

The Spiritual Feng Shui newsletter
Issue 46
December 2011

Peaceful Placements for Your Bed in Feng Shui
Dreamtime Dilemmas in Bed Positioning Solved

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome back to The Spiritual Feng Shui newsletter, our first edition for more than a year! Ongoing requests from our subscribers has led to us picking up the newsletter format again, so we look forward to your continued feedback. As we approach the end of another busy year, this month we will focus on peaceful and energy reviving sleep with the all-important correct placement of your bed. Our Feng Shui tip this month also focuses on easy ways to increase Yin energy, together with inspirational quotes to get you through to the end of the year! May peace and harmony reign for you in December.

0x Feature Article: Peaceful Placements for Your Bed in Feng Shui

0x Q&A: There's absolutely no other spot for my bed in the room, but my placement has terrible Chi flow! What do I do?

0x Feng Shui Tip
 - Fabrics and Feng Shui

0x Inspirational Quotes

Enjoy!

Mike Z. Wang
Author of *The Spiritual Feng Shui*

Thespiritualfengshui.com
Unit 616, 220 Lake Promenade,
Toronto, Ontario,
Canada, m8w1a9

Main article: Peaceful Placements for Your Bed in Feng Shui

We always tend to put others first, and ourselves second. "I don't have time for myself", we say ... as we slowly go crazy! This is an admirable approach, most of the time. Yet unfortunately in our homes, it usually means that the public spaces are spotless and beautifully organized, and the bedroom is a big pile of mess! Your bedroom is a space just for you, and the placement of your bed is at the heart of its Chi dynamic. So this month we'll be looking at the most peaceful placements for your bed in Feng Shui, as well as supporting that placement with the right balance of color and Yin and Yang energies.

Start With a Clean Slate

If you are reading this article you are probably looking forward to getting stuck into some physical activity to place your bed in a peaceful position ... and you may as well start with the easy tasks. Do not let clothes pile up or use underneath your bed as a storage facility! Every single part of your home is significant no matter how many people see it and the bedroom is no exception.

Do not forget that the bedroom is the room in your home most closely connected with the love and marriage Gua. A well organized, well arranged, and energetically balanced room will fill your relationship with excitement, vigor, and closeness.

The Command Position

The most common tip you will hear from a Feng Shui expert is to have your bed in the 'command position'. Now while 'command' may sound intimidating, there is no need to be afraid – there are no military maneuvers involved here!

The command position is when the bed's headboard is placed against the back wall of the room, with the bed diagonally across from the bedroom door. Having the bed in this position allows a complete view of the door from the bed making you feel safe and secure. It also means you can benefit from the Chi that enters and flows through the space, while the position of the bed against the wall will provide a calming and stabilizing influence.

First Position, Then Direction

The first thing you'll notice as you are shifting the bed to the command position is that you now have several options for the direction it points. The questions never end! You can either point your feet towards the door's wall, towards the adjacent wall, or diagonally into the room.

Should I place my bed diagonally?

While this is not necessary in Feng Shui, some people like to set up their bed so it points diagonally from one corner of the room to the other. If this position feels good to you, go ahead and make the change. You will however need to fill up the gap created behind the headboard so it does not reverberate with negative energy. A good idea in this small space is a fake plant or a tall ornament. Don't be tempted to use it as storage!

Should I place my bed against both walls of the room's corner?

While the walls provide a feeling of safety and protection while you're sleeping, it may not be

practical to place both the head and the side of the bed against the wall if two people share the bed. Practicality has to come first!

Should the foot of my bed point towards the door's wall, or the other diagonally opposite wall?
The direction your bed points depends entirely on the objects within your room and the Chi flow they create. Choose the direction that works best for you.

Should my bed head face east?

East is a favorable direction in Feng Shui - the direction of the rising sun and a new day! If you have the choice, you can face your bed head east - however the Chi dynamic *within* the room is much more important.

Consider Materials As Well As Position

Once you have your bed in the optimum position it is worth taking time to think about other factors that can influence the energies in the bedroom. As with all furniture items in your home, the ideal material for your bed to be made of is natural material, particularly wood. Not only do they look beautiful, they provide a stabilizing and grounding influence that is conducive to restful sleep.

A headboard is highly recommended as it creates a grounding and stabilizing influence, while giving a sense of protection and making you feel more secure when you fall asleep.

