

The Ultimate

FENG SHUI BEDROOM CHECKLIST

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THE ULTIMATE FENG SHUI BEDROOM CHECKLIST

Transform your bedroom into a sanctuary of balance, harmony, and rest with the principles of Feng Shui.

This comprehensive checklist will guide you through each essential aspect of creating a Feng Shui-inspired bedroom, ensuring optimal flow of energy and promoting restful sleep and relaxation.

Bed Placement

- Place your bed in a commanding position.
- Avoid placing your bed under a window or against a wall that shares with a bathroom.
- Ensure there's equal space on both sides of the bed for balance and harmony.
- Position your bed diagonally across from the door, but not directly in line with it.

Bedroom Entrance

- Create a welcoming and unobstructed pathway to your bedroom entrance.
- Avoid clutter or obstacles near the door to allow energy to enter freely.
- Consider adding a welcoming touch, like a potted plant upon entry, to invite positive energy.

Bedding & Linens

- Choose high-quality, natural fabrics for bedding to enhance comfort and increase airflow.
- Keep bedding colors neutral or soft to enhance relaxation and tranquility.
- Invest in a supportive mattress and pillows to ensure proper rest and alignment.

Lighting

- Opt for soft, diffused lighting to create a cozy and relaxing ambiance.
- Avoid harsh overhead lighting and opt for adjustable lamps or candles for a more intimate setting.
- Choose curtains or blinds that can easily be opened during the day to allow natural light in.

Clear Clutter

- Declutter your bedroom regularly to allow positive energy (Chi) to flow freely.
- Remove electronic devices, work-related items, and excessive furniture from your bedroom.
- Keep the space under the bed clear.
- Choose functional storage solutions to keep your space clean and clutter-free.

Balance Yin & Yang

- Balance feminine (Yin) and masculine (Yang) energy in your bedroom decor.
- Soften sharp edges with rounded furniture and incorporate soft textures for Yin energy.
- Add elements of strength and vitality, such as bold colors or geometric patterns, for Yang energy.

Create a Relaxing Environment

- Designate your bedroom as a space solely for rest and relaxation.
- Minimize distractions by removing TVs, exercise equipment, or work-related materials.
- Incorporate elements that promote serenity and calm, such as aromatherapy diffusers or soothing music.

Mirror Placement

- Avoid placing mirrors directly facing your bed to prevent disturbances in sleep.
- If mirrors are necessary, ensure they reflect something beautiful and uplifting, such as artwork or nature.
- Keep mirrors clean and free of dust to maintain clarity and energy flow.
- Choose the right size mirror for the room – it's all about balance of weight, size, and symmetry.
- Fix or replace broken mirrors.

Balanced Elements

- Incorporate all five Feng Shui elements (wood, fire, earth, metal, water) in your bedroom decor.
- Use soothing colors and natural materials to create a balanced atmosphere.
- Introduce live plants or artwork representing nature to invite vitality and growth.

Personal Symbols

- Use thoughtful intention when choosing personal items, decor, and wall art.
- Surround yourself with meaningful and uplifting symbols, artwork, or photographs.
- Display items that evoke positive emotions and reflect your aspirations and intentions.
- Avoid images or objects that carry negative associations or memories.

If You Cannot Avoid Your Office and Bedroom Sharing Space

- Make a clear distinction between the two - a room divider or curtain are options for a physical separator.
- Position your desk as far away from your bed as possible.
- Add greenery.
- Try to find another dedicated work space In your home outside of the bedroom - your bedroom should enhance sleep rather than be disrupted by the energy of work.

Print and follow this checklist to easily create a more balanced, peaceful, and rejuvenating sleep environment!

*For more feng shui tips, visit
www.holistichome.love*

