

EVERYDAY FENG SHUI
Feng Shui by Maria
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The Peaceful Sensual Embrace of Bedrooms

“Because our western culture puts little importance on rest, our bedrooms are frequently not conducive to a good night’s sleep. Ideally, our bedrooms are a perfect combination of cozy nest, rejuvenating oasis and romantic hideaway – a sensual embrace where we go to completely recharge our batteries.” Terah Collins

Is your bedroom a sensual oasis? Is it peaceful, quiet and conducive to long deep sleep? Or is it used as a home office, a media center, an exercise room, or a place for storage?

One of the most important rooms in Feng Shui is the Master Bedroom. Therefore what you do with your master bedroom has far reaching implications to your wellbeing, harmony and relationships.

All Bedrooms - Locations and Directions

The front of your home is the most active; therefore rooms such as offices, exercise rooms, and kitchens are the best here. Bedrooms need the more peaceful location at the back of the house. Unfortunately we don’t always have control over this, and have to do what we can to turn a front room into a peaceful haven.

Directionality of the bed also plays an important role. It’s important to know which direction the head of your bed is facing:

North - increases health and vitality and is considered the best direction,

West - slows life down, and combats insomnia,

South - enhances intuition and can stimulate dreams and memory recall,

East - tends to speed life up, lifting sluggishness and depression. As you can see all directions contribute to your well-being in one way or another. You need to choose what works best for you.

Furnishings and Décor

The best bedroom colors are found in the warm skin tones of all races of people – from light beiges and tans, creamy cocoas, blushing pinks and peaches, subtle yellows, earthy reds, copper, gold, bronze amongst others. The colors that are too cool and do not work in bedrooms are pure white, grey, black, blues, and greens. They may look beautiful in designer showrooms, but when they dominate they create a chilly room versus a sensual one.

Televisions in bedrooms tend to activate you and do not allow for restful sleep. Sleep research states that before retiring, reading or writing in a journal for the last half hour will slow your body down, and allow for a more peaceful sleep. I like many others like watching TV in bed, but I find I get better sleep when I turn off the TV, close it up, and read for a few minutes before “lights out”. The key is to keep the TV in a cabinet or armoire so it can be closed upon retiring. If this can’t be done, I have recommended placing a decorative drape over the TV so that the electromagnetic screen isn’t staring at you all night. I do this in hotel rooms when the TV is not in a cabinet.

Bedrooms should be relatively free of clutter. Especially avoid accumulating clutter under the bed, as it obstructs the flow of Chi around the bed which is a place of rejuvenation.

The rule of thumb for Mirrors in the Bedroom is “one small one or less, and not facing the bed”. Mirrors are too active for the tranquility of bedrooms. If you or your children have the misfortune of having large closet door mirrors, and find it hard to get restful sleep, you may consider curtaining them at night or adding decorative wooden or screen like panels instead.

Master Bedroom – Your Romantic Boudoir

Your environment can strengthen and nourish or dampen and weaken your intimacy. The more intimate bedrooms tend to be cozy and Yin. In Feng Shui they say that the bigger the bedroom the higher the divorce rate, but there are ways to counteract a large and empty bedroom. In the Master Bedroom the art and pictures should represent the qualities of the Love and Marriage area of the Bagua: pairs of items such as figurines and candles, pictures and art reflecting couples and romantic representations, pictures of you and your significant other. Contrary to what most people do, it is not recommended to put photographs of your children and family in your master bedrooms. Photographs of your family are better served in areas of your home where family is dominant, such as living rooms, family rooms, playrooms and hallways. The bedroom is a romantic oasis, not a place to display photos of mom, dad or the kids.

Singles Bedrooms

Whether male or female singles looking for love need to create a romantic boudoir to prepare your room for another; two nightstands, two lamps, two throw pillows on the bed. Remove exercise equipment, family pictures, excess dolls and stuffed animals. Enhance the room as you would the Love and Marriage area of the Bagua, with pairs of items, and romantic art depicting pairs of subjects such as people, animals, flowers, trees or sculptures. All these further energize your desire and intention to be romantically involved.

Guest Rooms

Give your guestrooms the same serene elements that your bedroom has. Use its location on the Bagua to auspiciously enhance with the colors, items, elements and shapes of the area. Leave the door open, and make the room inviting with scented toiletries and little comforts. Avoid making this a chaotic storage room.

Children's Rooms

Serenity is the key word here. Most children's rooms are filled with primary colors, busy bedspreads, and active posters and toys. Parents complain that children are too active, when in fact they are being overly stimulated by their bedrooms décor. Choose colors from the same palette mentioned earlier, especially calmer colors such as warm pastels, peach, buttercream and cocoa. Change art to a motif that is more tranquil and calm, like self-esteem boosters and bulletin boards for their own creations. When you calm the bedroom down, you'll calm the child down.

