

### **A Supportive Bed (Feb 2008)**

Feng shui is about living consciously. When we live with intention, our surroundings reflect our desires. Most of us spend about a third of our day in bed. What does your bed say about your intentions and desires? Is it warm and inviting, with soft, luxurious linens? Is it stable, with a headboard that is flush to the wall? Is the view from your bed inspiring? Does it face a favorite piece of artwork? Is your bed made of warm wood or cool metal? Wood is heavy and sturdy, and allows your system to slow down at night. Metal moves more quickly, enhances mental alertness, and conducts electromagnetic frequencies. It may energize you at night, causing you to toss and turn, or wake up feeling tired. Are there items stored under your bed, dragging vitalizing energy downward? Or is it open below, allowing chi to flow freely and support you as you sleep?

If it ain't broke, don't fix it. But if you desire more passion, new ideas, stability, energy, or just a good night's sleep, paying more attention to your bed can make a dramatic difference.