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**Creating Good Feng Shui in Baby's Room**

**By Kathryn Weber**

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Getting ready for a new baby requires a lot of thought and planning from what diapers the baby will wear down to the decoration and arrangement of baby's room. Today's parents want to create a haven for their little one that will help the baby feel comforted and nurtured, as well as stimulated enough so that they thrive. Increasingly, parents are going beyond the traditional coordinated "theme" rooms to ensure baby has a healthy environment by incorporating feng shui.

Feng shui, the Chinese system for arrangement and placement, so often used in businesses and homes is now making its way into the nursery, and for good reason, too. Feng Shui proposes that by arranging and aligning the room correctly, energy will flow better in the room and that all who reside in the room will thrive and prosper better than if the energy in the room was incorrect or did not flow smoothly. Understandably, no one needs to thrive and prosper more than a baby.

To maximize the energy in baby's room, there are several important factors to consider, such as room location, safety, colors, and furniture arrangement. Using feng shui in the nursery will help to make babies less fussy, who will feel more comfortable in their surroundings, and who will be healthy and flourish. What does it take to accomplish this? Following some basic considerations will help both baby and parents create a room that makes them both happy.

Select a good location for the baby's bedroom. A new baby should have a bedroom that is not over a garage or has an empty space below. The bedroom also shouldn't be located where there is excessive noise that might keep the baby from sleeping, such as close to a living room where the TV is on, or close to a noisy street or neighbor.

Bed placement is important. The bed should not be against a window or be directly in line with the door. Put the baby on a solid wall with the head of the crib against the wall, rather than lengthwise. Make sure the baby does not sleep or is placed against a slanted wall. These press on the baby. Avoid placing the baby against a wall that is shared with a bathroom, toilet, storage, or utility-type

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room.

Opt for soothing colors. Children benefit from bright colors in play areas, but if these are used in a baby's room, infants can be over stimulated to the point that they do not rest well. Because deep sleep in babies is necessary for healthy growth, be sure to select restful, muted colors. Whites are excellent for children, but avoid black and white color scheme because there is too much contrast. Select color palettes that are close to one another and harmonious, such as green and blue, white and beige, or pink and yellow.

Create soft movement in the room. A room that is too still becomes stagnant and this is not beneficial for the growth of the child. To create good, but soft energy and movement, hang mobiles close to a window to move gently in the breeze and keep soft music playing in the room. You can also place a small fan on a dresser turned on low to keep air moving in the room. Avoid placing the baby under a ceiling fan as these disrupt their body energy.

Watch for pointed objects. Make sure there are no hard corners from dressers or changing tables pointed at the baby's head or body. Move these to another part of the room where they are not pointed in the direction of the bed.

Select design motifs with care. Make sure that designs do not have harsh points, such as arrows, crosses, diamonds, or triangles. Nature designs are excellent and promote growth. Animal designs should also be chosen carefully. Ferocious or aggressive animals, even when they are made for a baby's room, should not be chosen. Some of these are found in jungle motif designs and include lions, tigers, bears, and reptiles. Motifs with fish are fine as long as the watery theme is not overly dominant. Otherwise, respiratory, lung, nasal, or kidney problems could develop.

Keep lighting balanced. During the day, the light in the baby's room should neither be too bright or too dark. Install blinds that can be lowered or raised as needed to keep the room at a pleasant level of lighting. If the room is too bright, the baby won't rest deeply. If too dim, the room would be too "yin" and the baby could fail to thrive or have respiratory problems.

KATHRYN WEBER is the publisher of The Red Lotus Letter ( ), the Web's

largest weekly feng shui ezine. She is also a certified feng shui master practitioner whose been featured in Seventeen and Martial Arts Professional magazines, among others, and is sought after for her expertise with a witty, down-to-earth style.

### **What To Expect From A Feng Shui Consultation**

**By Jakob Jelling**

If you are wishing to harmonize or balance your house or any other environment according to feng

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shui, the ideal way to do so is through a feng shui consultation. A feng shui consultation would provide you the right and proper guidance for you to successfully achieve your goal.

Before you go to a feng shui consultation, it is important that you pay attention to choosing a good consultant. You should try to find out one who has experience and demonstrated knowledge. As with everything else, there are real feng shui consultants, who care for what they do, as well as there are others who do not. But you can easily check on this by asking him some references on where he learned and about past work.

A feng shui consultation may vary according to each different person and the way they like to work, but most of them would follow some general aspects in common. And, ideally, they should allow you to understand what they are talking about and what they are based on to give you a specific orientation.

Most of the times, a proper feng shui consultation would take the consultant to go to the place which must be harmonized. Sometimes a video of the place can be very helpful as well, but a proper feng shui consultation takes the consultant to be able to see the place before he can give certain advice.

A feng shui consultation could go through different stages. First, you may approach the consultant at his work office and let him know your general ideas. Then, he might ask you to give him a video of the space for which you are consulting him. Once he has the video, he can provide you with specific guidelines on what to do. And then, or instead of the last step, there would be a feng shui consultation stage done in the space itself.

The best advice you can receive from a feng shui consultation is based on accurate information. And, by allowing the consultant to actually see the place you would be able to receive the most accurate information and guidance possible.

Jakob Jelling is the founder of

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feng shui tips you'll ever need!

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