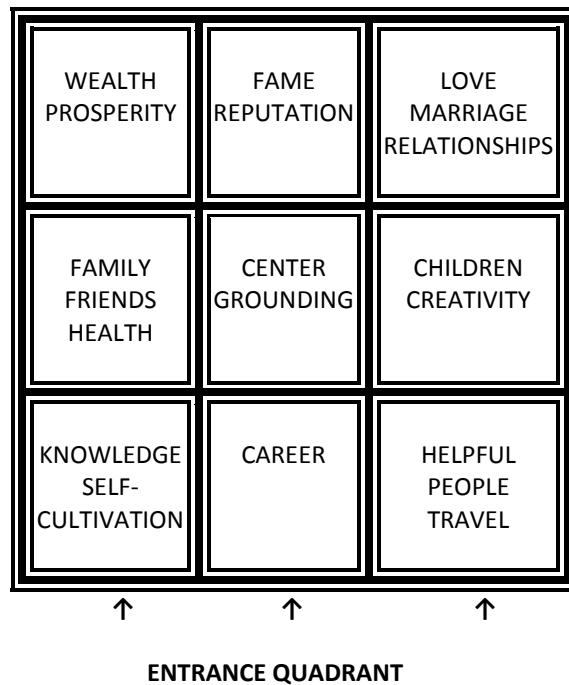
Bedrooms and the Bagua

The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams." Bedrooms should take on the qualities of the Bagua area they reside in. Some examples are: Career – waterscapes, glass/crystal items, Knowledge or Family/Friends – wood element, plants, Wealth – purples, opulent items, Fame – Fire element, reds, candles, Children/Creativity – metal element, pastels, Helpful People – metal Element, spiritual guides, travel posters, Center – earth element, yellows, ceramics.

Remember two important factors: 1) Keep wall colors in warm flesh tones, 2) Enhance the Master Bedroom with features from the Love and Marriage area – red spectrum, pairs of items and romantic representations.

You can review any of the areas in past columns on my website:

<http://www.fengshuibymaria.com/newspaper-columns.html>



Feng Shui at Work

Our bedroom happens to be in the Knowledge and Self Cultivation area, unfortunately in the front. To keep it calmer we have decorated with pale yellows and browns, brought in a few silk plants and wooden furniture to be true to the Knowledge area,

softening and creating a cozy atmosphere. We highlighted romance with many pictures of my husband and I, romantic art, pairs of items and added burgundy accents. It is cozy and Yin and has become our little retreat.

A single client, looking for love, had a large picture of a single zebra with its head down, and the view from her bed was of a mandala with spears. The message she was sending was of loneliness and protection. She replaced each with more romantic art making it a more welcoming environment for the right man to come. She since has reconnected with many people in her life.

A client had the guest room in the Love area of her home. Although she had just purchased a green bedspread, she warmed the room by adding two burgundy pillows and further enhanced it with two pictures of couples enjoying a picnic and flying through the clouds. Her guestroom now is ready for guests but still holds the intention of romance.

My daughter has her master bedroom in the Wealth and Prosperity corner of her house. She painted the wall a warm tan color and has a beautiful purple bedspread. Above the bed she has a fun art piece with two butterflies and a romantic quote. Her room is a balance of art and figurines that invoke the feeling of prosperity as well as love. She just received a new job with a sizable increase in salary – love is next!

Affirmations:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. That's why all enhancements need to be made with intentionality; written or stated affirmations are very important. It is also important for them to be expressed as if they are already happening.

Examples or affirmations for bedrooms:

"I am in a fulfilling, loving relationship", "My children are calm and thriving", "I feel rested and rejuvenated."

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. The first rule of thumb is: "Shop in your own home."

Begin by moving your art and objects to rooms where the Bagua would be enhanced. Move romantic art to bedrooms and the Love and Marriage corner, purple pictures to the Wealth area, art representing water to the Career area, whimsical art and pictures of children to the Children and Creativity area etc... Use my past columns to identify what should go where and just begin moving things around. This act alone will shake up the Chi.

For questions or home consultations email at mtmccull@aol.com and put "Feng Shui" on the subject line, or visit my website at www.fengshuibymaria.com, (where you can read past columns), or Facebook "Feng Shui by Maria", where I post pictures as examples to enhancements.

* I NOW have a BLOG – Just go to the website and click on "Blog": You can view many pictures and, I will respond to your questions quickly.

I will be teaching two more 3 hour classes through the Benicia Parks and Recreation this fall:

On Saturdays Sept. 15 and Nov. 3 - 9:00 am

The Parks and Recreation Guide is now available, if you'd like to register. (Participants will receive \$40 off a home consultation.) - Mark your calendars and invite friends.

Until then...Blessings!

Maria McCullough - Bio

Maria McCullough, a Benicia resident, is the owner / founder of **Feng Shui by Maria** (www.fengshuibymaria.com) and is a speaker and educator with over 15 years of experience. She specializes in residential, landscape and business consultations. She is a graduate of the Western School of Feng Shui and has personally trained with Terah Kathryn Collins, founder of the Western School of Feng Shui, specializing in Essential Feng Shui® and author of numerous books including "The Western Guide to Feng Shui."