

Useful Feng Shui Tips For Bed Room

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The best Feng Shui bed room tip that a Feng Shui expert can offer you is to have your bed in 'command position'.

But before you know what is a command position for your bed it is important for you to understand what is Feng Shui.

It is important for you to know Feng Shui is an ancient spiritual discipline which makes use of a process that affects your internal landscape just as much as it affects your physical environment be your home, office or your bed room. Before you start practicing or using Feng Shui enhancements to your living environment it is important for you to know that it is for nourishing and healing your soul. In a Feng Shui practice one is enriching the soul by directing the energies of universe and natural elements such as wind, water, earth, metals to it.

{mosgoogle}It is so important to stay positive and constantly filled with good, flowing energy. If you do so, your life and all the things you are surrounded by will represent such wonderful qualities as health, happiness, prosperity, love and contentment.

As you know, one of the principles of Feng Shui is that Chi flows through all objects in a space, and each item that is present in or around your home has some effect on whether Chi moves freely or gets clogged up and the same principles apply to your bed room also.

Feng Shui believes all types of energies on the earth fall in two opposite categories, yin and yang. Once you understand this you can understand the logic behind the best Feng Shui bed room tip offered here.

Bedroom is a place where you spend 1/3 of your time so having proper balance of yin and yang is very essential, some yang energy is essential, because it helps you stay motivated get going with your day-to-day chores but too much yang on the other hand can drive you nuts! It can make you feel chaotic, frenzied and over-stimulated. It can make you feel too passionate, so that you can never just sit back and relax in your bed room.

A command position for your bed room in Feng Shui means that you face the door from the far side of the room but are not directly in front of the door. The part of the room diagonally farthest from the entry offers the best Command Position for your bed, it is this position, you are able to benefit from the Chi that enters and flows through the space, while being far enough removed from the doorway that you are not exposed to Chi that is too strong.

Another Feng Shui bed room tip is that you keep your beds in a position that provides a solid wall behind you for support. Using this position puts you in visual command of the space, and allows you to face life directly, both literally and symbolically.

Sleeping in line with the door also exposes you to excessive Chi, which can contribute to stress, irritability and health problems, but keeping your bed in commanding position prevents you from negative influences and puts you in control of your space and of your life.

Another Feng Shui bed room tip that I would like to mention about is that never keep your working desk or computer in your bedroom. The logic behind this Feng Shui tip is that the energy of computer (work) and that of rest (bed) are opposite to each other and are therefore incompatible to each other. But in case you cannot avoid this combination you can at least separate the two by using Feng Shui Elements.

As discussed earlier that Feng Shui tips are universal in nature they are applicable to each space or area as discussed in the article on Feng Shui Bagua and the logic behind each Feng Shui tip remains the same. Take for example the Feng Shui bed room tip that advises you not to keep your bed where there is window behind but ideally it should be on your right. The logic behind this Feng Shui tip is to receive the positive energies from the universe when you get up and start a new day.

Though on the outset you may think these to be fairly simple Feng Shui bed room tips, but in reality these tips have strong spiritual or scientific foundation. For example, placing your desk with your back to a large window does not go well with Feng Shui and to think practically working at a computer in this position may be problem because of the glare from the window.

There can be many more Feng Shui bed room tips that can be offered. You can also make use of Feng Shui Color (<http://www.thespiritualfengshui.com/feng-shui-color.php>) and Feng Shui Elements (<http://www.thespiritualfengshui.com/feng-shui-elements.php>) for balancing yin and yang of your bed room. Like making use of red pillows or changing the color of your bed room curtains, but for that you need to consider many other factors also.

Avoid the overhead beams, the low side of a slanted ceiling, sharp angles from interior corners, and an overhead fan in a room with a low ceiling are some of the common Feng Shui bed room tips that you can find in any Feng Shui book or web site.

If interested in some exclusive information on Feng Shui ? The Spiritual Feng Shui is committed to offer you in-depth knowledge on Feng Shui through the e-books and Newsletters. The book provides you practical guide for learning more about Feng Shui, Feng Shui tools and Feng Shui enhancements.

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About The Author

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<http://www.thespiritualfengshui.com/feng-shui-bedroom.php>