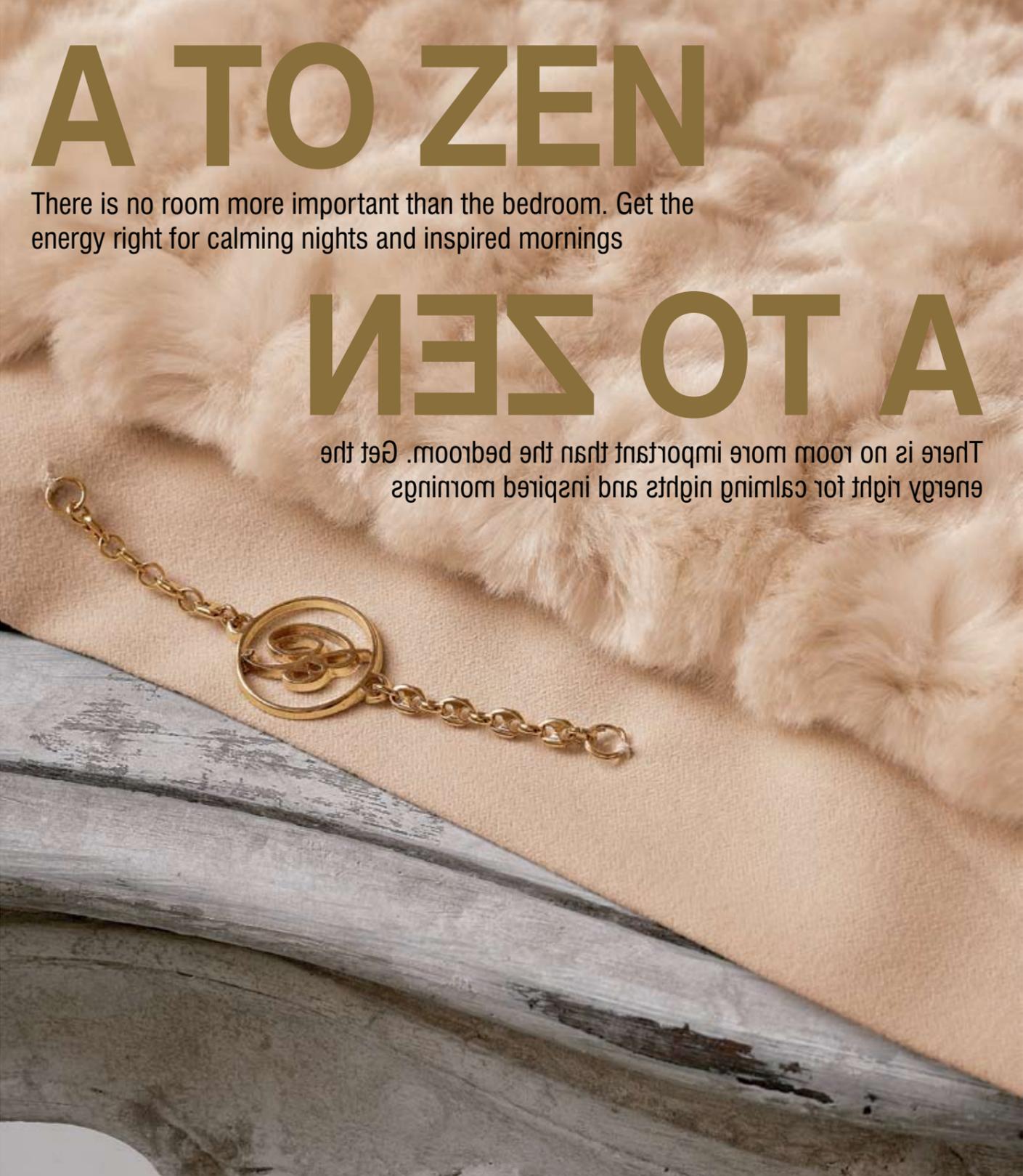


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A TO ZEN

There is no room more important than the bedroom. Get the energy right for calming nights and inspired mornings

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We spend, on average, around one third of our lives asleep. For most people, that will tot up to around 25 years. Sleep is vital for recharging mind and body – sleep well, and the next day you are a model of efficiency, with targets achieved and goals reached. Sleep poorly (or not at all), and every task becomes a burden, with senses dulled and body weary.

