

Sleep Your Way to Better Health and Well-Being with Feng Shui

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My Story...Childhood



Life was good.....



The darkness..... & the opportunity



That lead to the light....

Often it's the biggest challenges that lead us into expansion in our lives.



In this workshop you will learn...

- How the arrangement of your environment can enhance or detract from your health and well-being.
- Avoid the major causes that block healthy energy in your bedroom.
- Understand the power of color to enhance a good night sleep
- Create a new mindset around your well-being.





What is Feng Shui?

- It is a Chinese art and science of arranging and shifting energy in our living environments to capture flow and create harmony with the natural forces of nature. Working with the seen and the unseen.
- Feng = Wind and Shui = Water, flow of energy within the universe. Movement and flow of harnessing good energy Qi. Gather the water, disperse the wind.
- Where it flows freely = Health and Abundance. Where it is stagnant = Sickness and Decay.

Your home has its own unique energetic blueprint



3 Feng Shui major mistakes in the bedroom that impedes good sleep

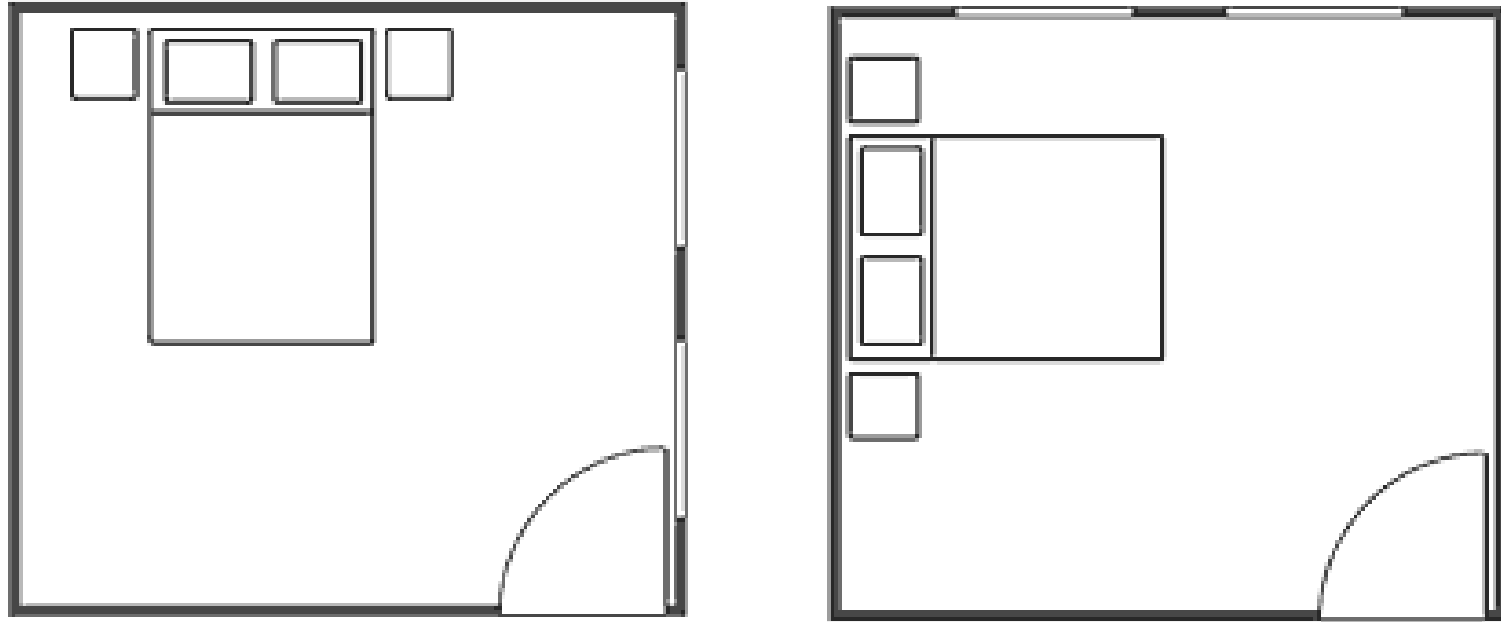
1. Too much clutter in the room
2. Badly designed architecture, furniture floor plans, décor placement and color selection.
3. Bed on the wrong wall.



