

Peaceful Energy is Important in a Child's Room

By Pat Heydlauff

What color are the walls in your children's bedrooms? Are they peaceful colors that encourage quiet, rest, concentration and study? Are they bright colors that encourage much activity, lots of energy and a mind in constant motion? The color you surround a child with can make a huge difference in a child's attitude and well being. The impact can be enormous.

Whether a child is still a baby and the bedroom is a nursery or the child is a teenager, the color of their room and the things that hang on their walls provide them either positive energy that is restful and peaceful or energy that is action oriented and stimulating. What you surround them with determines their attitudes toward relationships (especially with parents), study and passive or aggressive action.

Ideally, the bedroom should provide two activities for infants and young children. Their bedroom should be a place for rest and a sanctuary from the noise and busyness through out the rest of the house. Infants and young children's bodies are constantly growing and their minds are like sponges from all the stimulation that surrounds them 24/7. They need quiet space for their minds and bodies to rest. Teens on the other hand need their rooms for studying and preparing for their future with rest as a secondary function.

It doesn't matter which end of the age spectrum a child is, the bedroom should be a place of peace and calm. The most obvious way to begin to create that calm is by using calming colors on the walls since the walls cover the largest amount of space in their rooms. Paint their rooms a pastel color that is rather on the light side but definitely not white. White in a child's room is a very hard energy color that discourages softness and doesn't appeal to the gentler side of a child'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.

Next take a good hard look at what is decorating the walls of the bedroom. If it is a nursery, use all the colors in the rainbow in a pastel value so that the child will not only learn to recognize all the colors but also receive energy from each of them. Those colors can be in the form of pictures on the walls, linens and even hanging toys over a crib. Some parents have even painted a soft rainbow on a complete wall. Continue the thought process of full spectrum colors in a child's room as they grow older but maintain the pastel values of the colors.

If the child's room is pre-teen to teen, be sure to look even more closely at the pictures on the walls. What types of posters are hanging reflecting their choice of idols? What types of colors are they and what are the images peaceful? Since the parent is the adult and in control it is up to the parent to make sure their child is being properly influenced by the energy in their bedrooms. The last things that a child sees when they go to sleep are those pictures and posters and they are also the first thing they see upon awakening in the morning. If their idols are not appropriate role models then take action and change the

posters to something more in alignment with your family values, goals and objectives. Colors and visual images are very powerful for a child. They affect the way a child looks at the world and interacts with parents, school teachers and friends. In fact, these images are so powerful that they will look for friends that share the same idols and images, further imbedding the negative or positive energy created by them. You can shift a child's entire outlook on life by shifting negative energy in a bedroom to positive, upbeat peaceful energy. By changing the color of their room, the pictures on their walls and the music they listen to you will change their lives.

Feng Shui is all about the use of positive energy to bring about desired results. In the case of a newborn, cuddle them in bedrooms with peaceful nurturing energy. Create colorful play areas away from their sleeping area. If your children are older and on their way to becoming teens, just remember that you are in charge and if you need to shift energy in their rooms to help them study and relate positively to others, take charge and do so. You will be amazed at the results

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