncover what you know that block is showing up in your space. So maybe, you know, often times if people are having financial difficulties, you know, we go find their wealth area and it's either missing from their house, right? It's actually completely voided off of their house or there's, you know, a vacant room or it's a room that they've designated as storage, you know, and it's filled with clutter.

So, you can see where that story is manifesting itself in that physical form and then you have the ability to do something about it. So, that feels really empowering to people when they make the connection.

Aubree: So how does one get started adjusting their space to Feng Shui? Like what's the first step they can take?

Jen: Some steps you can take... so I usually... the front door is a really key element in Feng Shui. It is called the mouth of chi, and chi is basically energy, right? It's just the Chinese version of the word, and so the energy enters your space most powerfully in that front entryway and so I encourage people to take a look at that space even before you are in the space.

I encourage people to go outside of their homes and walk up to their front door as if they were a stranger, right? And really recognize whether it's easy to find, you know if it's got a you know sign on the door that has their name on it? Or if the address numbers are clearly defined, if it's clearly marked. What is the flow up to the door and what story are you telling the outside world, you know? Is it one of the people of this place, you know, have their, have their stuff together and you know they have you know some abundance and you know there's flowers and they've presented themselves out to the world really well?

Or is it, you know, that there's bushes that are overgrown and there's a doormat that's ripped and muddled? Maybe there's broken objects or clutter around or garbage, that kind of thing. So really taking a... a deeper look at how you are presenting just in the front door area, right? And how that approach is because you are the most important person in the world of Feng Shui, right? It is you that are... that is walking that path every single day and it is you that is reading that story, and so if you don't like that story that's... that you're reading every time you walk into your... your entry way then it's time to change it, you know?

What can you do to clean up that space and it doesn't cost any money to clean it up, right? To get rid of the stuff, you know. If... even if you don't have money to purchase you know some nice flower pots or a wreath for the door or something that represents you and the story that you want to tell you know you can start with just clearing out the junk and just clearing out all of the stuff. So, it really is about re-writing the story of your current circumstances. So, if you don't like the current circumstances then create a... create new circumstances and you can do that within your space.

Aubree: I love that. So now in my instance I have, you know, my front door, but then I also have a garage, which is really where I actually go in, more than I go in the front door. Does that make a difference?

Jen: So when you're laying out the bagua map you always use the formal front door, even if you never use the formal front door. It's always that's how we lay that out and there's all sorts of free references on my website if you know just so you have visual reference that people can go to in the Feng Shui freebie part. So, this might be a little profound you know to understand if you don't know the bagua map is.

But the thing that you can grasp is that story again, you know, so even if you don't use the front door make that space reflect the story that you want to tell, and as well when you enter through your side entrance, the same thing, you know. That is your main entrance into the space and even though we're not laying out the map according to that door that is the story that you are telling yourself as you come into your space, which is your sacred space.

So, what story are you bringing with you through that transition into your home and then also in reverse, what story are you taking out into the world? And how are you representing yourself out into the world through that story as well. So think about it as a transitional space and the fact that you have you know friends and family that come through that area. Is it a positive experience? Is it welcoming? Or are people tripping over shoes. Are they trying to locate a spot to hang their coat because it's overflowing, you know? Is there recycling and garbage, you know.

These are kind of like the normal things that you encounter, but just change the story, you know, like don't make it so you have to trip over things. Don't make it more difficult than it needs to be. Make it flow more easily, you know? Represent the space, you know, put a little piece of you in there, right? Who do you want to, you know... how do you want to represent yourself out in that space, you know. It's really powerful when you start to look at it from that perspective.

Aubree: I love that. It's almost like your first impression, right? Into the world.

Jen: Exactly. And you're going through that first impression every single day. Really start to look at it from that point of view.

Aubree: So what are some benefits you've seen from working with your clients, people who have implemented some of this Feng Shui, anything that stands out that you've seen from people?

Jen: The main thing that stands out, which is phenomenal, is this energy, right? Like I call it the Feng Shui fever, you know all the sudden you know they're energized and they're excited and they're inspired to make these changes, because it's not something that's going to take you know years. Not having to go you know go to the therapist you know years and years and years of stuff you know trying to work through it. It's like oh I have a direction, you know I can make these changes. I physically can do this and I know there's going to be results on the other side.

And once they make that first change, something shifts in them, right? And they light up and they see the results and they get this incredible energy that surges through them, right? And they want to do more, and then the energy grows, you know and so it's... it's really addicting in a really good way, because you want to keep that energy and that inspiration flowing and at the same time you feel a sense of calm, and a sense of place, and presence and the clarity that comes through is remarkable. So, it's just profound how much your space can affect your life in such good or bad ways.

Aubree: Love that. So, do you have any final words of wisdom for our listeners?

Jen: Final words of wisdom... find ways to make your life more easy that is seriously the goal. I think we overcomplicate things in order to avoid becoming successful and any way that we can organize our lives to make ourselves just everything flow more easily is the key. It's just the key to progress and forward momentum.

Aubree: So how can our listeners connect with you further?

Jen: So I have a website. You can reach me on that. It's www.jenheilman.com and you know there's lots of information on there just in the home page and the about page but there's also Feng Shui freebies. There's three different things that you can sign on for that will introduce you to Feng Shui in a really easy way and there's all of my services are listed on their as well. So, if you want to start with a freebie and see if it's something for you and then move on to working with me one-on-one that's always the option.

Aubree: Excellent. Well I thank you for sharing your inspiration with us today. Everytime I connect with you I start looking around my space (laughs)

Jen: Yup. It is a natural response for sure (laughs)

Aubree: You've inspired me to de-clutter this area at least that I'm sitting at right now and I hope it inspires the rest of our listeners to take a step today to, like you said, make things simpler, maybe clear out some stuff, take a look at your entry way and see how you can at least start there by increasing energy into your life, which we all need more of (laughs).

Jen: Yeah. Absolutely. It is the key. It is the key. Thank you so much. Yeah. This has been great.

Aubree: If you want to read more of Jen's story in *Women Who Inspire*, I encourage you to pick up a copy. During this month of inspiration I'm offering it for half off the normal rate. You can head on over to peacewithendo.com and order your copy there. It's full of inspiring stories like Jen's and other women who have overcome struggles and are using their stories now to inspire others.

If you enjoyed this episode I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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