#1 Position the Bed With Care

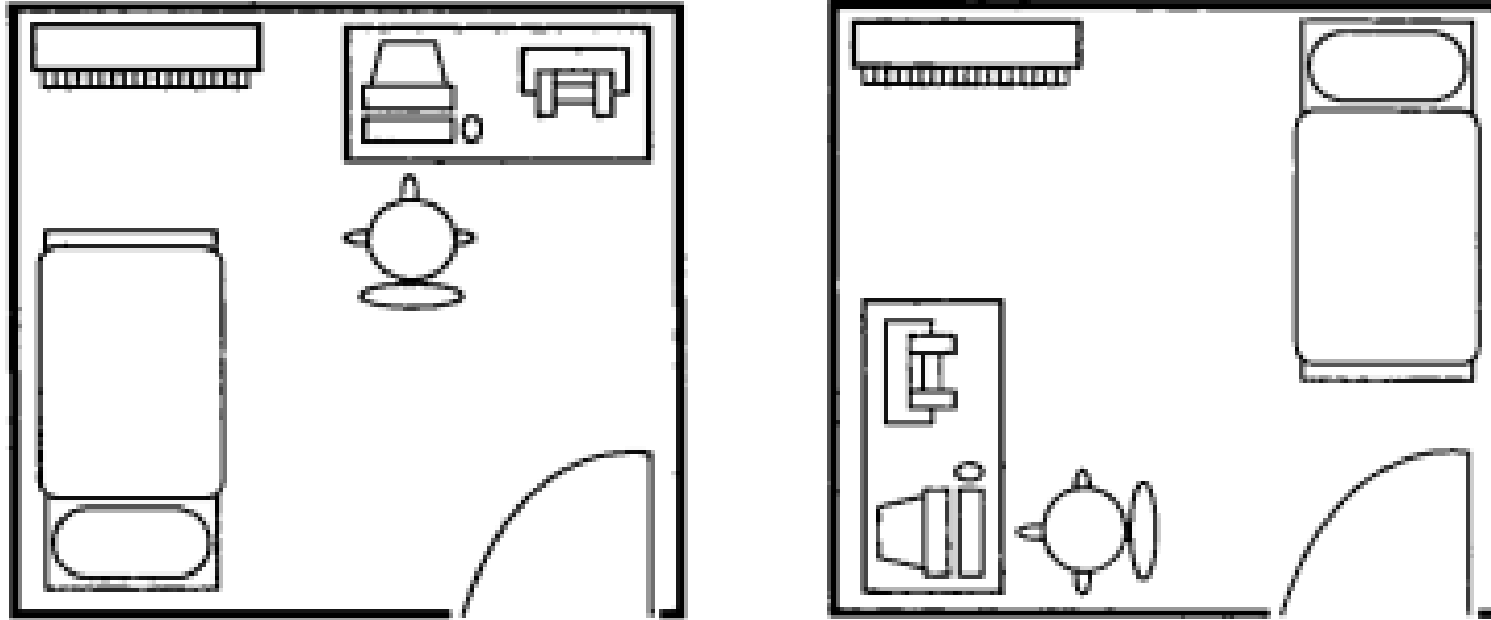


Bed Position: The Do's



- Place on an opposite or perpendicular wall to the door
- Ensure clear line of sight from bed to door
- The further away the bed is from the door, the more in control and safe you will feel in your environment.

Bed Position: The Don'ts



What to avoid:

- Positioning bedside up against a wall
- Placing bed on the same wall as door
- Positioning bed in direct alignment with the door

Do not position your bed in front of a doorway



- This can feel like the bed is on railroad tracks of a fast moving train
- Add bench at end of bed, round rug between bed & door
- Add chandelier or hang a crystal between bed and door

