

EVERYDAY FENG SHUI

Feng Shui by Maria

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Children's Rooms – Calm or Chaos

“Before putting a child on medication, first take a look at their bedroom.” Terah Collins, founder of the Western School of Feng Shui

With children returning to school, look to Feng Shui to help them succeed. The purpose of Feng Shui in a child's bedroom is to create a healthy, happy environment that fosters education, good health, happy relationships with parents and siblings, and respect for parents. Children and parents can enjoy success and healthy relationships if the environment supports them.

Unfortunately, most children's bedrooms are neon bright and excessively busy. It is no surprise that parents complain that their child does not quiet down. Feng Shui stresses the direct correlation between one's environment and one's life. The child could be over stimulated by bedroom décor. Could you relax in a bedroom overflowing with toys, accentuated by loud primary colors and action figures? These rooms are awake and active. Instead think of tucking your children into the tranquil embrace of a cozy, serene bedroom that encourages their creativity, yet allows them to calm down and get the rest they need.

Suggestions for Children's Rooms:

- **Colors** – Replace bright primary colors with soft pastels such as lavender, peach, light yellows and cocoa.
- **Art and Photos**– Change from decorative themes that are flying, falling, driving, or running to a motif that is calm and tranquil. Include inspirational posters and self-esteem boosters. You can also use art and photos in a subtle way to achieve the desired results. For example, if your child is a bit unruly, having the photo of 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. Look at what your child sees every day.
- **Possessions** – Avoid clutter. Children's rooms easily become overcrowded with toys, games, equipment, and collections. Every item that speaks of activity contributes to keeping the room awake. Rotate the toys, by displaying a selection of comfort toys and keeping the rest out of sight in cabinets and closets. This way when the child tires of the current ones the hidden ones will become new again.
- **Electromagnetic Frequencies** - These are harsh energies emitted by electronic devices which also keep a child from sleeping well. Arrange furniture so that your child's body is 2 feet away from computer towers, computer monitors, and power strips. Keep them an adult arm span away from TVs. Cover TV's and computers at night while sleeping or keep them in cabinets that are easily closed.
- **Furniture Placement**-The bed should have its headboard against a solid wall. Make sure there is room to walk around each side of the bed - don't push one side up against the wall. Avoid placing the bed under a window or directly in line with the door.
- **Create a space for study and accomplishments** - Having a dedicated space, including a desk and lamp where your child can study, demonstrates to your child the importance you place on education and your child's educational achievement. Remember that the desk should be in the power position facing the door.

Suggestions for Welcoming Baby with a Healthy Feng Shui Nursery:

At the moment I am surrounded by the joy of the birth of my first grandchild, and babies being born to friends and family members. I watch them all preparing calm, nurturing nests for their new ones. Getting ready for a new baby requires a lot of planning, and [Feng Shui](#) can help with a good foundation for baby's room preparations. You will need a healthy, balanced room that will grow with your child and fill them with inspiration, excitement and wonder. Just like creating positive energy in an older child's room, 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 will contribute to a baby who can'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.

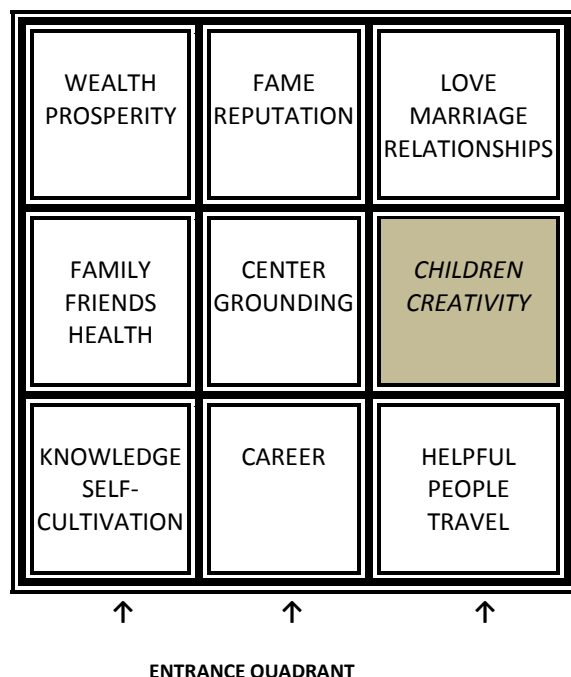
The guidelines for nurseries are similar to that of a child's room:

- Create a harmony of soft pastel colors.
- Have different sources of light in the nursery to be used at different times of day and night; this will contribute to a balanced energy.
- Keep your baby's bed away from the door and limit the electrical appliances close to the crib. You do not want the crib too close to the door or in line with it, as well as in the middle of the room with no support, or under the window.
- If there is room, bring in a soft, comfortable chair, or rocking chair for those special reading or feeding times.
- When creating a baby's room it is advisable to connect to your own inner child for creative ideas while your adult self keeps an eye on the good Feng Shui guidelines, of soft, calm and nurturing.

