

## Feng Shui

# Restful and romantic Feng Shui

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The bed! Getting a solid night's sleep is a gift you can give one another that will keep giving for years to come. There's really no reason to sleep on an uncomfortable mattress. Do you love your bedding and comforter or quilt, or have you just been putting up with it? Fresh new options and ideas bound, so focus on the bed for excellent returns. Placing your intention first on the bed will deliver long lasting positive results and getting it right is not a luxury, it is a necessity. The same is true of the bed frame. If you don't have one, it should be a priority to lift the bed off the floor into a frame with a headboard at least. You will feel more secure and get a more restful sleep. Try not to store anything under your bed either.

Energetically place your bed securely in the "commanding position" which is diagonal from the



Surround yourself with nature inspired art which can also resemble romance like photos or prints of flowers that represent love.



Candles create a romantic atmosphere perfect for the master bedroom.

bedroom door and facing the door but not directly in line with the door. Place your bed against a solid wall as well, and not in front of windows.

If your master bedroom layout doesn't allow for bed placement in the commanding position due to a bath door, closets or windows, don't fret, simply place the bed in the best available spot and apply other Feng Shui tips to create a restful retreat.

Finally, surround yourself with the personalized luxury that your budget allows including sumptuous bedding, inspirational images that inspire romance or remind you of the bond with your partner, like photos of you together and also peaceful nature inspired images.

Add lavender essential oil diffusers or soy candles so fragrance wafts in the air, and add carpets, rugs and pillows so softness and rejuvenation are paramount. Any clutter should automatically find a home elsewhere or be donated or discarded, and as you settle into your fresh new re-dux space are you feeling more connected to nourishing yourself and the second most important relationship you have with your partner?

Please let me know how my tips inspired you to create a zen-like master bedroom that soundly harmonizes our very basic human need need for love, sleep, and romance.

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| <b>WEALTH &amp; PROSPERITY</b><br>XUN<br>Wood<br>Southeast<br>Purple         | <b>FAME &amp; REPUTATION</b><br>Li<br>Fire<br>South<br>Red<br>Summer                      | <b>RELATIONSHIPS</b><br>Kun<br>Earth<br>Southwest<br>Pink                |
| <b>FAMILY</b><br>ZHEN<br>Wood<br>East<br>Green<br>Spring                     | <b>HEALTH</b><br>TAI JI<br>Earth<br>Center<br>Orange, Yellow<br>Brown                     | <b>JOY &amp; COMPLETION</b><br>DUI<br>Metal<br>West<br>White<br>Autumn   |
| <b>KNOWLEDGE &amp; SELF-CULTIVATION</b><br>GEN<br>Earth<br>Northeast<br>Blue | <b>CAREER &amp; OPPORTUNITIES</b><br>KAN<br>Water<br>North<br>Black & Dark Blue<br>Winter | <b>HELPFUL PEOPLE &amp; TRAVEL</b><br>QIAN<br>Metal<br>Northeast<br>Grey |

The Bagua Map: Front Door



Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2018 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com).