

FREE UP YOUR ENERGY THIS INDEPENDENCE DAY

By Master Pun-Yin

More people could live a joyous life, if they only realize the key is to know how to live the now, reflecting on the representation of what holidays, special occasions, and seasonal changes mean emotionally. Most people need to slow down to “feel it,” instead of just being busy “living it”. So during this July, when most people associate Independence Day with barbecues, gatherings, and activities, be an awakened person, choosing to ask yourself the question, “how free am I, and what is weighting me down?”

The answer to this question for most people is almost always “because of someone or something, I can’t live the way I want to yet.” This answer is certainly understandable for the majority of the population around the world these days, with people being displaced by political systems, climate changes, health issues, and a host of other challenges. Yet lots of people experiencing the painful impacts have

the courage to try to work around the challenges. So for those of us lucky enough to live in the free world, can we really blame anyone or anything for our not feeling the joy of life often enough?

It is our own responsibility to convince ourselves to look at the glass half-full and believe that conviction—along with a dose of good karma—will lead us to a brighter day. This attitude has improved many people’s lives, which I’ve personally seen through my mentor/father and his countless case studies.

It is time we begin to detangle our bondage through better choices, living our lives using the authentic Feng Shui wisdom: Set aside time daily, or as often as possible between obligations, to reflect, feel, and find ways to modify the choices that drain you. Do this reflection within nature if there is too much distraction at home; sit anywhere that you can see a tree, a garden, or

the water. If you are at home, at least sit somewhere you can look out to these elements or at the sky. Do not do this reflection in your bedroom, as that puts the mind (Yang) energy there and disturbs the emotion (Yin) energy. In the bedroom, peaceful energy comes from minimal objects, electronic devices, and distractions.

With the help of a classical Feng Shui expert, you can determine your core energy from your birth data as related to the Five Elements/Chinese Astrology Composition; the right timing, environment, and conditions can then be figured out strategically. Creating an environment that has the Five Elements and incorporates this information can be helpful to you, and can make you feel calm and objective, while leading you to a favorable outcome, filled with more optimism and better energy.