Creating a good Feng Shui room for your baby is more than just decorating. It is about expressing your unconditional love, care and adoration, as well as reassurance of support throughout the life you will be sharing together.

Connecting Your Child's Room or Nursery to the Bagua:

In the Feng Shui Bagua (Ba-gua) Map, represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams”, with the 9th area being the ever important Center, or hub. It is known as an environmental treasure map helping you locate specific energies in your home. The ideal location in your home for a child's room or nursery is in the Children and Creativity area of the house located in the right middle sector. This is not always possible; wherever your child's room is located on the Bagua, use some of the attributes of that sector to aid in your decoration. Always remember to keep the room calm.



A Sample of Children's Room Enhancements using the Bagua:

more detailed explanations go to: <http://fengshuibymaria.com/newspaper-columns.html> (Aug. 2011)

for

CAREER – Front Center –Calm water scenes, inspirational posters, hang a round faceted crystal representing water

KNOWLEDGE/SELF CULTIVATION– Left Front Corner – Live plants, art depicting wooded areas, pastel green

FAMILY/FRIENDS/HEALTH – Left Center - Plants, pastel green, pictures of flowers and family

WEALTH – Back Left Corner – Plants with rounded leaves, images and symbols of wealth, pastel lavender

FAME – Back Center –Diplomas, awards and acknowledgements, inspirational posters, pastel shades of red

LOVE – Right Back Corner – Pairs of items, pastel shades of red or pink

CHILDREN/CREATIVITY – Right Center –Art depicting children, whites and pastels, whimsical items

HELPFUL PEOPLE/TRAVEL– Right Front Corner –Travel posters, art depicting spiritual guides, or pictures of mentors

CENTER –Pastel earth tones, items in the shape of squares, rectangles and ceramics

Serenity is the goal – when you calm the room down you calm the child down too. Creating a comfortable, harmonious bedroom makes for a good night's rest which makes for a refreshed, healthy child.

Feng Shui at Work:

I was sharing this information with a client. Although her daughter is now grown, very successful, and with children of her own, she recalled the difficult teenage years and the large very active bedroom she had. The room was in front of the house directly above the garage, which makes it even more active due to the energy from the cars. The bed was at an angle with the foot directly in line with the door - making her energy flow out, her desk had its back to the door - disempowering her and the room was decorated in bright red and black – keeping her very active. The room was also filled with dolls, toys and usually clutter. She had trouble in school and her behavioral choices were a concern. How different might it have been if the parents had been more aware of the influence of Feng Shui in this young girl's life? She fortunately went to college, and with her increasing awareness of the positive energy flow of Feng Shui has become a very successful business woman, and caring mother.

My daughter has transformed her home office in the Helpful People area to calm, nurturing nursery for her new baby. With soft yellow walls and turquoise accents she evoked the energy of the Helpful People area with white accents and pictures of family mentors and angel statues. Painted on the wall above the crib are two grey and turquoise elephants, with a baby elephant between them. In animal lore an elephant with an upturned trunk represents protection, while one pointed down represents fertility. There is one of each because they hope to have another baby and they want that helpful people protection.

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 Child's Room or Nursery:

"My baby is strong and thriving." "Our children express themselves in positive ways; they excel in their individual ways and are very happy."

Feng Shui on a Shoestring:

Feng Shui enhancements do not have to cost a great deal. Just removing clutter from a child's room by rotating the toys can give a child more of an appreciation for those available at the time.

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.

* **Check out my BLOG** – Just go to the website and click on “Blog”: You can view many pictures and, I will respond to your questions quickly.

COME TO MY NEXT CLASS and Receive \$40 Off a Home Consultation

My next two classes will be a series of 2 - Sign up for each separately through Parks and Recreation. You can take just one or both.

Saturday October 19 - 9:00-12:00 am - Essential Feng Shui for Beginners

Saturday November 19 - 9:00-12:00 am - Balancing the Elements (for those having taken the Essentials class or wis knowledge of the Bagua)

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.”