



THE bedroom feng shui

Are you having sleepless nights? Do you suffer from regular headaches? Do you have difficulty relaxing in your bedroom? Are you constantly fighting with your partner instead of enjoying some quiet relaxing time together? If your answer is YES to any of these questions, then my guess is that your bedroom feng shui needs to be fixed. Bedroom is the most integral part of your house. It's a place to sleep, relax and rejuvenate. If the energy is not balance in this area, it will affect your health and moods in no time. So let's start with some basics. Oversized furniture should be avoided in the bedroom, as it will hamper smooth energy flow. Bedrooms by design need Yin energy or slow energy to help you relax. Therefore avoid placing any major electronic active objects in your bedroom such as huge televisions or music systems. These will create harsh fire energy and take away the focus from the relationship. Many clients often ask me if placing a mirror is good in the bedroom. In my opinion it is recommended to place the mirror away from the bed rather than facing the bed. If your bed is opposite a mirror, then cover the mirror with an opaque curtain to block the energy from reflecting. Avoid using overtly bright colours to paint your bedroom. Soft and light shades are recommended for bedrooms for relaxation. Opt for soft light flow and use lampshades or light fittings facing towards ceiling to create a soft atmosphere. Do not display an aquarium or a water fountain your bedroom. These water features will enhance the energy flow and keep you active mentally all night long. Keep the bathroom door shut at all times and hang a small mirror on the bathroom door to deflect the good energy from entering the bathroom. If you are not feeling



well or having too many disturbing dreams, place a small bowl of rock salt by your bedside to absorb any negative thoughts that might affect you. If the sickness persists then clean the bedroom floor with salt water to eliminate germs and stagnant energy from your bedroom.

Placement of the bed is also very important. Always position your bed against a solid wall support. Avoid placing your bed below a window or an AC, as it will result in disturbed sleep. Do not place your bed directly opposite the toilet door. However if your bedroom is small and it is unavoidable, then place a screen or a curtain between your bed and the bathroom door to block the unwanted energy.

Keep your bedroom simple and clutter free to enjoy a good night's sleep and enhance relationships.

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