

Peaceful Bedroom Energy helps Deal with Stress

By Pat Heydlauff

What color are the walls in your bedroom? Are they peaceful colors that encourage quiet, calm, personal relaxation and body regeneration? Or, are they bright colors that encourage activity, lots of energy and a mind in constant motion? The color you surround yourself with in your bedroom can make a huge difference in your attitude, outlook on life and well being. The impact can be enormous.

Whether you are on your own for the first time and in your first bedroom away from home or your bedroom is filled with years of memories of children rushing in needing your immediate attention to solve a current crisis, the color of your room and the things you hang on your walls provide you either positive energy that is restful and peaceful or energy that is action oriented and stimulating. What you surround yourself with determines how well you sleep and your attitudes toward relationships, especially with a spouse, significant other, children and family members.

Ideally, the bedroom should provide you a calm peaceful stress-free sanctuary from the outside world. It should also protect you from the busyness throughout the rest of the house. By day's end your body and mind are like a saturated sponge from all the stimulation that surrounds you 24/7. Most people live in a fast paced multi-tasking world and are bombarded with over 60,000 visual and audible images daily. All adults need quiet space for their minds and bodies to de-stress and rest; the bedroom is the easiest room to dedicate to that purpose.

Begin with a Can of Paint

It doesn't matter which end of the age spectrum you are on or what your career is, the bedroom should be a place of peace and calm. The most obvious and often overlooked way to begin to create that calm sanctuary is by using calming colors on the walls since the walls cover the largest amount of space in your room.

FIRST - Paint your room a pastel color that is rather on the light side but definitely not white. White in your bedroom is a very hard energy color that discourages softness and doesn't appeal to the gentler side of anyone's personality. The colors can range from a variety of soft greens and blues to soft pinks and lavenders. Make sure there is just a blush of color making it very pastel.

SECOND - Take a good hard look at what is decorating the walls of your bedroom. If the bedroom is primarily occupied by a female then it is quite OK to use very feminine pictures and colors such as soft pinks, lavenders, pale yellows, even pastel greens. Save the jewel tones for the accents. Jewel tone colors can be in the form of pictures on the walls, pillows or throws casually draped over a chair. Linens and even night wear should

reflect a rather quiet peaceful tone. Be aware however that if your bedroom is exclusively feminine and you are looking for a mate, you have no “coupleness” energy in your room.

For rooms that are occupied by men use colors that are equally soft but in more masculine shades such as light blue, soft earth tones like wheat or gold, light bronze and copper. Add the richer jewel tone versions of these colors for accents. Avoid black and white or harsh bright or dark colors in a bedroom. They are not conducive to a calm restful night's sleep. Pictures on the wall can reflect the color scheme but should still be calming scenes and colors. This is not the best place to put a picture of the defeat of Napoleon. The same rule holds true for men, if you are looking for a mate place pictures carrying coupleness energy instead of single energy.

If the bedroom needs masculine and feminine energy, be sure to look even more closely at the colors and pictures on the walls. The wall colors can come from either of the suggestions noted above but need to be loved by both parties making sure that the color will work for each of them. Then, move on to the artwork on the walls. It should be selected by both parties sharing the room. It should be peaceful and pastoral in nature or have the energy of pairs or couples in them to encourage a good relationship.

Colors and visual images are very powerful in your bedroom. They affect the way you look at the world, your self confidence, health and interact with others. In fact, these images are so powerful that they will set the tone for the quality of sleep you get during the night and the way you face your new day. You can shift your entire outlook on life by shifting negative energy in a bedroom to positive, upbeat yet peaceful energy.

THIRD – Take into consideration what you listen to in your bedroom. Do you keep a television in there that is filled with raucous comedy, a weekly thriller or mystery or simply the stock market reports and the last update in the 24 hour news cycle? This information is imbedded into your subconscious mind as you fall asleep and that is what it struggles with all night. If you must have a television in your bedroom, watch something lighthearted as you are ready to retire or simply shut it off and put on some soft soothing music that sets the tone for nurturing your body with rest and regeneration.

Your bedroom is your sanctuary from the world but it doesn't become a sanctuary by accident. By changing the color of your room, the pictures on your walls and the music you listen to you can change future.

Feng Shui is all about the use of positive energy to bring about desired results. In this case you need to create a bedroom with peaceful nurturing energy. This is one of the simplest, easiest and most inexpensive ways to help reduce stress and stay calm. With a good night's sleep and the nurturing energy of the right colors and images, you will be amazed at how much better you will feel when you awaken the next morning.

Pat Heydlauff, president of Energy Design, helps people eliminate chaos and stress at home and within oneself. As a consultant and speaker, Pat uses color, design and organization principles to transform clients' lives. Her proven methods remove clutter and disorder, while enhancing personal growth, improved relationships, prosperity, and joy. Her new book, "Feng Shui: So Easy a Child Can Do It," provides changes that lead to personal success and abundance. For information on her consulting, speaking and artwork, visit: www.Energy-by-Design.com or call: 561-799-3443.