

Feng shui

YOUR ROOM

Positive change starts with a positive space!



We've got ways to make your room happier, brighter and basically more amazing to be in – and it doesn't involve 1D posters. We're talking feng shui! Pronounced "foong shway", it's an ancient Chinese practice that helps us make use of the energy surrounding us to influence our mood, psychology and luck. Here, the oh-so zen Jane Lang from Feng Shui Concepts (fengshuiconcepts.com.au) shares a few simple tips that'll help you maximise the good vibes in your room.

» In the BEDROOM...

1 Place your bed against a solid wall. Make sure it isn't in line with the door, any mirrors or windows as these are areas of active energy and your place of rest needs to have settled energy.

2 Even if you don't have time to clean your room (ain't nobody got time for that!), make an effort to tidy your bed. A made bed can make a messy room look much neater, which in turn lifts your spirits and helps you relax.

3 Include soft, warm colours like earthy neutrals, reds and purples to promote rest and relaxation.

5 Open the curtains and doors every morning to allow light and fresh energy to circulate in your room. You'll feel instantly energised and more alert.



4 Take note of what's around and under your bed. We absorb the energy of things around us when we sleep, so clear out clutter, which disrupts the flow of positive energy, and keep phones and other electronic devices off the bed/bedside table.

6 Fill your room with things you love, and decorate using your favourite colours! Displaying posters, pics, inspirational quotes and your fave cards is uplifting and generates positive energy.

"Clutter is public enemy number one for feng shui," says Jane. To allow positivity into your life, you need to make space, so think about whether your stuff reflects who you want to be as a person today. If you don't need it, use it or love it – get rid of it!



Use the power of feng shui for good! Wanna learn more? Hit up Girlfriend.com.au

» In your STUDY AREA...

7 The colour yellow is considered to promote thinking and concentration. Time to stock up on post-it notes!

8 Rearrange your study space (if possible) so that your desk is in a position where you can see who is entering the room. Having your back against a solid wall is also empowering for the mind.

Leafy green plants are excellent for your study because they produce oxygen and remove chemicals from indoor air, renewing the energy in the room. However, avoid plants in the bedroom as they release carbon dioxide at night.

10 Lighting is a feng shui basic, and the body is super sensitive to its energy. Make sure there's lots of natural light where you study because it nourishes you while you work. At night, use a lamp with a warm, yellowish tinge – not harsh, white lighting – to mimic this effect.

