

How To Feng Shui Your Bedroom

Share Your Favorite Feng Shui Bedroom Tips

A good [feng shui bedroom](#) is a bedroom that promotes a harmonious flow of nourishing and sensual energy. A good feng shui bedroom is a bedroom that invites you, lures you in, excites and calms at the same time. A good feng shui bedroom is fun and pleasurable to be in, either you are there for a quick nap, a good night sleep or to make passionate love!

To create a good feng shui bedroom, you can use a variety of simple, practical feng shui tools, such as the basic feng shui tips below:

1. *Let go of the TV, computer or exercise equipment in your bedroom.*

The good feng shui energy in your bedroom is destroyed when these items are present in your bedroom.

Watch the Feng Shui Bedroom Tips Free Video (2 min)

2. *Open the windows often or use a good quality air-purifier to keep the air fresh and full of oxygen.*

Be mindful of the quality of air in your bedroom. You cannot have good feng shui in your bedroom if the air you breathe in is stale and full of pollutants. Please note that [plants](#) in the bedroom are not good feng shui, unless your bedroom is fairly large and the plants are located far from the bed.

How To Use Essential Oils To Clear the Air

3. *Have several levels of lighting in your bedroom, or use a dimmer switch to adjust the energy accordingly.*

Good, appropriate lighting is very important, as [light](#) is our # 1 nutrient and one of the strongest manifestation of energy. Candles are the best feng shui bedroom lighting, but be sure to buy candles with no toxins.

How To Use of Candles for Good Feng Shui

4. *Use soothing colors to achieve a good feng shui balance in your bedroom.*

Feng shui bedroom decor is a balanced decor that promotes the best flow of energy for restorative sleep, as well as sexual healing. Best [feng shui colors](#) for the bedroom are considered the so-called "skin colors", and we know the colors of human skin vary from pale white to rich chocolate brown. Choose colors within this range that will work best for your bedroom decor.

Watch the Feng Shui Color Tips Free Video (2 min)

5. *Choose the images for your bedroom wisely, as images carry powerful feng shui energy.*

Best feng shui advice for the bedroom art is to choose images that you want to see happening in your life. Unless you enjoy being sad and lonely, do not use sad and lonely images in your bedroom.

Feng Shui Tips for Your Bedroom Art

6. *Follow the basic feng shui guidelines for your bed, which are:*

- have your bed easily approachable from both sides,
- have two bedside tables (one on each side), and,
- avoid having the bed in a direct line with the door.

A "good looking" and well-balanced bed is very important in creating a perfect feng shui bedroom. Good mattress, solid headboard and high quality sheets from natural fibers are also very important in creating harmonious feng shui energy.

All About the Feng Shui of Your Bed

7. *Keep all the bedroom doors closed at night, be it the closet doors, the en-suite bathroom door or the bedroom door.*

This will allow for the best and most nourishing flow of energy to strengthen **your health**, as well as the health of your relationship. Keeping your **bedroom closet** clean and organized will further create a sense of peace and calm in your bedroom.

The idea of a perfect feng shui bedroom may bring different images to different people, but they will all have one thing in common - Pleasure and Dreaming as the keywords. In a good feng shui bedroom, every item will reflect the clear intent for **love**, healing and relaxation.

=> Easy and Practical Feng Shui Solutions for ALL Your Bed and Bedroom Challenges

=> Sign Up for the About.com FREE Feng Shui for Love eCourse

=> Curious About the Vastu Shastra Bedroom?