Using a Mirror to Remedy Bed Placement

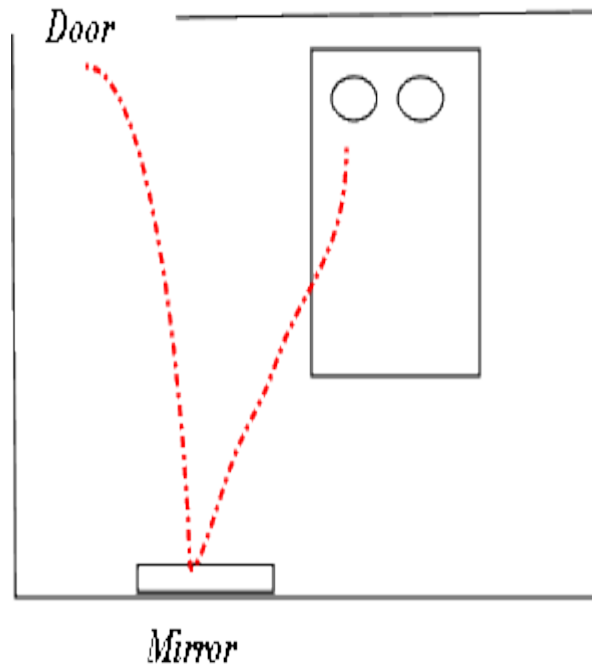


Diagram 4
Mirror placed so it reflects door



Avoid window behind bed



Avoid Placing Bed on wall with plumbing on other side



Avoid Bed Placement on Temple & Empty Lines

These degrees on the compass are associated with a tendency to feel scattered and with an inability to attain goals

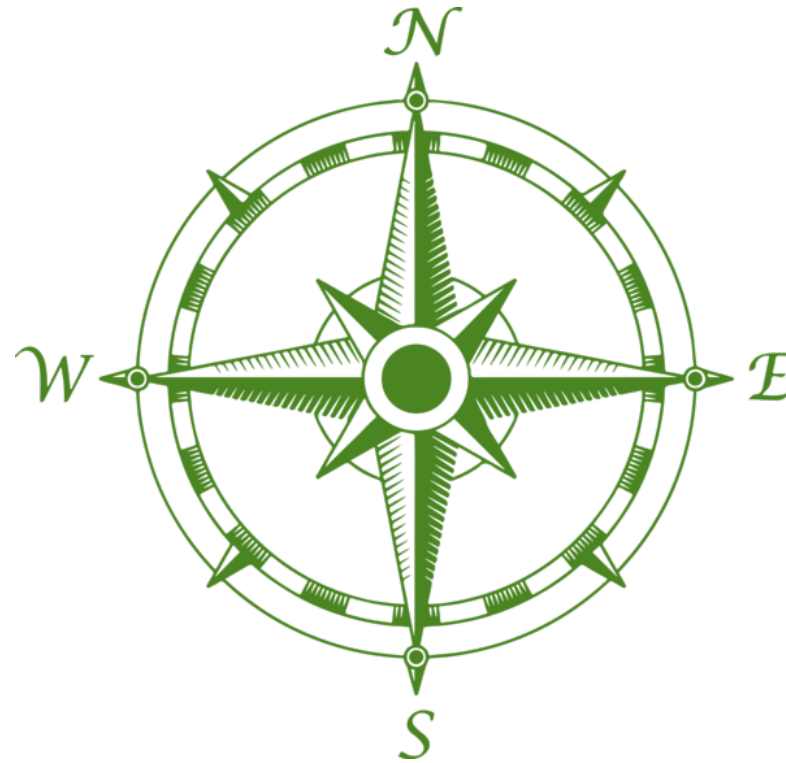
- Temple lines are directions of Due North, East, South and West 0, 90, 180, 270
- Empty lines are between the 24 Feng Shui Mountains. Ex. Between Mtn.1 & Mtn. 15 degrees apart 7.5, 22.5, 37.5, 52.50 etc.
- If bed is on one of these lines than angle it 1”



Importance Of Your Best Personal Direction

Create better energy flow for you in your environment

- Each of us has a best personal direction for our health, success, relationships and wisdom.
- Utilizing your best personal health direction when choosing bed placement can enhance a good night sleep. This means the crown of your head faces this direction while sleeping.
- If possible choose a bedroom that is in one of your best directions within your house.



Activate your Health Directions

- Create an activation card with your intentions for your health and place in your personal health direction in your bedroom
- In the east place something with the color emerald green
- Place something that symbolically represents health
 1. In the center of your home- (it represents balance between all the elements.)
 2. The east (general health direction)
 3. Your personal health direction
- Always close your bathroom door to keep higher level energy from flushing away.



