

Six Feng Shui Steps To A Nursery Full Of Health, Happiness & Harmony

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How to create good Feng Shui for babies and young children.

Introduction

Just as it attracts good energy for grownups, Feng Shui creates a nourishing and supportive environment for babies and young children, an atmosphere where they can flourish right from the start.

Feng Shui associates children with Joyful emotions. In Feng Shui children have an honored position because they lay the foundation for the Future.

Here's how you can create good Feng Shui in your young child's nursery, including the flow of energy in their room, the position of their crib or bed, colors, lighting and more.

Give your child the safe, secure space he or she needs to get a healthy start in life: create a healthy, happy nursery with Feng Shui.

What is Feng Shui?

- Feng Shui – sometimes called the art of placement -- originated in China and has been used to set up homes and offices in China and elsewhere for thousands of years. It has become more commonly used in the West over the last 30 years.

Feng Shui is about improving your life by making simple, meaningful changes to your space.

- Everything in your surroundings has a physical and psychological effect on you. Feng Shui enhances the positive aspects of your environment while minimizing its negative features.
- It creates this positive atmosphere by using the harmony, energy and balance of nature as a model.

The words “Feng Shui” mean Wind & Water.

- The concepts of a gentle breeze and meandering stream provide the image of a smooth flow of energy bringing health and abundance into your space and your life.
- This energy is called “Chi,” the dynamic life force energy that exists in and animates everything in our world. A healthy flow of Chi energy is necessary for an abundant life.
 - When Chi energy flows smoothly in your space, your life is more likely to flow smoothly as well.

Step 1. Visualize The Room

Begin by asking yourself, “What is the Primary Purpose of my baby’s room?” The “Primary Purpose” is the way the room is mainly used, so the Primary Purpose of a baby’s nursery is to sleep & be nurtured.

Then, visualize the nursery as it is right now. Visualization gives you a fresh way to see the room and start to identify things you might want to change.

- Create a picture in your mind of their room:
 - The path to it from the front door of your home: is their clutter getting in the way? Is the pathway difficult in any way?
 - First impressions: how the room strikes you from the entry.
 - Do the “squint test” to determine how truly calm or busy the room feels.
 - Colors & materials: wall colors, bed linens, carpeting and so on.
- Layout
 - The position of your child’s crib within the room.
 - What your child sees when they lie in their crib or bed.
- Other aspects of the room:
 - Lighting, overhead and individual lamps.
 - Artwork and décor
 - Electrical objects and
 - Relative noise or quiet.
 - Clutter

Step 2. Adjust Chi Flow

Chi energy needs to flow freely into and around the room.

- Make sure positive Chi energy can easily enter and exit the nursery by clearing clutter behind the door. The door needs to open and close all the way with no obstructions.
- Set up the dresser and other furniture so there's nothing in the way of opening doors & drawers and easily moving around the space.

Clear Clutter

- Clutter blocks Chi flow: good Feng Shui can't thrive in a cluttered space.
- Discard toys and books when your child loses interest, making room for growth and development.

Step 3. Place the crib or bed in the "Command Position."

- The Command Position is the spot where your child has the greatest visual control over their space.
 - The head of the bed should be against the wall, providing an important "Mountain" of security.
 - Give your child a view of the door, but make sure they're not directly in line with it.
- Place one side of your child's bed against a wall to provide an additional sense of groundedness for very young children. As they mature they'll feel more comfortable with space on both sides of the bed.

Step 4. Provide Good Yin/Yang Balance

Yin & Yang are the feminine and masculine energies in the world. It's important to have the correct balance of Yin and Yang in a child's room.

- Nurseries and bedrooms need to be more Yin, providing a nurturing sense of Mother Earth and creating a feeling of familiarity and security.
 - Create a Yin environment with soft textures, low lighting and understated patterns.
- **Yin colors** create a calm, soothing environment.
 - Lighter colors are best: light blue the most soothing, light green for growth and light yellow for a bit of intellectual stimulation. Very light pink is also just fine!
- Bright primary colors in the nursery can cause insomnia and over-excitedness. These **Yang colors** are best saved for the play area where your baby is meant to be awake, active and engaged. MacDonald's is an extreme example of a Yang environment!

Step 5. Create Harmony with Feng Shui's Five Elements

Feng Shui uses nature's Five Elements – Wood, Fire, Earth, Metal and Water – to bring energetic harmony into a space, creating an environment that's comfortable and pleasing.

Each element has its own characteristics and can be represented symbolically through colors, objects and images.

Here are suggestions for including all five elements in the nursery:

- **Wood** = Symbolizes growth and flexibility. Use wooden objects, the color green, botanical prints and vertical stripes.

- **Water** = Connectedness and inner knowledge. Symbolized by sinuous patterns, the color black, and glass objects. A mirror is fine in a child's bedroom as long as it doesn't reflect them as they sleep.

- **Earth** = Stability and groundedness. Symbolized by horizontal surfaces, earthy colors like yellow and brown, and earthenware, like ceramic tiles.

- **Metal** = Joy and children. Symbolized by actual metal objects – but nothing too sharp or pointy! – and round shapes.

- **Fire** = Emotions and enthusiasm. Symbolized by good lighting and the color red, and electronic objects. However,
 - Keep electronics to a minimum: Baby monitors, video cameras, etc. emit harmful electromagnetic energy that may be damaging to your baby's health.
 - Make especially sure no electronics are near your child's head or feet as they sleep, where they can be absorbed most easily.
 - Himalayan Salt Lamps, found on the Internet, are a wonderful Fire element for a baby's room. They give off a soft, warm light and emit negative ions, neutralizing the harsh energies of other electronic objects.

Step 6. Focus on the Best Intentions

Feng Shui helps you bring the power of Intention into your environment. It focuses on important parts of life like Marriage, Career and Wealth, but most important to your baby right now are being a child, cultivating good health and feeling connected to their family.

To Anchor the idea of

Being A Child: Bring intention in with joyous things representing Children, especially artwork by or about children.

To Anchor the idea of

Good Health: Clear a space in the middle of the room to attract healthy Chi energy and give your child open space where he or she is free to move around and play.

To Anchor the idea of

Family Connection: Give your child a feeling of security and family harmony with a photo of Mom and Dad or the entire family enjoying one another's company.

A supportive, nourishing environment is essential for a your baby's future happiness and success. I wish you and your family all the best.

Here's to Good Chi!

Resources:

The two most useful and practical books on Feng Shui:

Clear Your Clutter with Feng Shui, by Karen Kingston

The Western Guide to Feng Shui, Room by Room, by Terah Kathryn Collins