

## Weaving Spirit, Color, and Feng Shui Together Like a Fine Tapestry

Diane DiCristina

Feng Shui guides us to live a balanced life in harmony with nature. Nature is pure energy. When energy is aligned there is harmony. By making subtle changes in your surroundings, with intention, you can make sensible and practical positive changes in your life.

Stress is written all over our busy lives. People are torn in many directions, the hectic pace starts to affect our life, our attitude, and even our sleep is disrupted. But where do you go or what do you do to cope, to create harmonic balance in your life? The answer may not be that far away. It could be right in your home ... the bedroom.

As a certified Feng Shui consultant I believe that the bedroom is the most important room in your home. It is the personal home space where you are your most vulnerable and authentic self.

With rest and romance being the main purposes of an adult bedroom, there is no place in the bedroom for books, exercise equipment, a computer or photographs of anyone other than yourself and your partner. Bedrooms should be simple; this is where we go at the end of a busy day.

To determine if your bedroom creates positive energy and reflects positive aspects of your life, stand in your bedroom doorway and 'see' what your bedroom has to say about your life. Is there harmonic balance?

One of the principles of Feng Shui is that everything is energy. All those books in your bedroom contain words and talk to you while you're sleeping. No wonder you're not sleeping. Decorate sparingly. What color is your bedroom? Is the color nourishing or it is high energy? Fill the room with fresh clean air by opening the bedroom window 18 minutes before you go to bed. And always make the bed in the morning. This is a practice that honors your bedroom, the place where you nourish your mind, body, and spirit.

Let spirit and universe, rather than your mind, be your guide. Weaving spirit, color, and Feng Shui together like a fine tapestry.

*Diane DiCristina, Wind Water Harmony can be reached at 952-346-9339, or log on to [www.windwaterharmony.com](http://www.windwaterharmony.com)*



### Wind Water Harmony

balance peace healing

Diane DiCristina

Color and Feng Shui Consultant

"working with the treasures you already have"

952 346 9339

[www.windwaterharmony.com](http://www.windwaterharmony.com)

[diane@windwaterharmony.com](mailto:diane@windwaterharmony.com)