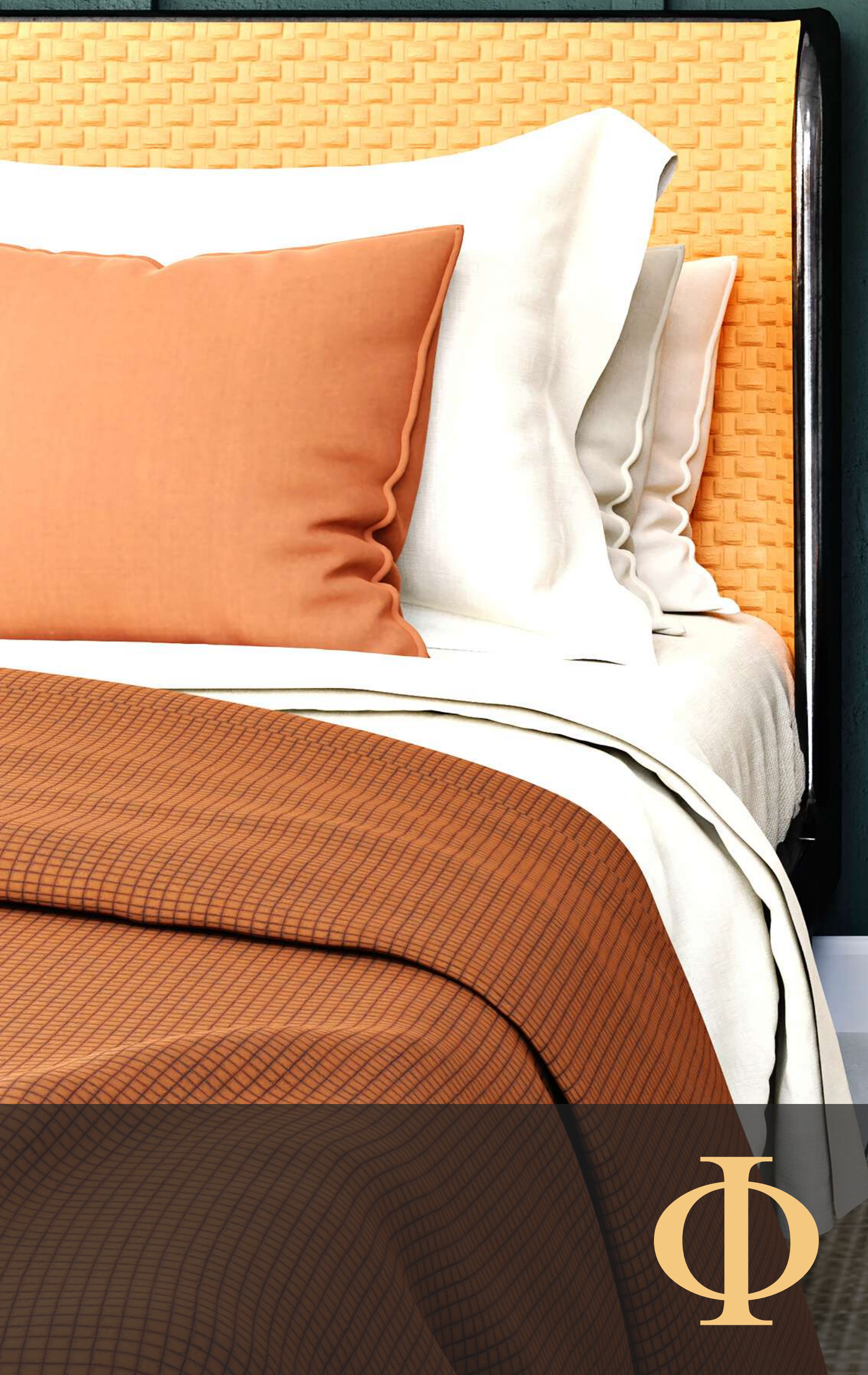




THE TAO OF THE BEDROOM:

