

# Printable Checklist for Setting Up Your Feng Shui Bedroom

## Bed and Bed Placement

Choose a strong sturdy headboard, especially wood, for needed support.

Select specific element for bed construction based on compass direction of bedroom location, such as metal bed frame for west or northwest sector and wood bed for east or southeast sector.

Place bed so your head points toward one of your best directions according to Eight Mansions Kua formula. (See article link for calculating your Kua number.)

Place bed diagonally opposite door leading into bedroom.

Allow walk around space on each side of bed for easy access.

## Things to Avoid

Never sleep with your mattress directly on the floor. Use a bed frame.

Avoid a floating bed, by placing the headboard against a solid wall.

Never place bed underneath exposed beams.

Don't place bed between two doors.

Never place bed facing column or protruding corner.

Do not place bed directly opposite door leading into bedroom (coffin position).

Avoid placing bed opposite bathroom door.

Do not place bed in front of or underneath window.

## Other Pieces of Bedroom Furniture and Object Rules

Place matching nightstands or tables on both sides of bed.

Invest in quality mattress, pillows and bed linens.

If suffering from low energy, add more yang energy to bedroom with red or purple colors.

## Things to Avoid

Dressers and chests of drawers shouldn't create poison arrows directed at the bed.

Mirrors should never reflect the bed.

## Decorating

Choose yin color for main bedroom color, such as green, yellow or blue.

Encourage wealth by adding colors red, gold or purple as accent colors.

Design a calm and restive bedroom with yin colors.

Add more yin energy with colors through decorative objects, art and accessories. Bedrooms need more yin energy than yang energy for restive energies.

## Things to Avoid

Avoid sharp or pointed decorative objects that create poison arrows.

Never place an aquarium or water fountain in bedroom. These generate too much yang energy and interfere with sleep.

Avoid live plants in bedroom. These generate yang energy.

Don't place a desk in bedroom. Work activities are the opposite of rest and create active/high energy (yang).

## **Marriage/Relationship Happiness Luck**

Use love symbols/objects to activate marriage/relationship luck.

Display photos or figurines of love symbols in pairs, such as Mandarin ducks (marital bliss) and peony flowers (love).

Cover king bed box springs with pink fitted sheet to prevent separation.

## **Add Symbols for Happy Marriage/Relationship**

Display double knot of happiness by suspending feng shui symbols or a picture of the knot.

Activate southwest corner of bedroom with pottery or crystals.

Display infinity knot for endless prosperity to suspend feng shui symbols or in a picture.

## **Things to Avoid**

Don't display wedding portraits in bedroom, instead place in southwest corner of living room.

Don't leave bedroom door open when occupying bedroom.

## **Increase Fertility with Symbols**

Pomegranates symbolize fertility. Other fruits include oranges and apples. Display these symbols as pictures, paintings, pillows or figurines.

Suspend red paper lantern(s) over headboard or around perimeter of bed.

Set rose quartz on bedside table.

## **Bedroom Ideas for Health**

Maintain a clutter free bedroom.

Keep bedroom closets and drawers organized.

Close doors and drawers.

Make bed daily.

Add symbols of health and longevity as art or art objects, such as a crane and peaches.

## **Things to Avoid**

Don't work in your bedroom.

Don't allow electronics, such as TV or laptop.

Don't use or store exercise equipment in bedroom.

## **Sleep Position**

Ideal sleep position is head pointing toward your Tien Yi (health) direction. (See article link for calculating your Kua number to reveal this direction.)

Lie on your back to determine right and left sides of bed. Female sleeps on right side of bed and male sleeps on left side of bed.