



HOW TO FENG SHUI YOUR BEDROOM

A good feng shui bedroom is a bedroom that promotes a harmonious flow of nourishing, vibrant and sensual energy. A good feng shui bedroom is a bedroom that invites you, lures you in, excites and calms at the same time. A good feng shui bedroom is fun and pleasurable to be in, whether you're there for a quick nap, a good night sleep or to make passionate love! To create a good feng shui bedroom, you can use a variety of simple, practical feng shui tools, such as these basic feng shui tips!

1. No TV, Computer or Exercise Equipment

Let go of the TV, computer or exercise equipment in your bedroom. The good feng shui bedroom energy is destroyed when these items are present in your bedroom. In addition to creating high EMFs (dangerous for your health), they also bring the energy of work, stress, and are mainly a distraction and bad news for your relationship (with yourself or your loved one).

2. Quality of Air in Your Bedroom

Open the windows often or use a good quality air-purifier to keep the air in your bedroom fresh and full of oxygen. Be mindful of the quality of air in your bedroom. You cannot have good feng shui in your bedroom if the air you breathe in is stale and full of pollutants. Please note, though, that plants in the bedroom are not good feng shui unless your bedroom is fairly large and the plants are located far from the bed. Essential oils can also help you purify the air in your bedroom, but be sure to choose actual essential oils (they have healing properties) vs. fragrance oils (which are mostly toxic).

3. Feng Shui Bed Guidelines

Follow the 3 basic feng shui guidelines for your bed.

- Have your bed easily approachable from both sides
- Have two bedside tables (one on each side)
- Avoid having the bed directly in line with the door

A "good-looking" and well-balanced bed is very important in creating a perfect feng shui bedroom. A good mattress, a solid headboard and high-quality sheets from natural fibers are also very important in creating harmonious feng shui energy.

4. Best Feng Shui Bedroom Colors

Use soothing colors to achieve a good feng shui balance in your bedroom. A good feng shui bedroom decor is a balanced decor that promotes the best flow of energy for restorative sleep, as well as sexual healing. The best feng shui bedroom colors for are considered the so-called "skin colors," and we know the colors of human skin vary from pale white to rich chocolate brown. Choose colors within this range that will work best for your bedroom decor.

All Information contained herein has been gathered from Rodika Tchi however, it is not guaranteed by Bozeman Brokers.



5. Bedroom Art Feng Shui

Choose your bedroom art wisely, as images carry powerful energy. The best feng shui advice for choosing bedroom art is to choose images that you want to see happening in your life; you want images with nourishing, happy and beautiful energy. Unless you enjoy being sad and lonely, do not use sad and lonely images in your bedroom. Best art for the bedroom are images related to the emotions of love, happy relationships, body healing, and intimacy.

6. Good Feng Shui Bedroom Lighting

Have several levels of lighting in your bedroom, or use a dimmer switch to adjust the energy accordingly. Good, appropriate lighting is very important, as light is our #1 nutrient and one of the strongest manifestation of energy. Candles are the best feng shui bedroom lighting, as they not only clear the energy but also create a very intimate, warm and healing atmosphere. When buying candles, check to be sure your candles are toxin-free.



7. Enclosed Bedroom Energy

Keep all bedroom doors closed at night, be it the closet doors, the en-suite bathroom door or the bedroom door. This will allow for the best and most nourishing flow of energy to strengthen your health, as well as the health of your relationship. Keeping your bedroom closet clean and organized will further create a sense of peace and calm in your bedroom. Understand the interaction between the doors and windows in your bedroom and be sure the energy is not escaping your bedroom, but rather nourishes and strengthens it.

8. Feng Shui Bedroom Summary

The idea of a perfect feng shui bedroom may bring different images to different people, but they will all have one thing in common - pleasure and dreaming as the keywords. In a good feng shui bedroom, every item will reflect the clear intent for love, healing, and relaxation. If your bedroom is far from being a good feng shui bedroom, do not despair. Start small, and know that with consistent steps and a clear plan, you will soon create a beautiful bedroom to nourish and support you with loving, awesome feng shui energy.

