

Feng Shui for Couples

COULD A BIGGER BANK BALANCE AND A BICKER-FREE RELATIONSHIP BE YOURS WITH A FEW SIMPLE REDECORATING MOVES? FOLLOW THESE MODERN POINTERS ON AN ANCIENT CHINESE ART TO FIND OUT.



A Balanced Bedroom

What you've heard about feng shui in the past may have made it sound overly complex and a little hocus pocus, but that's just because you weren't told the basics. Put simply, feng shui (pronounced "fung shway") is "the art of arranging your environment so that it supports you living a happy, loving, successful life," says Jayme Barrett, author of *Feng Shui Your Life*. As a couple, and possibly even first-time homeowners, consider employing some of these principles for peaceful living into your shared quarters.

According to this ancient school of thought, all the little details of your living space—from furniture placement to the colors on the walls—either encourage or hinder the flow of chi, or vital life force. Enhancing your home's chi may lead to more money, better health, and even a more rocking sex life...and it may be as simple as moving your sofa.

An overcrowded boudoir isn't the most refreshing scene to wake up to. If you only employ feng shui in one room of your home, make it your bedroom. The better the flow of chi in this all-important, rejuvenating space, the healthier your relationship will be.

Soothing colors The best hues for your bedroom are calming neutrals, like beige and grounding brown, as well as sensual accent colors, like pink and peach. Avoid clutter because it blocks the flow of chi and can get in between the two of you and create conflict.

Fresh flowers A small bouquet on the nightstand creates romance. Soft pink or peach roses are the perfect choice. Pink symbolizes harmony and the opening of the heart.

Firm headboard The back of your bed should be up against a solid wall (not one with a window) and should face the door. A headboard is essential because it will ground and give support to everything in your life.

Curves and images Circular or oval furniture creates the best feng shui. Soft-edged chairs and pillows promote the flow of chi. Hanging your favorite artwork near your bed works too. Maybe it's a beautiful ocean photo from your honeymoon.

New bedding Newlyweds should always have a new mattress and box spring, not one that either of you slept on with anybody else. From a feng shui standpoint, the energy of other people who've slept there lingers on the bed.

Bare floors Using the space under your bed for storage blocks energy. If you must utilize that space, reserve it for items like light linens organized neatly in a box (but never for old letters, books, bills, or files).

Tip Indulge your senses by opting for soft and luxurious fabrics like silks, satins, flannels, and even velvet

All images courtesy of Feng Shui Your Life/Sterling Publishing Co., Inc.



An Energizing Bathroom

This is where a lot of good energy escapes from the house. Since water represents prosperity, all that H₂O going down the drain can mean money flowing away from your bank accounts. Luckily, a few feng shui fixes can increase your bathroom's chi.

Spring colors

The best colors for the bathroom are yellow, blue, cream, lavender, and green, which represents health and prosperity.

Lowered lids

Since it's the largest drain in the room, a toilet can suck energy (and money) from your space, so lower the seat. Also, keep the bathroom door closed to prevent your home's chi from going into the bathroom altogether.

Warmth

Multiple light fixtures activate energy in the bathroom, so keep a soft lamp or nightlight on at all times. Sconces placed high on the wall lift energy up where it belongs.

Mirrors

In the bathroom, mirrors circulate energy (just don't place one directly in front of the toilet or you'll circulate its dirty energy).

Good Vibrations

Avoid showcasing an object alone; it signifies loneliness. Accessorize in pairs, such as two candlesticks, two lamps, or two picture frames.

Hang art or photos from exotic places that remind you of a romantic experience.

A fire can give off unstable vibes in a relationship if it's not balanced by water. Place a vase with flowers on the mantel if you have a fireplace—it'll tame the flame's chaotic energy.

All images courtesy of Feng Shui Your Life/Sterling Publishing Co., Inc.



An Inviting Living Room

Since this area of your home is used for relaxing and socializing, it should feel warm and welcoming. It's where you both share who you are with the world and showcase your passions, interests, and sense of style as a couple. After the bedroom, this room offers the best opportunity to create positive energy in your home.

Positioning

Your sofa should back up against a wall and face the main entry of the room to create security.



If your sofa must face away from the door, hang a mirror across from it so you can see the door in the mirror.

Symmetry

Pairs of seats and uniform arrangements can create connection and positive energy between you as a couple and other guests you invite in.

Light and color

Let the natural light in, which boosts the mind and augments chi. Yellow symbolizes optimism and communication, so it's a perfect hue for your communal space. Cut back on black, which sucks

light right out of a room.

Bad chi

Keep your television, CD player, and other electronics inside a wooden cabinet so their energy is contained when they're not being used.

Did you know? "Feng" means wind and "shui" means water, which signifies that feng shui is all about creating flow and balance.

[Check out out Feng Shui gallery](#)
[Energize your office](#)

All images courtesy of Feng Shui Your Life/Sterling Publishing Co., Inc.