

Feng Shui Secrets for Bedrooms



A bedroom is much more than a room at the end of the hall. It is where we spend close to a third of our lives; Sleeping, making love, worrying, laughing and also some of us pass it on to the next generation.

From the Feng Shui perspective, we need to arrange this room absolutely right. How do we achieve this? This article will give some simple steps and suggestions for implementation to create a sanctuary, which can create not only a physical union of two souls spending the life together but also an emotional bond. The success of love and life together depends on what kind of vibrations you can create in this most important space in your home.

There are a number of suggestions. Deal with them one at a time and do not expect the results overnight. We live in vibrational world and what we see, hear, smell, touch and feel in our environment influences us to create our ideal world, happiness and harmony.

We have three layers, which affect our wellbeing. Our skin, our clothing and our space in the home.

Bedroom in your home is your inner sanctum where you are at your most vulnerable while you sleep and recharge your ch'i. What you want in your bedroom is, it to be a place of quiet and refuge where the cares and concerns of the day can be left behind. Is it a yin filled quiet place or bursting with yang? Check it out yourself-take this article with you in your bedroom and see how many things you need to readjust. Please bear in mind that this article uses the method used by Intuitive Feng Shui® practitioners and follows the 3-door gate system (not Compass) and also uses the advice from the form school.

1. Best Location:

The master bedroom should ideally be located at far right from the front door of your house or flat, at the back of the home, overlooking a pleasant view. This area of your home represents your relationship corner of your house under the 3-door gate or Intuitive Feng Shui®.

2 Décor Tips:

Soft materials and furnishing are very desirable. Pale colors are good for walls for creating a calming environment. Do check the color suitability based on your element. Add touches of red for love. A large plant refreshes the room. Candles represent passion. Rounded furniture stimulates creativity and romance.

3 Create A Sanctuary:

How does your bedroom feel? Is it welcoming? Is it relaxing? Does it nurture your soul?

Remove anything that isn't related to the purpose of the bedroom. It will be creating a conflict of energy. Desks, Computers and Bookshelves belong in a study. Televisions, Clock radios and answering machines lower the quality of your sleep with their electromagnetic pollution. The television is also a vibrant, yang energy in the yin energy of your bedroom, which can make it a less relaxing environment for sleep. Avoid all electrical appliances and particularly the TV. If you cannot remove, then place them at least 8 feet away from your head.

4. Ideal position of your bed:

Feng Shui always takes into account your subconscious (your inner self) as your inner feelings influence your stress levels.

The ideal bed position while sleeping is always having a view of the doorway. However, never sleep directly facing one. The powerful energy force entering the door can cause health problems by weakening your own ch'i. Sleep with a solid wall behind you for an increased sense of security. Ideally, you don't want to be sleeping under a window for the same reasons.

5. Treat yourself to the best bed.

Considering you spend a third of your life in bed, it is worth investing in the best bed you can buy. Try out several until you find the one that works for you. Avoid metal beds as they have tendency to absorb and retain electromagnetic radiation from other sources.

Beds retain the vibes of the people who used them. If someone who was unwell with serious illness for a long time, chances are, the negative vibes in the bed would affect the person using it afterwards. This is the same as for the houses. A happy home becomes supportive and harmonious for the new owners and an unhappy home needs space clearing to remove the negative energy.

It is therefore, a good idea to replace your bed when you are starting a new life with someone. So buying a new bed is a good way to support a new beginning in your life.

6. Strengthen your support:

A solid headboard is a must. This gives an increased sense of support and nourishment to your head. A round one is preferable to a square one. Wooden or padded can create a more romantic mood.

7. Togetherness:

Couples should always sleep on a double bed. Sleeping on two separate beds or one bed with single mattresses suggests an unstable relationship and can lead to separation.

8. Remove Mirrors:

Mirrors are an integral part of any bedroom and sometimes they are placed alongside or over the bed to spice up the sex life. Mirrors reflecting your bed will drain your energy even during the sleep. They tend to act as stimulant, making it difficult for you to rest and relax. To wake up feeling fresh and lively, place mirrors inside wardrobe doors or cover them with thin fabric curtains while you sleep.

9. A word of caution:

Avoid positioning your bed under a beam or a sloping ceiling. Beams can cause rifts in relationships and lead to poor health, whereas slopes push the energy down on top of you making you feel oppressed. If relocation of your bed is impossible, disguise the beam with the same colour at the ceiling to render it less harmful or artistically hang a soft fabric in the ceiling to conceal the beams.

10. Eliminate Sharp Corners:

Sharp edges create poison arrows and create health hazards in the long run.

Lie on your bed and look around your bedroom. Do you have corners of walls pointing towards any part of your bed?

Do you have any large pieces of furniture creating a sharp point that comes towards you as you sleep?

They will be affecting your health, and specifically the part of your body they cut across.

You can remedy this by softening the edges. For the corner of a wall, this can be done by placement of a plant, creating a shield to disperse this cutting energy.

11. Don't Let Clutter Bog You Down!

We seldom realize that as time passes, everything grows except the size of your home or the rooms. Have a golden rule therefore, that every time you buy something new, discard something old.

Clutter in any space prevents the energy to flow freely and has a tendency to slow you down mentally and physically. Applying Feng Shui to a home is like

manipulating chi in the environment to remove blockages - the same way as acupuncture and acupressure does within your body.

Clutter affects all areas of your life more than anything else. Clutter in your bedroom will be affecting your health, your relationships and your prosperity. Clutter prevents the energy from flowing smoothly around your room. Clutter under your bed will affect your sub-consciousness, and clutter anywhere in your bedroom will be affecting the energy you need for rest and renewal.

Clutter signifies anything unfinished, unused and unresolved, This can be physical clutter, and can also be unresolved issues with your partner.

12. Bedside Table Manners:

Keep bedside table clutter free. You can only read one book at a time. Switch off bedside lamps from the wall sockets every night. Electromagnetic vibrations entering your body aura are harmful and they can linger on if the wall socket switch is left on and the lamp is switched off from the button halfway on the lamp cable.

13. Dressing table and wardrobe:

80% of the time, we tend to wear the same 20% of our clothes. Keep only the items you use and love-give the rest away. Any unused clothes turn into wardrobe clutter.

Do not display your entire collection of toiletries on your dressing table. Keep only the items you frequently use. This will prevent the formation of stagnant ch'i in your most sacred sanctuary-your bedroom.

14. Get a Fresh Perspective on Your Art

Artwork is a powerful enhancement in creating your life as you want it. Pictures and sculptures are symbolic. Solitary sculptures and images give messages of solitude as a way of your life. Happy relationships can be enhanced by pictures of pairs (i.e. couples in paintings, sculptures and photographs.) If you have an image that is disturbing in any way, this will not be encouraging the peaceful environment you need to create for your soul.

15. Add a sparkle and cherish your union:

Keep the relationship corner (far right from the door) of your bedroom Tidy and hang a sparkling heart shaped crystal by the window to keep it energized and romantic.

To cherish your emotional and physical union, place photographs of the two of you to ether and a pair of ceramic doves, dolphins or mandarin ducks in the relationship corner of your room. Ducks in general are known to enjoy monogamous relationships in their lives. This can cultivate your desires to give you a healthy sex life.

16. Up...up and away

Good lighting, melodious sounds and pleasant images create positive vibrations. The energy of the room may be lifted with up-lighters, soft music and beautiful landscapes.

Your health is at the core of the quality of your life and your body is your home while you are here on earth. By applying these Feng Shui tips, you will be protecting your most precious asset-the quality of your life whilst enriching the loving union with your partner.

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