TRANSFORM YOUR HEALTH, WEALTH, AND RELATIONSHIPS

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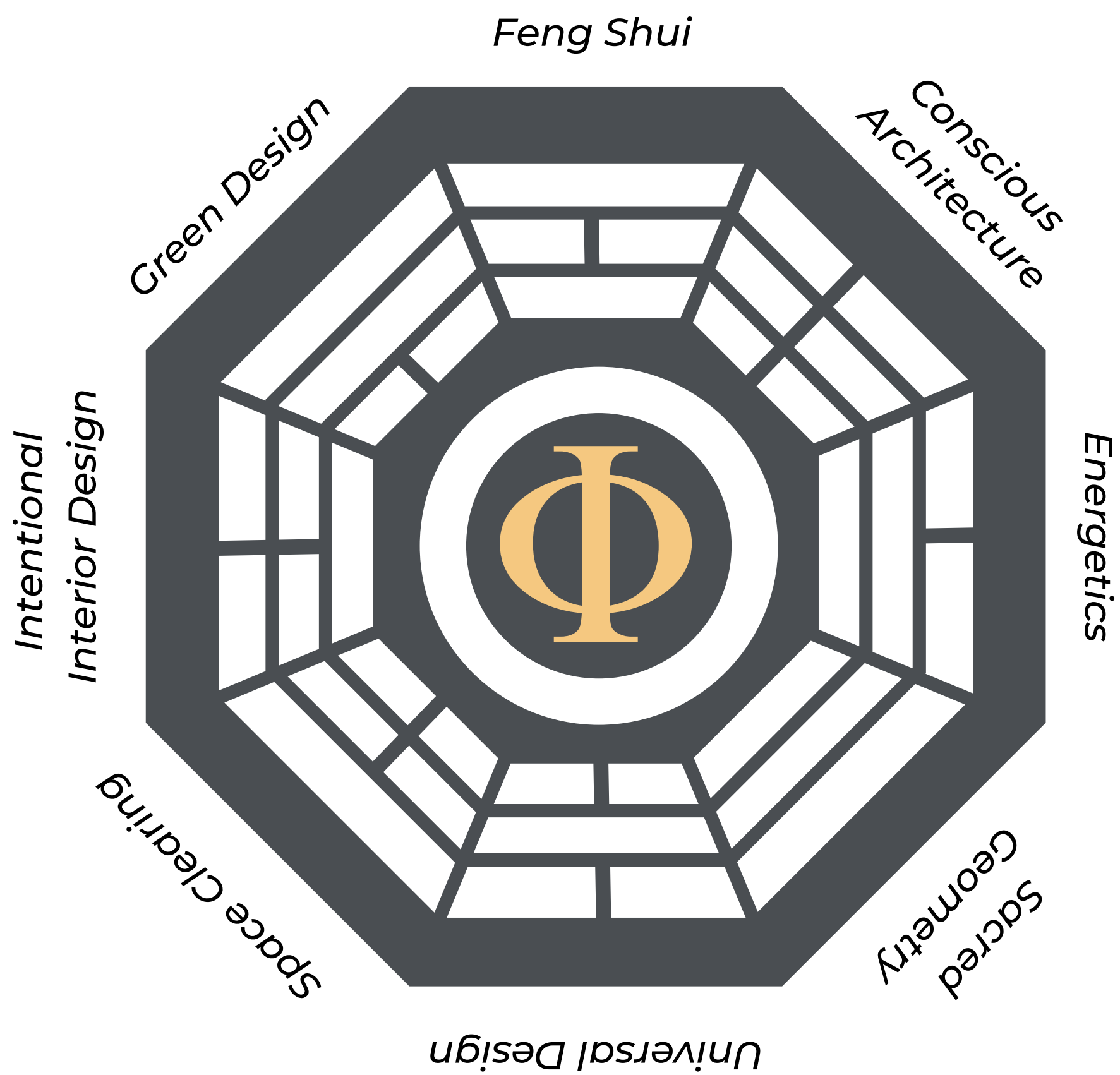


THE CONSCIOUS
DESIGN
INSTITUTE



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WHY CONSCIOUS DESIGN?

Now that we are spending increased time in our homes, we are facing a problem: many of our homes are not supportive of health and happiness.

Conscious Design invites us to redefine our concept of space: our buildings are not separate from us, nor are they simply a mirror. Our homes are an extended layer of us, an integral and interactive part of our lives. Our buildings are our environments, and responsible design allows positive change to unfold in all areas of life.

Conscious Design is an integrated concept that merges modern science like conscious architecture and environmental psychology, with ancient modalities such as feng shui and sacred geometry. There is so much healing and transformation that can begin when we understand how to intentionally craft our environments.

Our training programs bring the Conscious Design Concept into the professional fields of Architecture, Interior Design and Decoration, and Real Estate to teach safe and nourishing practices at every level of land and interior. It is an expansive educational opportunity for Contractors, Builders, Landscape Designers, City Planners, and Business Leaders that are making decisions regarding land, the environment, homes, schools, hospitals, neighborhoods, and cities to create not only beautiful spaces, but spaces that enhance quality of life for all people in and around that building and space.