Now while wood is recommended for your bed, it does not mean you need to throw out your existing bed or other bedroom furniture! There are some easy ways to make adjustments to make it more Feng Shui appropriate:

- Soften a wrought iron (or any steel or metal) bed by wrapping silk ribbon around the foot and head of the bed to create a gentle influence.
- Sharp points on a bed can influence your sleep – soften by draping a piece of fabric over the edge of the sharp points.
- A four-poster bed can be made into a stronger feeling of sanctuary by placing a gauzy canopy over the top.

Houston, We Have a Problem

What about bedrooms where the command position isn't an option? So - what if the command position is next to a window? What if the bedroom has two doors diagonally opposite each other? What if the command position would block the room's only power points? What if there is a bay window, fireplace or other difficult architectural feature opposite the door?

We often hear these questions from Feng Shui practitioners, and we've compiled plenty of answers in this month's Q&A section.

Your other alternative is to think about moving the bedroom to a different room of the house. If you're able to place your bedroom in the Love and Marriage Gua, your Feng Shui practice will be much easier ... as well as solving the bed placement dilemma!

If you give your attention to the bedroom, and mindfully apply your Feng Shui enhancements, you will feel a dramatic shift in your ability to gain restful sleep, your romantic relationships and your energy state in the morning when you awaken.

Q&A: There's absolutely no other spot for my bed in the room, but my placement has terrible Chi flow! What do I do?

Don't panic! While the ideal situation is to have your bed away from the window and diagonally opposite the door, you aren't doomed to a life of poor sleep if this isn't possible.

Use an object or screen to block Chi flow from the door to the bed

By placing an absorbent item such a screen or a piece of furniture like a chair, side table or a small bench between the door and the bed it will provide a more balanced distribution of Chi throughout the room. Another good idea is a potted plant, which not only assists in diverting Chi, but also breathes new life, color and freshness into your bedroom!

Always keep your door closed

Do not underestimate the importance of shutting or opening a door in the practice of Feng Shui. Keeping the bedroom door closed will help contain the Chi and not allow it to rush around frenetically. If the bedroom feels too frantic hang a picture of something that is cheerful and meaningful for you. Consider a painting of a beautiful scene from nature, which will offer you a sense of contentment and uplift your spirits.

Use a beaded curtain for your door

As you know textures, colors and materials are all important in Feng Shui. A beautiful beaded curtain made of natural fibers will help prevent Chi from rushing out the door. It will also increase the comfort level and create a more inviting and cozy atmosphere – this is a simple method to improve the energy in the room!

Use crystals above the door to disperse energy

Crystals have long been a popular tool used in Feng Shui. However more than just a mere decorative item, crystals are very effective at catching Chi and breaking up its rushing pathway. Hang some above your bedroom door to disperse the Chi rushing about the room. Just be sure to hang them above eye height of the tallest person or visitor to your house!

Block light with heavy curtains

To stop Chi energy from rushing over your bed while you are sleeping hang heavy curtains over the window. While they should be thick enough to block any light you can open them during the day to let in positive Chi energy, just be sure to close them tightly while you sleep. If there is light seeping under the doorframe to the bedroom place a draft stopper along the doorframe at night.

Feng Shui Tip: Fabrics and Feng Shui

Looking for a simple way to bring color and increase energy in your Feng Shui space? Fabrics are one of the easiest ways to introduce color and change color schemes in Feng Shui. They are also the easiest way to increase Yin energy, to cover up cluttered shelves and to enliven blank walls.

Get creative and think beyond a piece of fabric being purely practical. While this is its most useful purpose – covering open shelving or storage to reduce visual clutter, consider other decorative functions. An appropriate color tablecloth will add warmth to your kitchen or dining room; a fabric throw can be used on your bed, your sofa, a side table; while a beautiful piece of fabric can also be used as an artwork instead of a picture on your wall.

So make friends with your local fabric store and make them a regular part of your Feng Shui practice!

Inspirational quotes:

Sleep is the golden chain that ties health and our bodies together. ~Thomas Dekker

Early to bed, early to rise, makes a man healthy, wealthy and wise. ~ Benjamin Franklin

I often think that the night is more alive and more richly colored than the day. ~Vincent Van Gogh