



Feng Shui for Family

Feng Shui is an excellent tool for keeping family members and relationships balanced. So much happens each day and outside factors often negatively impact your family. Last month we worked on the master bedroom – to improve self-esteem and romantic love and this month our focus will be on the other bedrooms in our homes. If your children are living away from home, these tools will help them wherever they live. Making Feng Shui adjustments to our children's spaces will balance their energy, improve their confidence and provide a room that encourages positive behavior.

Feng Shui Tools for your Children

In my book *In the Feng Shui Zone* there is a section dedicated to children's bedrooms (A College Bedroom) and these are some additional changes that I recommend:

- Make sure that the bed is placed in a “command” position in the bedroom. Imagine where the mafia guy would want to be positioned in the space. The head of the bed should be against a solid wall, and the child should have a clear unobstructed view of the bedroom door.
- A wooden bed has just the right amount of Yin energy to create a soft flow of energy in the bedroom. This promotes good sleep, fewer bad dreams and a calmer atmosphere.
- A night light in the bedroom or nearest bathroom will add quiet energy to the space and promote a sense of security.
- Do not have anything that hangs down over the bed. Drapes and mobiles placed over the bed disturb sleep and create insecurity. Rather, hang a soft fabric decoration on the wall above the bed headboard.
- Nothing should be stored beneath the bed. Everything has energy and the energy vibrations from things placed beneath the bed can disturb sleep.
- Add earth energy to the room to add stable, firm, grounded energy to the space. A great way to do this is by placing rounded rocks in all four corners of the room.
- Hang a 30mm Swarovski crystal in the middle of the room to balance the energy of the entire space.
- Mirrors should be removed from the room or covered up at night. If you are unfortunate enough to have mirrored closet doors in the bedroom, either replace them or hang drapes in front of them and keep the drapes closed at night.
- Make sure that electrical wires do not touch the bed and contaminate it with EMF energy. TV's, computers and video game machines all add negative EMF energy to the room. Use crystals, silk plants and fabrics, or a salt crystal lamp to counteract this.

- Help your child clear the clutter from their room. Give them the tools to keep their clutter under control. Adequate closets, designated places for homework and books, a laundry strategy and a ‘home’ for all the toys. As adults we find it hard enough to stay in control of our clutter – don't expect your child to have these organizational skills. Assist them in any way that you can. Clutter has negative energy and it is impacting every part of your child's life.

Feng Shui first aid for your child's bedroom:

- If your child has a bunk bed, try to ensure that they sleep in the top bed. If one of your children has to sleep on the bottom bunk, hand a 30mm crystal underneath the top bunk near the pillow
- If your child has a desk beneath their bed – keep the area clutter free and well organized. Hang a 30mm crystal below the bed to balance the energy and promote a good night's sleep.
- Watch for ‘poison arrow’ energy from beams and wall corners bombarding the bed. ‘Poison arrows’ may cause health problems for the child. Hang a 30mm crystal in front of the wall corner to deflect the harsh energy; hang two bamboo flutes at 45-degree angles on the ceiling beams. (For more information on ‘poison arrows’ and how to cure them refer to *In the Feng Shui Zone*.)
- As with the master bedroom, an uneven shaped bedroom causes confusion and sleeping issues for the child. Hang a 30mm crystal or a wind chime in the middle of the room to expand the energy out into the missing pieces of the bedroom.

Perform cures in both the Family Zone and the Creativity and Children Zone to assist your children. The Family Zone is a wood zone and the dominant colour is green – hang one of the new green 30mm crystals in this space to get the energy flowing. The Creativity and Children Zone is a metal zone and the dominant colour is white – when you balance the energy in this zone you will also improve communications with your children.

You Asked About It ...

Q. How do I help my children stay in control of their toys?

A. Firstly, I do not believe in expecting our children (or teenagers) to be able to stay on top of their clutter. As adults we have lots of difficulty with clutter and household organization and I think that it is completely unrealistic to expect our children to be better at it than we are. Having said that – it is very realistic to expect your children to participate in keeping their clutter under control and once the systems are in place, to do their part in maintaining a clutter-free environment.

Some ideas for keeping toys under control include: giving everything a 'home' – there should be a designated space for all the toys such as baskets for Lego, blocks, ponies; having an empty container available for all those stray toys that need to be put away before bedtime; following the "one in - one out" rule when bringing more toys into the home; letting your child participate in donating seldom used toys to children who really need them and would love to play with them; rotating toys by putting some away for another season.

Remember that clutter has an awful sticky dark energy that is affecting all parts of your child's life – make it a priority to get the energy in their space flowing.

Product Specials



Use these beautiful green Swarovski 30mm crystals when you need to get the family energy flowing. If you need to improve family relationships; if you're having trouble paying the monthly bills; or simply to make sure the energy flowing throughout your home is nourishing and supporting your family. Green is the colour of 'wood energy' and has expansive, growing and upward moving characteristics. These lovely green 30mm Swarovski crystals are a perfect colour cure for the Family, Skills and Knowledge, or Prosperity Zones.

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Residential Decorating with Feng Shui	April 1
Practical Feng Shui Consulting (prerequisites required)	April 12, 19
Balancing Energy with Feng Shui	April 26, May 3, 10, 17
Feng Shui for Your Garden	April 29

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