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**Powerful Feng Shui Tips for Health & Well-Being**

**By Vicky White**

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Do you know where the 'power position' is for your bed?  
Did you know everyone who has ever slept in your bed  
has left some of their energy there?

Your bedroom is the most important room in your house  
and your bed is a crucial factor in the flow of energy  
there. Your bedroom affects your health and well-being  
more than any other room because you spend so much time  
in it, and when you sleep you are more open to absorbing  
the energy around you.

Place your bed in the 'power' position.  
The bed's position in relation to the door is the most  
important consideration for creating a good flow of  
energy in your bedroom.

- 1.The sleeper should have a clear view of the door  
from their sleeping position. On the deepest level  
we need to feel protected from unwanted surprises.  
If this is not possible, you can restore good Feng  
Shui by placing a mirror to give you a view of the  
door.
- 2.The bed should be as far from the door as  
possible. Ideally it should be in the opposite  
corner from the door. The farther you sleep from the  
door and the more of the room you can see while in  
bed, the more you will feel in control of your  
environment and your life.

3. Your bed should not be in a direct line with the doorway. If it is, the power of the energy coming in the door towards your bed can create illness, or can split a relationship if it runs up the center of the bed. The worst situation is if your feet point directly towards the door. If you cannot avoid this, you can hang a metal wind chime halfway between the door and bed. The sound of the chime will deflect the rushing chi. Or you can hang a faceted crystal over the foot of the bed.

Your bed holds the energy of anyone who has slept in it. Here are a list of good times to buy a new bed, linens and pillows:

1. You get married - create a fresh, powerful start together.

2. After the death of someone you share the bed with - this will help you move on.

3. You move to a new house - if you want to leave old energy behind.

4. If anyone sharing the bed experiences a major sickness - this will support you in creating good health and preventing illness.

5. A relationship ends - helps clear out old energy and bring in the new.

Who are you sleeping with?

It is highly recommended not to buy a second hand bed. This will be holding the energy of a previous owner and all their bedmates! It can retain sexual energy, emotions and illness.

By placing your bed in the 'power' position and knowing who you're sleeping with you have a better chance of creating good health and romance in your life.

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Vicky White is a Certified Feng Shui Consultant and LifeCoach who works with clients both locally and internationally. Get your FREE 7-part e-course "Your Secret Weapon: Powerful Feng Shui Tips To Give Your Business The Competitive Edge" at <http://www.LifeDesignStrategies.com/>

### **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 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

. Please visit his website and learn all the

feng shui tips you'll ever need!

What To Expect From A Feng Shui Consultation  
Feng Shui Decorating Guidelines

The ten most important feng shui design tips

Using a Feng Shui Compass

Feng Shui In The Home – Is It The Right Style For You?

101 tips to stay fit and live longer.

Smoothies for Athletes

Obesity and Weight Loss

Time Stretching Tips

How To FINALLY Stop Smoking...Once and For All!



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