



BEDROOM FENG SHUI

10 Steps to Creating a Space of Rest and Relaxation



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So, what exactly is the meaning of Feng Shui? Literally, translated from Chinese it means wind and water. Going back more than 5,000 years, it is a practice of the different ways to harmonize the spaces where we live so we can achieve the best quality of life and positive energy flow.

The heart of Feng Shui is CHI (vital life force energy) ...universal energy that is expressed in yin (feminine) and yang (masculine) qualities, as well as the five Feng Shui elements which are water, metal, fire, earth, and wood. Given our modern lifestyle, one can argue that it is more useful now than ever before as our lives have been overtaken by stress, technology and countless distractions that cause daily energy interference. Our bodies and minds are desperately asking for rest and relaxation.

Our home is our personal domain, and within that space our bedroom is our private sanctuary. It is where we spend one third of our lives...a unique place for both intimacy and where we rest and renew our energies. Thanks to these Feng Shui techniques, we can aim to achieve much needed harmony, serenity, and positive energy flow in our daily lives:

1. Your bed is the focal point. The headboard and frame should be of eco-friendly materials, preferably wood, as it connects to earth's natural magnetic field and minimizes radio frequency flow from Wi-Fi and other electronics. The headboard is crucial as it is associated with "support" in life and creates a uniquely personal connection with your partner.
2. Eliminate all electronics from the bedroom as they can create harmful electromagnetic fields affecting natural sleep patterns. Blue lights are notorious for causing sleep disruption leading to chronic sleep deprivation and insomnia. Try to remember that your nightstand is not your phone or tablet charging station.
3. The placement of the bed is crucial. In Feng Shui the ideal location is known as the "commanding position" which creates a feeling of safety. The bed should be placed along a solid wall (no windows) with an indirect view of the entry allowing you to control who enters your space.
4. Avoid mirrors as they activate energy movement through reflection and disrupt relaxation.
5. Pair your furniture and décor. In Feng Shui pairing represents a couple and promotes the flow of sensual energy. Keep your overall décor to a minimum but harmonize your bed with luxurious bedding and decorative pillows. Be sure to invest in a beautiful pair of night tables and lamps to match. Even if you sleep alone, always have the space prepared for two to attract a potential partner if you are single.
6. Choose an earth tone or skin tone color theme (peach, blue, green, beige) for soothing effect and maximum relaxation. White walls should be avoided as they are over stimulating. In Feng Shui peach is used to maximize sensuality and blue is a color of rest. Scientific studies show that the effect of blue actually slows down your heart rate allowing for us to fall asleep more quickly.
7. Keep the space under your bed clear of any items. Clutter creates stress and disrupts natural energy flow.
8. Avoid hanging any objects over your headboard such as paintings or bookshelves as they produce a heavy energy and don't allow the body to rest properly.
9. Do not place any items associated with water (vases, fish tanks or ocean-inspired artwork). In Feng Shui water extinguishes fire, negatively impacting the libido.
10. Don't turn your bedroom into a home office. Avoid placing any kind of office furniture such as a desk or filing cabinet, as it will keep your mind focused on work instead of much-needed rest.

The proper flow of energy created through Feng Shui renovates and nurtures our mind, body, and spirit. According to this ancient practice, the bedroom must be relaxing, peaceful and balanced. The same way we can change our bodies through diet and exercise, we can transform the energy of our home through practicing Feng Shui, benefiting our relationships, success, and overall well-being.



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