

Is your bedroom designed for rest?

By Pat Heydlauff

In today's world with our society's constant need for possessing the latest gadgets, tools and electronic equipment all too often these new acquisitions find their permanent home in the bedroom. More often than not, you choose to place them in your personal sleeping quarters. These items range anywhere from televisions and computers to treadmills and stacks of unread books. In addition, since we are a society of collectors of "stuff" a lot of it gets stored under your bed since all the closets and drawers are already full.

A good night's sleep is a mandatory requirement for a person to be able to work and live well. The body needs to regenerate its energy while resting and sleeping. If you receive only a few hours of sleep at night the body will start to show signs of fatigue and eventually sleep deprivation resulting in poor health, low energy levels, inability to focus and think clearly. Every time you place more "stuff", especially electronic "stuff" in your bedroom the more difficult it becomes for your body and mind to rest. The energy "stuff" carries with it is either negative to the body as in electronic "stuff" or clutter to the mind as in magazines and books. Your mind continues to dwell on the last things it sees and hears when you shut the lights off, not the much desired rest and sleep.

To ensure your body receives the maximum amount of rest and sleep possible it is important for you to create a sanctuary in your bedroom, not a physical or mental workout room. The place to begin is a mental exercise. Ask your self **"do you want to sleep soundly"**? The next question is, **"are you willing to make the necessary energy shifts in your bedroom so your mind no longer needs to perform physical or mental gymnastics all night long"**? If you've answered yes to both questions then move on to the next step.

Take a long hard look at your bedroom and decide what is clutter and can be removed. If you wish to keep some of it, organize it and find a permanent home for it somewhere else in your house. If it no longer fits, you don't regularly use it or is broken, "get rid of it". Only the things you need and/or love provide you positive energy. This process also includes magazines, stacks of books and "stuff" that you've stashed under your bed. You need to have energy freely circulate around your body while sleeping so you can rest soundly and regenerate all the energy you've used up during the day. Ideally you should be left with the bed, necessary furniture and some decorative accessories that give you personal pleasure.

As for the equipment you might still have in the bedroom you need to seriously question how much you use it and whether you can place it elsewhere in your home. Remove all exercise equipment so you are not mentally working out at night instead of sleeping. It will be a constant reminder of your need to exercise more so you can lose weight or be healthier. If electronic equipment like televisions and computers are in your bedroom keep them behind closed doors or cover them at night. Hide them in furniture or throw a beautiful lap robe over them. The soft texture of fabric compensates for their high energy and constant reminder of mental things left to do.

Instead of "stuff" and equipment in your bedroom surround yourself with soft lighting, and music. Hang peaceful gentle energy pictures on your walls and use linens that are soft pastel colors. If you must have splashes of brightness in the room use a bouquet of flowers or throw pillows in an armchair or on the bed when it is made. The room you sleep in needs to be a sanctuary that will nurture your soul and provide you restful energy.

Your body needs complete peace to properly regenerate at the end of your busy day. Be sure to spend some quiet time in reflection or reading something like poetry to clear your mind before you turn the lights off instead of watching the late night news. Your mind will continue to replay the last thing you read or watched causing restlessness all night long.

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Why do women ... class scheduled for Oct. 22. In store presentation are available to clubs, organizations, societies and homeowners groups. Pat Heydlauff, author and public speaker is the “Feng Shui/energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork, home décor and Feng Shui gifts featured in her store. For Feng Shui consultations, classes and energy design work in the home or office call her now at (561) 799-3443, email her at balancingenergy@bellsouth.net or visit her website, www.energy-by-design.com . She regularly makes public presentations on Feng Shui; “Energy by Design” and has corporate programs on “Substance vs.. conditional acceptance”.

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"Everything you say, think and do matters."

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