



When adding artwork, choose a scene that is meaningful to you like this painting of Catalina Island where Charles and Carol were married.

and vulnerability upon entering a dark house or sitting with your back to a door or window are eliminated when good feng shui is practiced. In a bedroom, feng shui principles counteract arrangements that make a person feel unsafe, even if only subconsciously.

#### FENG SHUI IN THE BEDROOM

"Sensual Serenity" is how Terah Kathryn Collins describes the nature of a well-designed bedroom in her book *The Western Guide to Feng Shui, Room by Room*. Creating bedrooms that soothe, appeal to our senses, and support us on all levels is key.

Safety is important in our bedrooms, even in ways that verge on the metaphorical. Avoid hanging heavy objects over the bed or you'll spend your nights dreading their collapse. Furniture with sharp, pointed corners and protruding hardware are

dangerous and cause injuries, especially when we are in a sleepy state. Soften them with draped fabrics or plants, or angle them out of pathways. Keep pathways clear of clutter and storage items to prevent serious injury from falls.

Bed placement is particularly important. A bed located in the direct path of a doorway can be unsettling, but positioning the bed where there is no clear view of the door leaves you feeling vulnerable. Finding a compromise can be challenging.

Insuring our sleeping quarters are comfortable makes sense when you consider the amount of time spent in them. Therefore, the highest-quality mattress you can afford is paramount. It is very difficult to sleep well in an uncomfortable bed. Next, use blankets, sheets, and pillow covers that feel delicious next to your skin. Imagine the sensual welcome they will offer every night when you crawl