

One room FengShui lux re-dux

Creating sound sleep, retreats and spas for the master bedroom



Photos provided

Master bed placement is job No. 1. This works because the bed is flanked by a solid wall and so there is never a window behind the bed.

By Michele Duffy

A thoroughly modern way in this new year to initiate Feng Shui within your home is by accessing your floor plan with the Feng Shui BAGUA/I CHING map, the space-tool of choice, and next selecting one room or area to take a much deeper dive. Around Valentine's Day or early spring is a great time to turn your eyes to the master bedroom and the retreat it ought to be by allocating your time and budget to adjust and improve the space with a fresh redux.

Remember whenever you are adding the balancing layers of Feng Shui into any space, it's equally important to remove items that don't activate joy and the new vibe you are going for. Our spaces should bring us joy and be created with intention, and be on-purpose sacred spaces. Remember, gratitude should be abundantly expressed in your space and

negative projections kept to a minimum. Fill your home with functional items you love and your life will be filled with love. Donate or discard items that aren't making you smile.

Before you get started it's critical to prepare your intention, breathe, pause and allow your thoughts to slow down and your mind to be less distracted; even eight or nine deep breaths through the nose will bring you into the present moment. Next locate your master bedroom in your home's layout and make a note of the element on the Bagua that is involved at this location.

Ideally, as you become more interested in applying Feng Shui design principles, it is best applied with the help of a professional so mistakes are avoided. Using the Bagua, understand that the master bedroom ideally sits in the back areas of the home, away from the front entrance door. If it's not, your home

might well be energetically set up to attract difficult chi including divorce or unruly children. This is especially true if the master bedroom is situated along the front wall of the home or in the center, and may also be challenging if the bedroom is behind the front door wall. Depending on which element rules the area where the master bedroom is located, it's naturally very easy to activate excellent Feng Shui with a straightforward do-over.

Optimized the furniture placement in the commanding position, consider wall colors, bed frame and bedding, textiles, flooring, as well as lighting and art placement.

Wood area master bedrooms do well with greens (wood) and blues (water produces wood) and remember, strong yang hues are too active, so while an accent wall can definitely be painted with these stronger colors behind the bed, the other walls should be calming and more yin with a much lighter hue.

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Rest and sleep are major energetics we enjoy in our master bedrooms, as much as romance.