

EVERYDAY FENG SHUI

Feng Shui by Maria
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Calming Children's Rooms with a Feng Shui Touch

It's time to take a breath after the holidays, rest, recuperate and move into the new year with renewed energy. Looking at your house, which area could be refreshed? In my daughter's case it was the children's room. After moving out the old, and adding new furniture and enhancements, it has become a beautiful, calm space for our grandchildren to sleep, and play. (See Feng Shui at Work)

Feng Shui is all about creating an environment that radiates positive energy and nurtures your life. This same principle applies to children. Using Feng Shui to enhance a child's bedroom helps to create an environment that fosters happiness and good health, sound sleep, positive and respectful relationships with parents and siblings, and education. Children and parents can enjoy success and healthy relationships if the environment supports them.

Children sleep better in serene environments. Being surrounded by clutter, bright colors, and an excessive number of toys and other stimuli not only affects their behavior but their sleep. Like the master bedroom, this room is designed for rest and nourishment. It's important that the enhancements you choose create a peaceful atmosphere.

Enhancements for Children's Rooms:

- Colors - Replace bright primary colors with soft pastels such as lavender, peach, light yellows, mint, softer greens and blues, soft light gray, cocoa, or muted earth tones.
- Art and photos - Change from decorative themes that are too active to a motif that can also use art and photos in a subtle way to achieve desired results. For example, if your child is a bit unruly, having family photos that include the parents in the room is a subtle Feng Shui solution to calm his or her energy. If your child feels shy, use art with big open horizons, and warm reassuring colors. And of course, it is always a self-esteem builder to use your children's art not only in their room but throughout the house. Pay attention to what your child looks at every day.
- Possessions - Avoid overwhelming children with too many items on display. Rotate a selection of comfort toys and keep the rest out of sight in cabinets and closets. This way when the child tires of the visible toys, the hidden ones can be brought out and become new again.
- Electromagnetic frequencies - These are harsh energies emitted by electronic devices that also keep a child from sleeping well. Arrange furniture so that your child's body is two feet away from computer towers, computer monitors, and power strips. Cover TVs and computers at night while the child is sleeping or keep them in cabinets that are easily closed. (Or better yet, no TV in the children's room.)
- Furniture placement - When possible, the bed should be positioned with its headboard against a solid wall. Make sure there is room to walk around each side of the bed. If possible, avoid pushing one side up against the wall or placing it under a window. Another rule in Feng Shui is that the foot of the bed should not face the door, so that the energy from your body does not flow out the door. If there's no other way to position the bed, you can counter this effect by placing a footboard or bench at the end of it.

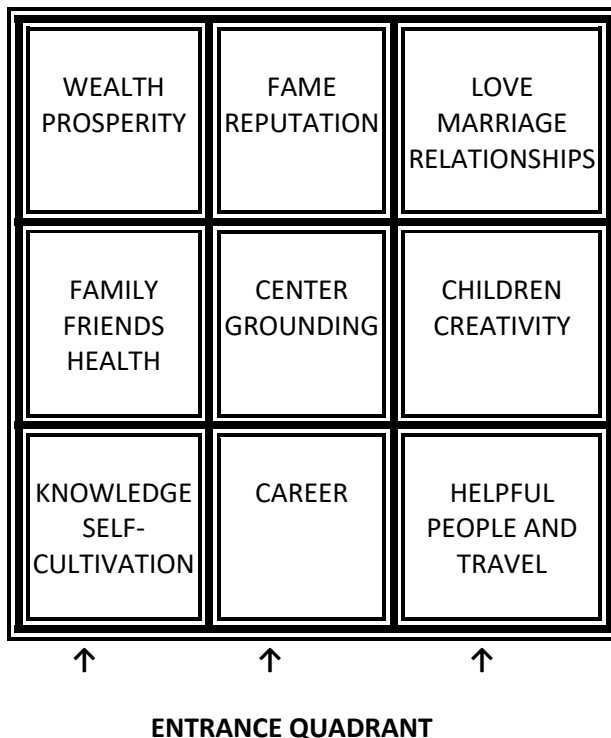
- A space for study and accomplishments - Creating a dedicated space, including a desk with a lamp where your child can study, demonstrates to your child the importance you place on education and your child's educational achievement. Put the desk in the power position, facing the door. One focus of Feng Shui is safety and comfort. Having a back to a door in any room is disempowering.