There are certain basic rules we can follow to ensure we are well rested; taking eight hours sleep each night, not taking too much caffeine or food late in the evening, drinking plenty of water during the day, having a comfy bed. But there are certain intangibles that many of us overlook when creating the space that we actually sleep in. The ancient Chinese system of feng shui has been studied and taught for more than 5,000 years, and remains influential today. The headquarters of the vast banking chain HSBC in Hong Kong, for example, was built on the waterfront to ensure views of water (heavily associated with wealth), and in consultation with a feng shui geomancer. It is rumoured that the view is guaranteed by the government, and will not be altered by any future land reclamation projects. This island, so renowned for its commercial nous, has many similar tales. A geomancer recommended that Hong Kong's Hopewell Center have a pool built on its roof, because the structure resembled a tall white candle (associated with death), and troubled many Hong Kongers. In Hong Kong's Repulse Bay, where many buildings are squeezed between mountain and water, several, from small apartment blocks to vast office towers, have holes in their centre to allow mountain dragons to drink from the bay. If vast multi-billion dollar corporations in one of the most modern cities on earth are prepared to spend so much on the right energy flow, it might be worth taking a little time to try it out yourself, and see if you can put an end to those fitful nights.

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The metal room
These items are available from Sisley-Casa. Feng shui expert Shivani Adalja gives her thoughts.

The positives:
This bedroom is rich in metal colours, and a lot of gold-edged furniture has been used. The carpet is red in colour and depicts fire. Since there is not one single dominant colour in the bedroom, this room gives a sense of variety and comfort. This room is recommended for young or growing adults, as it has active energy due to the red colour and water energy due to metal colour. This will help them to be energetic and career oriented, as metal supports career growth. This room is recommended for people whose element is metal or water

The negatives:
Metal is a very strong element, as it creates water, and water creates movements. This room is lacking the earth element, which is required for grounding. It is not good to have a mirror behind the bed, as it creates the illusion that someone is watching over all your activities.

The tip:
Add a dash of yellow or ivory and balance the elements in the room

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The fire room

The items here are available from Home Sweet Home. Feng shui expert Shivani Adalja gives her thoughts.

The positives:

In feng shui, red symbolises fire, so this bedroom will create active energy and is more suitable for children or teenagers, as they are more active than adults. This colour can be enhanced further by adding green plants to the room. As wood supports fire, this will help the room to be more vibrant. The shape of the headboard gives a sense of support while sleeping. This room is recommended for people whose element is earth and metal.

The negatives:

This bedroom is not recommended for the elderly, as the active energy will not suit them and not allow them to rest often. Use of bright colours can also cause lack of sleep, as the energy is very active in the room.

The tip:

You could calm the energy by using a lighter shade of curtains and carpets.

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The wood room

These items are available from Sisley-Casa. Feng shui expert Shivani Adalja gives her thoughts.

The positives:

This room has no conflicting colours. It is predominantly in shades of brown, which is the colour for wood. Lampshades are round and cream. This is a metal shape and counters the wood in the room. Fresh flowers create live energy in the room. The shape of the bed is curved and the furniture lines are very smooth, allowing free flow of energy. This room is recommended for young adults or married couples, as it has strong wood energy which is good for growth. This room is recommended for people whose element is wood and fire.

The negatives:

As the colour of the room is strong, it might cause mild headaches due to harsh energy.

The tip:

Dim lighting is recommended for this room, as it will soften the energy.

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The quiet room
The items shown here are part of the Farnese range from Bluemarine Home Collection, and include a double bedcover in brocaded velvet. Feng shui expert Shivani Adalja gives her thoughts.

The positives:
 This room has mainly ivory and brown colours. As the room has very quiet energy, it can be brightened up with a bedside lamp. The shape of the bed is curved and the furniture lines are very smooth, allowing free flow of energy. This room is recommended for the elderly as it has soft colours and quiet energy. This will help them relax. This room is recommended for people whose element is metal and fire.

The negatives:
 This room is not recommended for children, as they will grow bored and lazy due to lack of fire energy in the room.

The tip:
 One can brighten up the energy in this room by placing a painting in a burgundy or red colour, and by adding bright lights.

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The water room
The items here are available from Home Sweet Home. Feng shui expert Shivani Adalja gives her thoughts.

The positives:
 White is the colour for water. This room will be ideal for people of all ages as the energy can be adapted. However, the energy in this room will be particularly suitable for elderly and sick people, due to the absence of bright colours. This room can also be allocated to children who are hyperactive, as it will calm them down.

The shape of the headboard is curved, which is a water shape also, thus supporting the room. This room is recommended for people of all elements.

The negatives:
 This room might not be suitable for small children, as they need more active energy in the room.

The tip:
 Fresh flowers can further enhance the energy in the room.

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