Anything going on in the mind and body will be reflected into the environment, and vice versa. We have the power to learn and apply these concepts and modalities to intentionally influence our health and life.

THE BEDROOM

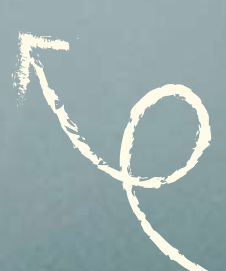
In feng shui, the primary bedroom is the area of the home with the most direct connection to our overall Qi - our health and life force. We spend about a third of our lives in our bedrooms, and for this reason, the bedroom sets the stage for optimal health, nourishing relationships, and prosperity in all areas of our lives. A bedroom serves two purposes: *serenity and sensuality.*



You should feel fully at peace in your bedroom - it should be a nest, sanctuary, and safe heaven.

Although many Feng Shui schools will differ on which direction to face while sleeping, or which area of the home to place the primary bedroom, the overall principles are united: balance, breath, connection, elemental principles, and intention.

THE BED



THE BASICS

PLACE BED IN A SAFE,
EMPOWERING POSITION

THE COMMAND POSITION

CHOOSE A SUPPORTIVE
HEADBOARD DESIGN

FEEL SUPPORTED IN SLEEP
AND IN LIFE

CHOOSE THE RIGHT SIZE BED
QUEEN SIZE IS IDEAL

USE HIGH QUALITY, NATURAL
FIBER BEDDING

ENVELOP YOURSELF IN
COMFORT

1



BED POSITION

The bed should be in the command position of the room - the farthest vantage point from the door.

Avoid placing your bed with your feet facing the door.

This is vital to our health because we need to feel safe while sleeping.

If you are in line with the door, place a heavy object at the foot of your bed such as a bench or chest.

2



BED DESIGN

A solid wood headboard represents support and stability in life while no headboard represents very little support in life.

Wood beds that are raised off of the floor are best for energy to circulate through the room.

Choose a headboard that can attach to your bedframe to anchor and ground you.

3



BED SIZE

In feng shui, a twin mattress is considered too small, and a king mattress can negatively affect relationships if it is not one single mattress and frame.

The ideal size is a queen bed.

If you have a king bed that consists of two mattresses, make sure to join them by using one large fitted sheet to envelop both mattresses. You may also tie a red ribbon to join the two halves - a traditional feng shui cure.

4



BEDDING

Bedding ideally should be high quality and made of safe, natural materials such as linen or eucalyptus.

Layer the bed to your exact needs for comfort and warmth.

To promote deep rest, choose bedding without graphic designs in grounding colors such as tans, browns, roses, terracotta, and light yellow.

CONSCIOUS DESIGN Tips

The command position can be applied anywhere in your house - the stove, the couch, and the desk are great areas to consider and choose the most empowering positions. Because of primal psychology, this placement feels the safest and most empowering for us.



WHAT DO YOU SEE FROM YOUR BED?

YOUR VANTAGE POINT WHILE LAYING IN BED MATTERS!

Ideally, our bed looks out to calming art, warm light, and a clutter-free space.

EXERCISE EQUIPMENT

May contribute to feeling guilty for not working out

TELEVISION OR MONITOR

Can be too stimulating here, and emit electrical activity that can disturb sleep

DESKS OR WORK MATERIAL

Makes it difficult to fully unplug from work to relax



ARCHITECTURAL DETAILS

AND REMEDIES

THE BASICS

STICK WITH A CLASSIC CEILING
STANDARD HEIGHT IS BEST

AVOID EXPOSED BEAMS
ESPECIALLY OVER THE BED

BE WARY OF THE BATHROOM
KEEP THE DOOR CLOSED

1



CEILING HEIGHT

Soaring ceilings can reduce a feeling of comfort and intimacy in the bedroom, or lead to a feeling of being lost.

Low and sloping ceilings can feel oppressive.

To ground a high ceiling, "lower" it with a horizontal line such as decorative moulding, a chair rail, etc. To raise the energy of a sloping ceiling, place a lamp with upward facing light under the slope to lift the energy.

2



AVOID EXPOSED BEAMS

Ceiling beams above us, especially if placed directly over the bed, can cause an oppressive, uneasy feeling. When the body is in a vulnerable position, such as in sleep, it may feel naturally stressed with structures overhead.

Try to place the bed in an area where the beams do not directly cross it, or paint the beams a lighter color to alleviate the heaviness.

3



PAY ATTENTION TO THE BATHROOM

If your bed is in line with the bathroom, avoid keeping the door open.