Welcoming a Baby with a Healthy Nursery:

Getting ready for a new baby requires a lot of planning, and Feng Shui can help. You will want a healthy, balanced room that will grow with your child and fill them with inspiration, excitement, and wonder. A good flow of energy in the baby's room will inevitably lead to a happier, healthier child, while a baby's room with a poor energy flow may contribute to a baby who doesn't sleep well and tends to get sick often. Think of the nursery as a special retreat for relaxation and bonding with your little one, and let it delight all five senses.

The Bagua and Children's Rooms:

The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors, which comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams" with the center for grounding.



A Child's Room or Nursery in Other Areas of the Bagua:

A great location for a child's room or nursery is in the Children and Creativity area of your home. But if this is not possible, add elements and enhancements to the Bagua area the nursery falls within. Always remember to keep the room calm.

Here is a sample of children's room enhancements you can make if your child's room is located in another Bagua area of the home:

- In Career (front center) - Calm water scenes, inspirational posters, a round faceted crystal representing the Water element, something representing their name
- In Knowledge and Self-Cultivation (front left corner) - Live plants, art depicting wooded areas, mountains, hills, or children playing or reading around trees, pastel green or blue

- In Health, Family, and Friends (middle left) - Plants, pastel green or blue, pictures of flowers and family
- In Wealth and Prosperity (back left corner) - Plants with rounded leaves, symbols of wealth, pastel lavender
- In Fame and Reputation (back center) - Diplomas, awards, and acknowledgments; inspirational posters; pastel shades of red or orange
- In Love, Marriage, and Relationships (back right corner) - Pairs of items, pictures of child in parent's loving embrace, pastel shades of red or pink
- In Children and Creativity (middle right) - Toys, children's art, art or photographs depicting children, whimsical art, whites and pastels
- In Helpful People and Travel (front right corner) - Travel posters, art depicting spiritual guides, or pictures of mentors
- In Center and Grounding - Pastel earth tones and yellows; ceramics; items in the shape of squares and rectangles

You may need to find the balance between activating certain Bagua areas and creating a comfortable, harmonious bedroom for your child. Remember that a comfortable and harmonious bedroom makes for a good night's rest, which makes for a refreshed, healthy child.

Sample Affirmations for a Child's Room or Nursery:

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, expressed as if they are already happening are very important.

- "My baby is strong and thriving."
- "Our children express themselves in positive ways; they excel in every way."
- "We are pregnant with a beautiful, healthy baby."

Feng Shui at Work

As my daughter's family grew, so did the need to convert her oldest son's room into one for all three. As you can imagine, it became very cluttered with toys, and the old carpet made the room feel dingy. She removed, and passed on, the large bed, and furniture and replaced them all with a large bunk bed with a double lower mattress, and sleek, lighter furniture. The room is nicely located in the Knowledge and Self Cultivation area of the home, which was perfect for keeping it calm. She replaced the old carpet with light hardwood floors. Fortunately the walls were already a pale blue, so she added a navy and green striped carpet, blue and green bedding, cushions for a window set and a hanging chair for reading. She removed many toys and reorganized the rest in a cabinet with rattan tubs. Gearing the room for reading and quiet play she bought a large cabinet to store all their books. Each child has a shelf for their prized possessions and awards, and a beautiful family picture is prominently displayed. The room feels much calmer now, the children love it, and are thriving.

My first book - "**EMPOWER YOUR LIFE THROUGH FENG SHUI** – an easy 8 step guide to achieving your goals" is currently being published, and hopefully will be available at Bookshop Benicia, Angel Heart 4 You, and Amazon later this winter. I will keep you posted.

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 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

Until then...Blessings!

Maria McCullough - Bio

Maria McCullough is the owner / founder of *Feng Shui by Maria* (www.fengshuibymaria.com) and is a speaker and educator with over 20 years of experience. 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.” Maria is trained in residential, business, and landscape consultations. She offers virtual consultations nationally and internationally, as well as in person locally.