#2 The Impact of Design and Furniture



Poison Arrows & Architectural Features



Problems

- Corners directed towards the bed send out “poison arrows” towards occupants of the bed, which suggest danger.
- Fireplaces in the bedroom create active yang energy that burns healthy Chi away.
- Window behind bed

Furniture shapes- Do's



The Pressure of Ceiling Beams

Beams put stress downward on
person below



Slanted ceiling makes you feel like
the world is on your shoulders



Remedy For Beams Above Bed



- Add opaque fabric to ceiling to hide beams
- Drywall over them
- Paint the beams same color as ceiling

Bed Styles

DON'T

- Metal frames don't offer support . This one has busy active yang energy



DO

- Wood is best, it provides support and strength. Like, someone has your back



#3 De-clutter and Space Clear



What does this room say to you?



- Reflects what is going on the inside
- Clutter creates stagnancy and blocks Chi
- Can generate feelings of overwhelm, depression, guilt and anxiety
- Is a Matrix of Negative Energy- keeps you stuck from moving forward

Avoid Clutter on Surfaces

NO



YES



Remove Clutter From Under Your Bed

Clutter under bed blocks healthy chi from moving in your room



Don't leave your bed like this



An unmade bed produces a sense of disorder and may remind you of previous struggles with sleep. It also suggests that you were too tired to make the bed.

Make your Bed!

Create a fresh start to a new day- creates order and balance by making your bed.



Space Clear Your Bedroom



Space clear “the energy of a space”. Anything porous absorbs energy- walls, bedding, books etc.

#4 Remove the Yang Objects in Your
Bedroom. Be Mindful of Everything You Bring into the Bedroom



Your Bedroom is an Area of Yin Energy



A bedroom is the area to promote:

- A safe place to leave everything at your bedroom door away from stressors and distractions. Your sanctuary.
- This includes stressful conversations, work, computers, cell phones, television and exercise equipment.
- A good's night rest in quiet and darkness.
- A place for intimacy

Examples of What To Avoid

Exercise Equipment Creates Feelings of Unrest



Avoid ceiling fan or hanging lights directly over bed



Add Partitions or Drapery

Create a divider between your bed and exercise equipment or desk in bedroom to separate stimulating activity from sleep and calm.



Avoid Live Plants and Water Features



- Opt of silk plants
- Use the color blue to replace water in bedroom

Avoid Large Mirrors in Bedrooms Reflecting the Bed



- Mirrors create yang energy and can startle a waking person.
- They bounce energy around the room
- Scatter a person's energy
- Can double health issues and create loneliness

Avoid Bringing Work Into the Bedroom



Avoid TV's in bedroom- It's not your entertainment
room



If You Must then Hide Your TV



Block out the light and the noise

Black out shades



Wear Eye Mask



Wear Ear Plugs



Exposure to room light during sleep has been shown to decrease melatonin by more than 50%. Even the glow of a digital alarm clock with a blue display can make sleep more elusive.

Pets In The Bedroom



People who sleep with pets
tend to get less restful sleep
than those who leave them
out of the bedroom