If the bedroom has bathroom elements in it like a sink or tub, separate them with a curtain or room divider.

Tips

When arranging your room ask yourself - "how will I feel the safest and most secure?"

MENU 2

ARTWORK AND PHOTOS



THE BASICS

BE INTENTIONAL WITH YOUR ART CHOICES

WHAT ARE YOU BRINGING INTO YOUR LIFE?

CREATE A GROUNDING SPACE
LIMIT WATER ART IN THE BEDROOM

AVOID FAMILY PHOTOS
SAVE THEM FOR THE LIVING ROOM

1



ART, SYMBOLISM, AND INTENTION

Art affects us at the subconscious level, and in our bedrooms, symbolizes what we are bringing into our lives. What does your art say about you?

Too many single people or lonely landscapes can be reflected in our lives.

Choose art that feels like love and romance to you, or art that is reflective of intentions that you wish to bring into your life.

2



A CALMING SPACE

Your bedroom should feel safe, grounding, and restful.

For this reason avoid an excess of art with stressful themes, stormy weather, or fast-moving water.

3



FAMILY PHOTOS

Family photos are best placed outside of the bedroom, as the bedroom is meant to be a very private and intimate space.

Avoid keeping photos up that remind you of unpleasant memories or old relationships.

4



HONOR THE RELATIONSHIP

The bedroom is for honoring romantic relationships and is a perfect place to embrace what love means to you.

Place a photo of you and your loved one, or use art that symbolizes the type of relationships you wish to experience.



Bring symbolism into your artwork - artwork with two deers promotes balance and fidelity in relationships.

MIRRORS IN THE BEDROOM

Feng shui has many rules about mirrors. They can at times be fantastic cures, but in a bedroom, can promote restlessness and insomnia, especially when reflecting the bed itself. A round mirror can represent harmony in marriage, as long as it is well placed.



It is a common saying that a mirror reflecting the bed "invites" others into the relationship.

Overall, it is best to avoid an abundance of mirrors in the bedroom to reduce sleep disturbance and maintain privacy in your relationship.

SHA CHI



SHA CHI IS THE TERM USED IN FENG SHUI TO DESCRIBE THE THREATENING ENERGY OF SHARP CORNERS AND POINTS

Our minds and bodies are constantly surveying our environments to respond to threats, so sharp shapes can activate protective mechanisms. Keep furniture and shapes soft and curvy in the bedroom, and avoid "pointly" lighting fixtures over the bed.

Some common sources of Sha Chi:

WALL EDGES/ CORNERS

Place the bed out of the line of the corners - especially the head!

FURNITURE CORNERS

Choose curved furniture for the bedroom, or try to place the bed out of the line of the corners.

CEILING FANS

Choose a white, low profile fan. As a traditional feng shui cure, you can hang a crystal ball from the center of the fan to dissipate its energy.

MENU 2

FURNITURE AND DECOR

THE BASICS

FURNITURE HISTORY

WHAT ENERGY DOES IT
HOLD?

SHAPE

CURVY AND SOFT > HARD
AND ANGULAR

BALANCE OF PIECES

CREATE SYMMETRY

AVOID AN EXCESS OF ELECTRONICS

CREATE PEACE AND CALM

1



FURNITURE HISTORY

Did you "win" the bed set in the divorce? When choosing furniture, keep the history of each item in mind.

You may be living in the energy and patterns of relationships and past experiences you wish to let go of. Be selective about your furniture.

When entering a new relationship, get a new mattress.

2



FURNITURE SHAPE

Avoid creating sha chi pointing at you while you sleep by placing furniture strategically, or purchasing furniture with soft curves as opposed to hard edges.

3



BALANCE AND SYMMETRY

For balanced relationships, create balance in the bedroom.

Choose matching side tables and lamps to keep each side of the bed balanced.

4



ELECTRONIC DEVICES

An excess of electric devices in the bedroom can contribute to sleep problems and more.

Avoid keeping electric devices near your head- it is worth the small inconvenience to keep them 6-9 feet away from your bed.

If there is a TV in the room, cover it when it is time for bed.

