

Feng Shui & The Bedroom



SUSANNE SCHUTZ, founder and managing director of **Suzhong Consulting**, reveals tips on getting a better night's sleep by keeping feng shui principles in mind in the bedroom.

In Classical feng shui, the three most important areas in a house or apartment are the main door, the kitchen, and the bedroom. (Sometimes we also include the study.)

The main door is the so-called “*qi* mouth” – that is, the door through which all energy enters our residence. The kitchen is important because it’s the place where we prepare our food – accordingly, if the *qi* flow or feng shui in the kitchen is bad, then residents will suffer from poor health.

Lastly, let’s look at the bedroom. Since we spend about one-third of our lives sleeping in this room, it makes sense that it’s one of the key areas for a feng shui consultant to look at when analysing a property.

Sleeping and resting impact our health and vitality. The type of *qi* that affects our bedroom is therefore very important. The primary concern here is not only to ensure that positive *qi* enters the room, but the location of the bedroom itself, as well as proper bed positioning. While this is usually based on calculations done by a feng shui consultant, observing certain basic rules of *qi* flow and internal forms is equally, if not more, important.

Let’s discuss a few feng shui basics for your bedroom to improve your sleep and recuperating abilities.

1. Consider the shape of your bedroom

It’s best if your bedroom shape is square or rectangular. These shapes represent the

Earth element, which stands for safety and stability, hence it’s most suitable for activities that involve sleeping, recovering from an illness, and meditating. Try to avoid using “odd” shaped rooms as bedrooms – this includes round or triangular rooms. The *qi* flow in these bedrooms tends to be unbalanced and might cause irregular sleep patterns. If your bedroom is L-shaped, make the best of a bad situation and square off one part of the room with a walk-in wardrobe. Problem solved!

2. Place your bed against a solid wall

Sleep is a *yin* activity. The headboard of the bed should therefore be positioned against a *yin* feature – for example, a solid wall; the stability of the wall will ensure a good night’s sleep. Sleeping while your head is pointing at a *yang* feature – an open space or a window, for example – leads to imbalanced sleep, which can ultimately result in health problems.

3. Avoid placing the bed beneath ceiling beams

Ceiling beams create aggressive *qi* flow. This negative energy is forced downwards and onto the person sleeping underneath it. Aside from nightmares and restless sleep, this can also lead to poor job performance, health and work pressure problems affecting the person sleeping under the beam. The simple solution is to just move your bed from under the beam.

4. Avoid pointing your bed at the bedroom door

If your bedroom door opens up directly onto your bed, the *qi* entering the room through the door “crashes” into the bed. This is a very aggressive feature causing interrupted or bad sleep. Luckily, it’s also a very easy to solve issue – simply move your bed so that neither your head nor feet are in direct alignment with the bedroom door. If you cannot move the bed to another position, then placing a screen between the door and the bed will also do the trick.

5. Avoid waterbeds

Water is generally associated with *yang* activities, whereas sleeping is a *yin* activity. Sleeping in a waterbed may negatively impact your long-term prosperity and harmony with your spouse, which is why these types of beds are generally not recommended by feng shui consultants.

6. Avoid slanted ceilings

Slanted ceilings cause *qi* in the room to become imbalanced, which leads to uneasy and disrupted sleep. When children sleep under a slanted ceiling, they usually become rebellious, restless and hyperactive – something you obviously want to avoid! The solution is to move the bed so that you sleep at the higher end of the ceiling.

I hope these simple tips and tricks help you create a peaceful and restful bedroom. Sweet dreams. 🌙

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