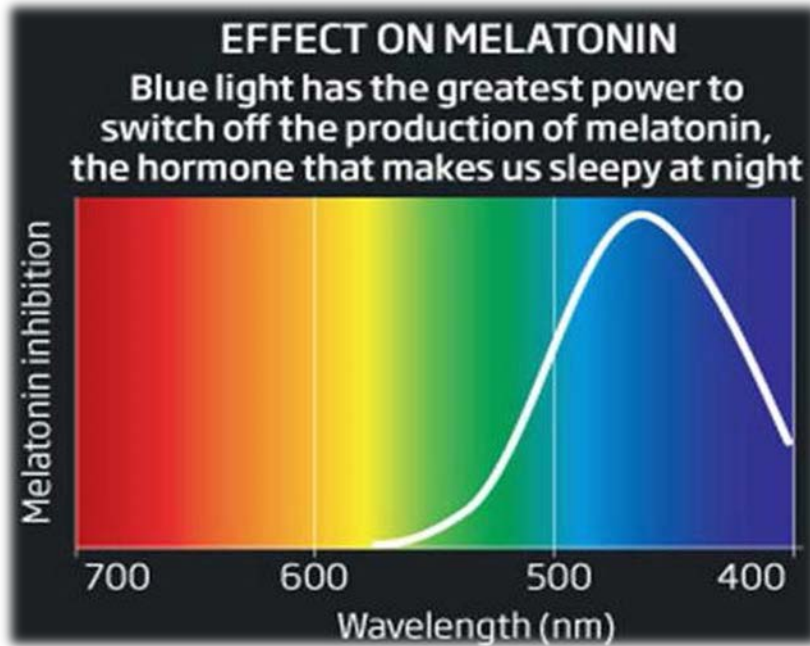


#5 Ridding Your Bedroom of EMF's and Other Harmful Energies



Blue Light From Your Electronics Keeps Your Brain Awake

Blue light emitted from screens, mimics daylight. At night this can trick your body into thinking it is daytime. This light is stressful and releases more cortisol, which can keep you up. Stop using one hour before bed.



Kelvin Color Temperatures

- Candlelight is 1700K
- Lighting from dawn to dusk is 3400K
- Sunny Day at noon is 5700K
- Average computer is 6500K

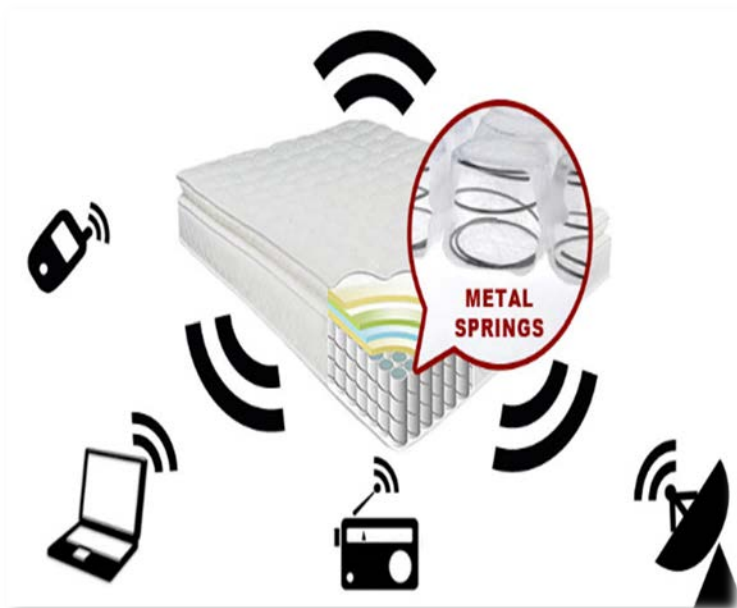
Try f.lux app for computer and your Nightshift setting on your smart phone

EMF's “Polluting” Your Bedroom



Say no to waterbeds and electric blankets. These wrap your body in an unnatural energy field.

Is Your Mattress acting as an antenna?



There have been scientific studies showing metal coils in a box spring mattress acting as an antenna . Any FM or TV radiation can be amplified by the metal in your mattress. The weak electromagnetic waves amplified by any metal objects of specific length sized to match the wavelength of a specific frequency of electromagnetic radiation (EMR). Thus acting as an antenna. It doesn't have to 'look' like an antenna to behave in the same way.

Examples of Household Items That Emit EMF's



Don't Charge Electronics In Your Room

Recharging your electronics in your bedroom may drain your energy.



