

Feng Shui and the Bedroom

We spend about a third of our lives sleeping so it's only natural, if not prudent, to make sure that our bedrooms are comfortable and refreshing havens for rest. The busy lifestyle that is the day-to-day reality of a lot of people makes a relaxing bedroom atmosphere an important essential. The use of feng shui principles, the arrangement of the elements in a room to encourage the flow of energy, is becoming more popular. It is a simple yet helpful way to promote a refreshing time in the bedroom.

In a good feng shui bedroom, you should be able to completely rest, even if it's just for a few minutes or you're there for a whole night's sleep. But before you start incorporating feng shui principles in your bedroom arrangement, here are a few ideas that may help you turn your bedroom into a room where there is a good energy flow.

Check the bed placement. The bed is the focal point of a bedroom so it's appropriate to start checking its placement first. A bed should not be in a direct line to the door, but place the bed so that you can see anyone coming in. The bed should be approachable on both sides and should be propped against the wall for good support. Make sure that there's no clutter under the bed so that nothing will disrupt the flow of energy.

De-clutter. Get rid of anything that is not really needed in the room. Holding on to things that you no longer use creates negative chi or energy, which impedes the flow of positive energy. However, if you want to keep some things for sentimental reasons, store them properly. Also, make sure the windows and floor are clean as well as mirrors, rugs, light fixtures, and beddings, so as not to create stagnant chi in the room. De-clutter your drawers and storage spaces as well.

Use soothing colors in your room. Whether if it's for your walls or for your beddings, make sure that your color scheme is soothing because it promotes a good flow of energy for a relaxing sleep. Earth colors or skin colors are the best colors that you can use, so choose the ones that best suits your taste.

Keep your work out of your bedroom. As much as possible, don't put in a computer or a work station in your room, the idea being that a bed and a work station are incompatible as they represent work and rest. Even if you're not following feng shui principles, it's advisable not to have a work station in your bedroom. After all, you're there to rest and relax, not to work. However, if you have a limited space in your home and it is unavoidable to have a work station in your bedroom, make sure you separate it from the bed with other feng shui elements.

Be selective with your décor. If you're going to use images, pictures, or wall art, make sure that it shows something that you want to happen to you. Don't put up images that show negative things, like loneliness or sadness. Let your decor be sources of positive energy.

Arranging your room according to feng shui principles may be a bit of a challenge, but the end result may very well give you a luxurious and refreshing night's sleep. That is more than enough reward for just a bit of furniture rearranging and room decorating.