

7 Feng Shui Tips For Spicing Up Your Lovelife

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No matter who you are, there are times when "the bedroom" is not the loving and fun room it should be. There are of course numerous reasons why this may happen but there are some simple things you can do to help you make things better.

Your bedroom acts as a magnet both literally and metaphorically for your relationships. It is also where you sleep during the night renewing your energy levels in preparation for what the world has to offer to you the next day.

It is most likely where your romantic life is centered - unless of course you like to experiment - perhaps you're a free spirit who likes to commune with the outdoors ;-)

Your bedroom is your and your homes sanctuary.

The positioning and layout within it plays a massive role not only on your passion and romance chances but also your health, wealth and other relationships in general.

Careful attention should indeed be paid on this highly important room. When you get it right, positive energy (called "chi" by the Chinese and "ki" by the Japanese) will flow easily through your home.

Get it wrong...

All things in life are connected at the minute quantum level and the following information will help guide you so you and your relationships flourish:

1. Make sure your bedroom "feels" inviting

It must fulfill the role of a place of safety for you. When you look at the state of your bedroom now - what does it say to and about you? Does it say "I'm at home with myself" or is it a big jumble and in disarray? Is it just functional - it's purpose only for sleeping in your eyes, if so - if you want your love life to change, then this has got to change too.

2. Look around at all of the items

Furniture/trinkets etc... in your bedroom. Do you have good/loving memories and feelings for these items? Or are there items which hold bad memories? If there are - get rid of them, they hold a residual energy and act as a constant reminder to your non-conscious mind. How about photos? Are there any old flames "hanging around" - again, chuck them out - you do want to move on to a new relationship - don't you?

3. Your bed should be the focal point of the room

This is where both "action" and "inaction" takes place, where you are both energized and renewed. Does your bedroom have a "personality problem"? Is it in effect multitasking? Do you have a home office or perhaps a treadmill beside you? Again, these items should not be here. You want to focus on your relationships rather than your body or mind in this room - move them out. If this is not possible due to space constraints, you will need to use a screen to keep them "at bay".

4. The ever present TV.

Yes it can be cosy to curl up in bed and watch a great movie but a TV sends out a stream of positive ions (rather than positive chi) - this device is "yang" in nature and will ensure your body does not get the rest it requires. It also represents a 3rd party in the room - not particularly conducive to a stable and healthy monogamous relationship... Once again - the TV has got to go.

5. Make sure your bed is as far away from the door to your room as you can.

If you are unable to see the door, you will feel ill at ease at a subconscious level - this is because you will sense you cannot see if an intruder will enter your room (heaven forbid!). This unease will of course impact how you rest at night.

6. Choose a bed which has a solid and sturdy headboard.

In Form School Feng Shui, the headboard represents a supportive mountain to your back.

7. Your bed holds residual energy from those who have come and gone before.

In an ideal world, if you have had a partner and wish to attract a new one, you should purchase a new bed. This gives you and your new relationship an optimal chance to flourish. Regardless, you should invest in the best bed you can as if you sleep 8 hours per day, this means you will spend 1/3 of your entire life in it!

Short note about the author

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