Check your bedroom for problem electronics

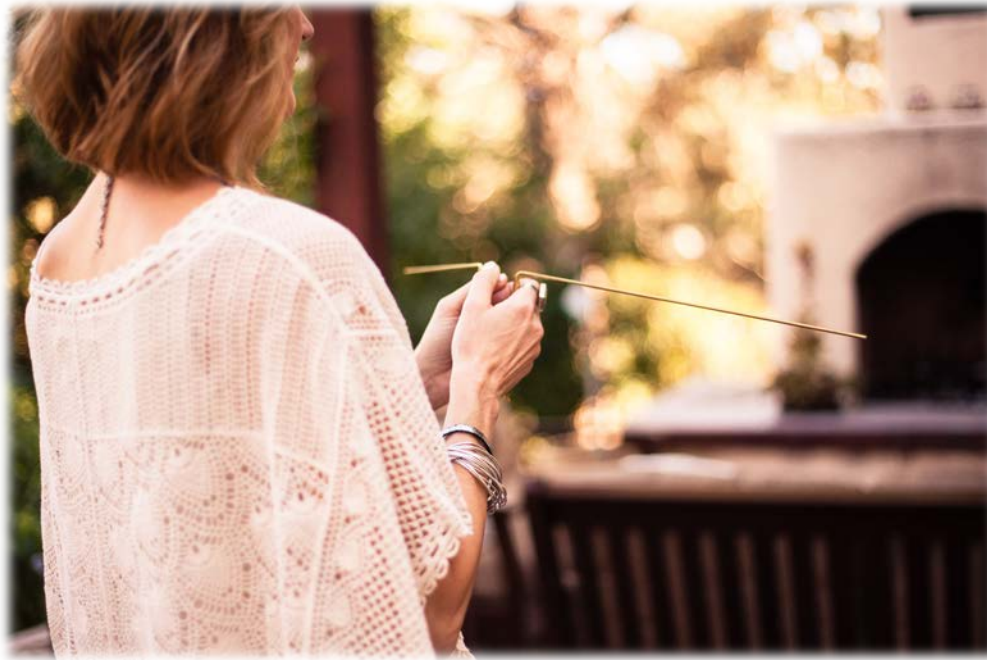


This meter checks for Magnetic, Electric and Radio Frequencies.

Other ideas: Turn off your circuit breaker in your bedroom at night.

Bring in Help When Needed. There is Always a Solution

Hire a professional dowser to check for earth
and EMF energies that may be interrupting sleep



Energies that create stress:

- Geopathic stress lines from the earth
- Hartmann and Curry Lines
- Negative vortexes
- Various frequencies created by technology- Powerlines, radio towers, satellite dishes that come in from the outside and get trapped inside our homes when combined with electricity of our homes.

#6 – Monitor and Purify Air Quality



Chemicals in the Home



According to Web MD, a study conducted in 2009 showed that indoor air in the typical American home contains over 500 chemicals

VOC's in the Home

VOC's, or volatile organic compounds, have high pressure vapor at ordinary room temperatures.

Opt for VOC free paint



Carpeting and VOC's

- New carpeting emits VOC from adhesives and chemicals

Carpet is hard to keep clean and collects dust mites



Minimize Toxins with Natural Flooring



Wood floors are natural without harmful particulate matter, and easy to keep clean

Bedding for Better Sleep

Purchase organic bedding



Purchase organic mattress



Most beds are made out of polyurethane foam & off gas flame retardant chemicals – opt for latex rubber mattresses

Allow Fresh Air and Circulation



Open the windows- let fresh air
sunshine in

According to the Consumer Product Safety Commission, “Scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities.

Using Oils and Crystals to Purify



Beeswax Candles and Salt Lamps

Beeswax candles and Himalayan salt lamps release negative ions that bind with toxins and remove them from the air.



Use Air Purifiers and Ionizers



#7 - The Importance and Influence of Color in the Bedroom



Avoid Harsh, Bold or Stimulating Colors



Choose a Calming Color For The Bedroom



Soft blue- creates soothing feeling.

Green enhances fertility and sense of renewal.



Choose a Calming Color For The Bedroom

Earthy tones- comforting and grounding



Soft cream- fresh and clean feeling



#8 Practicing Self Care



Practice Personal Self Care- You are so worth it!

- Dim lights as the sun sets- signal body it's close to bedtime. Wear amber tinted blue blocking glasses after sunset.
- Take a hot bath or shower up to 90 minutes before bed
- Drink warm milk or chamomile tea before bed
- Stretch gently or hold restorative yoga poses
- Read a book (preferably a light read, or something spiritual)
- Pray and meditate
- Journal your concerns and intentions
- Write and recite a gratitude list
- Use techniques such as EFT (tapping), deep breathing or progressive muscle relaxation
- Keep a pad of paper and pen by nightstand so if you wake up with a racing mind, scribble it down
- Keep room temperature 70 degrees or lower, wear socks to bed if your feet are cold
- Write affirmations of deep sleep and perfect health and place under mattress.
- Verbally claim your good. Speak out what you desire.

Don't take yourself too seriously!

- As adults we forget to have fun!
Find your Joy!
- What is your heart calling you to do?
- What are your gifts and talents?
- How can you make more room for this in your life?
- What do you need to let go of in order to experience more of this joy?





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