



Feng Shui for Back to School

Back to School is a very stressful time for both children and parents. It seems that we are going from 0 kms per hour to 100 kms per hour overnight. Our Feng Shui objective is to provide our children with a space that has positive energy to nourish and nurture them. A safe place to 'fall'; when they are at home away from the stresses of the new school year and all the new activities.

Clutter

Clutter is a huge cause of stress for both parents and children. The state of a child's bedroom is a reflection of their life. As your child gets over-programmed with school and activities and the mess in their bedrooms piles up – they will feel that their life is out of control. Clearing clutter in their rooms removes obstacles to a smooth, free flow of energy; improves personal energy; creates harmony in life; and makes space for exciting opportunities.

Negative Effects of Clutter

The problem with clutter is that it weighs you down and stops the clear flow of energy. If you clear your clutter, you will increase the energy flow in your surroundings and you'll feel better because your personal Chi will enjoy an energy boost too. If energy is stagnant, clutter will accumulate and the more clutter you have the more it attracts stagnant energy. Things just keep going from bad to worse. Have you noticed how mess gathers around mess? How a few things left lying around easily becomes a big pile of stuff? This is exactly the cycle that happens in a child's bedroom.

A lot of parents simply close the bedroom door so that they don't have to look at the mess in the child's room. I urge you not to do that – your child is drowning in negative energy that will negatively impact their academic success, their relationships (with their friends and family) and even their health.

Easy Clutter-Clearing Strategies for Children

If you don't love it or need it, throw it out. Things that are loved and used have a strong, clear, free-flowing energy around them. If you surround yourself with things that have this free-flowing energy, you will have a loving, useful and happy life. On the other hand, anything unused, unloved, neglected or forgotten will cause personal energy to slow down and stagnate.

Steps to Clearing your Clutter

Just to make it a bit easier, I have set down a work plan for clearing the clutter in your child's bedroom.

- Don't expect the child to de-clutter by themselves. Provide them with direction and assistance to get their bedroom under control.
- Set aside a regular time to de-clutter and plan what you're going to achieve.
- Work on the 50:50 rule. All surfaces should never be more than half covered with things; all drawers should only be filled 50 per cent. This allows room for new things to enter their lives.
- Clean each part of the room as the clutter is removed. Energy cannot flow through a dirty and dusty area.
- Get rid of non-age specific toys.
- Provide proper storage – sort 'like' things together and have enough containers.
- Provide adequate space for schoolbooks and papers.
- Remove clutter from walls – too much energy bearing down on the child.
- Your child's bed shelters and comforts them, so it is important to provide a safe haven that will enable them to get true rest. Stale energy hangs around dirty laundry so change the bed sheets often to keep their energy fresh.

Feng Shui 101 for a Child's Bedroom

Make just a few changes to your child's bedroom to get the energy flowing smoothly.

1. The best colours for the walls and furnishing are soft Yin colours such as pastel green, blue, pink or lavender. Stay away from colours that are too bright and patterns that are too busy.
2. Position the bed on the 'command position' against a solid wall and with a clear view of the door.
3. Position the desk in the 'command position' – never have the child sit with their back to the door.
4. Lighting in the room should closely resemble natural lighting. Place a bright desk lamp on the desk to reduce stress; place an 'up-lamp' in the darkest bedroom corner to lift the Chi. Choose the light bulbs to closely resemble natural lighting.
5. We are creating a 'Yin' (nurturing) energy environment in the bedroom, so remove busy energy such as live plants or fish.
6. EMF energy (caused by electricity) in a child's bedroom is a concern. Cover the computer monitor or close the laptop when going to sleep. Remove the TV from the bedroom.

To see the ideal bedroom image, I ask my adult students to imagine the \$500-a-night bed and breakfast bedroom. What would that look like? Now make your bedroom feel and look the same. Try the same mental image exercise for your child. What would their ideal bedroom look like? Involve the child in the process of dreaming about their space. If you provide your child with a beautiful, organized bedroom they will be more inclined to maintain the tidiness. If you balance the energy in their environment, you will nourish their personal energy and give them another tool to help them succeed.

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