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DON'T MOVE 

How to create a Feng Shui bedroom for good health, harmony and happiness APRIL 2009

The bedroom specifically relates to health, healing, relationships and self-development. Children's rooms particularly relate to feeling secure, developing social integration skills and having a positive attitude. The direction of the bed has the most important influence in feng shui terms, because energy relating to these areas of our lives is absorbed during the night. Each person has a set of best directions based on their date of birth so the head of the bed can be positioned to maximise their potential and to ensure they have the best chance of being happy, healthy and successful. All beds should have headboards and the shape and material used depends on each individual.

As a general rule, avoid positioning a bed or a child's cot too close to the door of the room and never line up the foot of the bed or the cot with the door to the room or the front door because this is considered very unlucky. The best position would be the safest and most protected position in the room, i.e. diagonally across from the door, which is known as the 'power position'. For babies and children place the cot or bed against two solid walls so that they have the greatest feeling of support and security. Do not hang anything over the head of the bed as we are always aware even whilst sleeping that the item could fall off the wall at any time and this means we do not get a proper night's sleep. Avoid storing things under the bed – the energy whilst sleeping must circulate and be harnessed by the sleeper in order for them to feel rested and rejuvenated when they awake.

Bedrooms should be cosy, inviting and warm. Try to maintain a regular temperature and ensure there is plenty of natural light to promote growth and vitality. Regularly give the room a thorough clean and a good airing. Try to use natural products rather than synthetic-based materials, preservatives or treatments as they contribute to out-gassing that pollutes indoor air, affecting health and causing allergies. Select natural fibres or anti-allergy products for bedding and soft furnishings, and when cleaning use lemon juice, salt, Bicarbonate of Soda or distilled vinegar. Keep the windows clean as this affects the way we see the outside world and the way the world views us.

Mirrors should not be present in bedrooms as they drain energy from the room and disturb sleep, creating a tendency to wake up tired. Do not hang windchimes in bedrooms as these will disturb the energy and prevent a good night's sleep. Choose furniture with rounded edges avoiding tall bulky items as these are threatening and give the impression they will fall forward and cause injury. All protruding corners of walls should be covered with wooden mouldings to soften the edges. No sharp angles should face towards a bed or a cot or the door leading into the room. For children's rooms place loving photographs of parents and other family members in the room and use lots of soft toys. For master bedrooms, position a photo of you both showing a happy couple so that it is seen first thing in the morning and last thing at night.

Use mainly calm colours with small amounts of rich accent colours creating an harmonious effect. Different colours have different associations. For instance, pink is warm and soothing, and represents healing, love, romance, joy and happiness. It helps to evaporate anger, raises the vibration of a room and is a healthy colour to have around you. Blue represents protection, consideration and care. It is considered the colour of trust and reliability. Red is a stimulating colour and should be used sparingly in a bedroom. Married couples should not use peach on the walls as this will bring too much fire energy to the relationship and the pair will argue, 'hospital' green will bring about sickness, and strong patterns particularly stripes or spots confuse the brain and cause discord.

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