

## EVERYDAY FENG SHUI

Feng Shui by Maria  
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### Creating Peaceful Children's Rooms, the Feng Shui Way

My husband and I just spent a glorious week with our grandchildren in our home. At the same time our daughter was busy redecorating their bedroom, creating a calmer room designed for reading, creative play, and relaxing sleep.

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 amount of stimuli and toys 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**

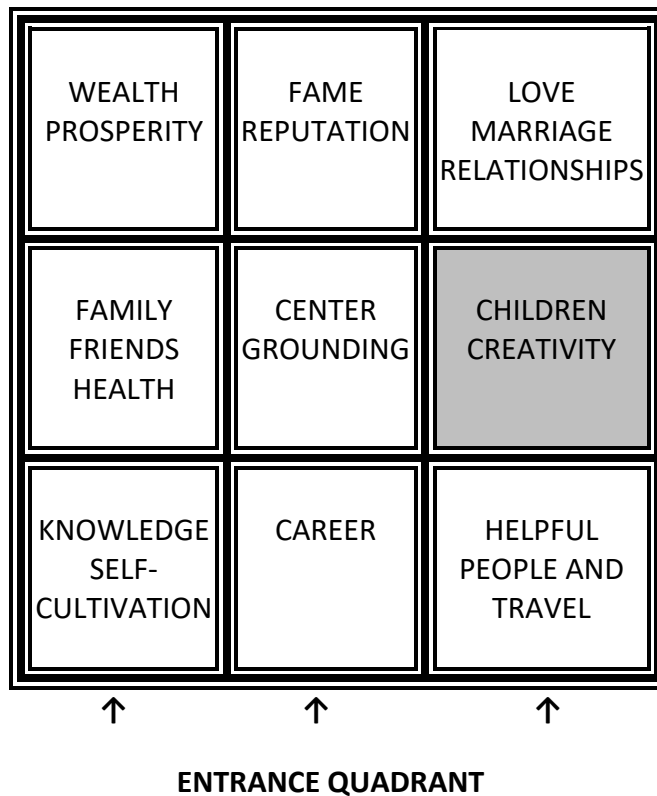
- Colors. Replace bright primary colors with soft pastels such as lavender, peach, light yellows, mint, softer greens and blues, soft light gray, cocoa, or muted earth tones.
- Art and photos. Change from decorative themes that are too active to a motif that is calm and tranquil. Include inspirational posters and self-esteem boosters. Having family photos in the room that include the parents is a subtle Feng Shui solution to calm their energy.
- 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. Keep them an adult arm's length away from TVs. Cover TVs and computers at night while the child is sleeping or keep them in cabinets that are easily closed.
- 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 is 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, so, whatever you do, don’t position the desk so that your child’s back is to the door while they are studying.

Children’s Rooms and the Bagua

The Feng Shui Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams, with the center for grounding.” In the “I Ching” the Children and Creativity area of your home or business is called “Joyous Lake” meaning that it is important to find the inner child within yourself, and to have happy, peaceful, creative, children.

A great location for a child’s room is in the Children and Creativity area of your home, which is located in the middle right area.



But when this is not possible, add elements, and enhancements to the Bagua area the room falls within, as well as some of the enhancements used specifically for the Children and Creativity area. Always remember to keep the room calm.

The element for this area is Metal, and the colors are white, grey and pastels.

## Interior Enhancements for the Children and Creativity Area of Your Home (Choose One or More)

- Begin by decluttering the space.
- Add shades of white and pastels.
- Enhance with art representing children or created by children, as well as fun, whimsical art. This area is a great place for a craft table to exhibit their personal creativity.
- Display pictures of your children, your family, as well as items associated with their childhood.
- Add items made of metal, and items in circular or arched shapes.
- Add your affirmations calling in children's success and creativity.

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

- **CAREER** (Front Center). Calm water scenes, inspirational posters, a round faceted crystal representing the Water element, something representing their name
- **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
- **HEALTH, FAMILY, AND FRIENDS** (Middle Left). Plants, pastel green or blue, pictures of flowers and family
- **WEALTH AND PROSPERITY** (Back Left Corner). Plants with rounded leaves, symbols of wealth, pastel lavender
- **FAME AND REPUTATION** (Back Center). Diplomas, awards, and acknowledgments; inspirational posters; pastel shades of red or orange
- **LOVE, MARRIAGE, AND RELATIONSHIPS** (Back Right Corner). Pairs of items, pictures of child in parent's loving embrace, pastel shades of red or pink
- **CHILDREN AND CREATIVITY** (Middle Right). Toys, children's art, art or photographs depicting children, whimsical art, whites and pastels
- **HELPFUL PEOPLE AND TRAVEL** (Front Right Corner). Travel posters, art depicting spiritual guides, or pictures of mentors
- **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.

Enjoy your children and grandchildren for the rest of the summer and 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

- “My child is strong and thriving.”
- “Our children express themselves in positive ways; they excel in every way.”
- “I am so thankful for the healthy children in my life.”

### Feng Shui at Work:

As stated at the beginning of this article, our daughter redecorated our grandchildren's room. The room is in the Knowledge and Self Cultivation area, so she chose colors related to that area. The walls are a calm light blue, and she had installed a beautiful new hardwood floor. She added a wooden bunkbed with teal and floral bedding. All their books are now neatly arranged in a new book cabinet, and their toys are in a wooden shelf with rattan bins. The highlights for them are a beautiful, cushioned window seat, and a hanging chair both with floral print pillows. They have already gravitated to those areas to read. She is hanging calming art, and even a portrait of them in outfits matching the room colors. She has noticed that they have become calmer while there and is expecting a successful school year.

I was sharing this information with a client. Although her daughter is now grown, highly successful, and with children of her own, my client recalled the difficult teenage years and the large, very active bedroom she had. The room was in the front of the house directly above the garage, making 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, drawing her personal energy out. Her desk placed her with her back to the door, disempowering her, and the room was decorated in bright red and black, keeping her continually active. The room was also filled with dolls, toys, and frequent 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 on to college, and with an increasing awareness of how to create positive energy flow with Feng Shui in her own home, has become a phenomenally successful businesswoman and caring mother.

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put “Feng Shui” on the subject line, or visit my website at [www.fengshuibymaria.com](http://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.

Until then...Blessings!

**Maria McCullough** is the owner / founder of ***Feng Shui by Maria*** ([www.fengshuibymaria.com](http://www.fengshuibymaria.com)) and is a speaker and educator with over 20 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.”