

EVERYDAY FENG SHUI
Feng Shui by Maria
September Column 2019

Changing the Location of Your Bedroom Can Change Your Life

A number of my clients have encountered life changing energy just by moving to a different bedroom location; finding the love of their life, giving their children a positive start of the school year, calming an overly active child, and achieving more restful sleep are but a few examples of this easy Feng Shui miracle.

In Feng Shui the bedroom is vitally important; it is where you get rejuvenated, therefore the location plays a vital role in your peace and harmony. 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 must do what we can to turn a front room into a peaceful haven.

Furnishings and Décor

Televisions in bedrooms tend to activate you and do not allow for restful 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.

Bedrooms should be relatively free of clutter; especially avoid accumulating clutter under the bed, as it obstructs the flow of Ch'i. Also avoid keeping exercise equipment or home office items in bedrooms as they signify work.

The rule of thumb for mirrors in the bedroom is "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

One of the most important rooms in Feng Shui is the master bedroom. Therefore, what you do with this bedroom has far reaching implications to your wellbeing, harmony and relationships. The best master bedroom colors are found in the warm skin tones of all races of people; from light beiges, tans, cocoas, pinks, peaches, subtle yellows, earthy reds, copper, gold, bronze amongst others. The colors that are too cool and do not work in master bedrooms are pure white, grey, black, blues, and greens because they create a chilly room versus a sensual one.

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. 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 bedroom's décor. Choose colors from the Bagua areas, especially lighter, calmer pastel shades. 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 Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams" with the center for grounding. Bedrooms, with exception of the master, should take on the qualities of the Bagua area they reside in. Some examples are: Career – black, white, waterscapes, glass/crystal items, Knowledge or Health/Family/Friends – blues, greens, wood element, plants, Wealth – purples, opulent items, Fame – fire element, reds, candles, inspirational sayings Love – reds, pinks, pairs of items and romantic art, Children/Creativity – metal element, white, pastels, Helpful People/Travel– white, grey, metal element, spiritual guides, travel posters, Center – earth element, yellows, ceramics.

WEALTH AND PROSPERITY	FAME AND REPUTATION	LOVE AND RELATIONSHIP
HEALTH, FAMILY AND FRIENDS	CENTER AND GROUNDING	CHILDREN AND CREATIVITY
KNOWLEDGE AND SELF- CULTIVATION	CAREER	HELPFUL PEOPLE AND TRAVEL
↑	↑	↑

ENTRANCE QUADRANT

Feng Shui at Work (Client's Life Changing Events After Moving Bedrooms)

The most vivid success story of a client moving their bedroom occurred few years ago. She had been single for over 26 years and had given the master bedroom (in the Love Area) to her children while she slept in the guest room at the front of the house. The children grew up, moved away and she found herself in one of my classes where she learned the correct wall colors for master bedrooms. She painted hers a warm peach tone and moved in, finally leaving the guest room. Soon after she met the love of her life on a vacation and they are now getting married. Bedrooms make a difference!

My granddaughter's room happened to be in the front Career Area, which is the most active part of the home. At two years old, she is a very active child and constantly pulls items out of drawers, closet and shelves. She never felt totally comfortable there. All that plus career has been an issue in the household. At the same time my 6-year-old grandson is beginning first grade and could use a solid foundation in this new transition. Upon my recommendation, the family took on a total rearrangement of rooms. The six-year-old will move to the large Knowledge area which was the guest room, perfect for going into a new grade. The baby will move to the soothing Health Area (the 6-year old's former room) and now the Career area will become an official office with a futon for an occasional guest. I can't wait to see the positive results on the entire family.

Another client had his office in the Love area which was very dark and cozy, and was sleeping in the front, very bright Helpful People area, which he called his "Man Cave." He complained of restless sleep and business consuming his time. I recommended switching rooms. Although it was a lot of work, he found that sleeping in the Love Area not only improved his sleep but his romantic life as well. The active Helpful People area has been perfect for his office and business is booming.

If you're looking for a change in your life, look to the Bagua and the possibility of moving your bedroom to a more auspicious location. It can make a huge difference in the quality of your life. Give it a try!!!

Affirmations:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. All enhancements need to be made with intentionality; written or stated affirmations expressed as if they have already happened are very important. Examples of affirmations for bedrooms: *"I am in a fulfilling, loving relationship", "My children are calm and thriving", "I feel rested and rejuvenated."*

Classes:

I will be teaching a series of three classes, "Feng Shui for Prosperity" through Acalanes Adult Ed:

Thursdays September 12-26 1:30-3:30 pm

You can register online at acalanes.k12.ca.us/adulted (Participants will receive \$50 off a home consultation.)

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 and learn more enhancement ideas), 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.

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 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.”