CONSCIOUS DESIGN Tips

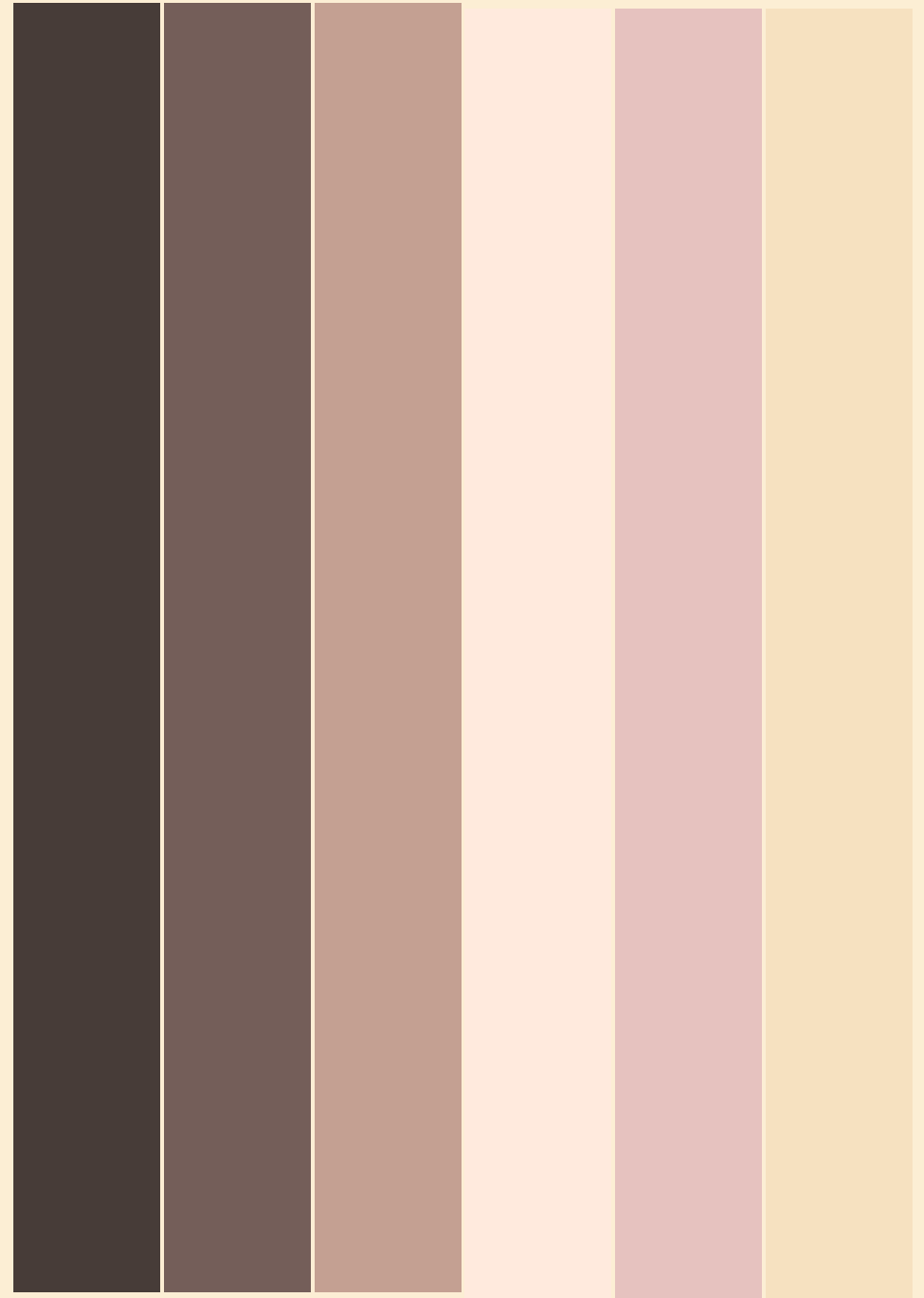
Thrifted? Trust your gut when it comes to pieces, and avoid ones that have a story you don't wish to repeat. Clear their energy before bringing thrifted goods into your house by cleaning them well and letting them sit in the sun.

COLOR

The most supportive colors in a bedroom are ones of the spectrum of human skin - browns, beiges, creams, roses, peaches, and pale yellows. Mix and match neutrals, and avoid a bland or monotone room.

Too much navy blue or black in a bedroom can bring heaviness, and too much red can cause agitation.

Choose colors that ground and nurture you.





CLUTTER AND CLEANLINESS

Clutter represents the past, and keeps us from experiencing the present and the future.

Clutter creates, and is a reflection of disharmony and stagnancy. Deep clean the bedroom to begin on a fresh note, and create systems that allow for regular maintenance.

Under the bed should ideally be clear, but if you have to use it for storage, choose items that you will not need to access often to keep the bed undisturbed.



A bedroom with a bed, two lamps, and a wall with a floral arrangement. The room is decorated with a wooden headboard, a grey upholstered headboard, and a wooden nightstand. The wall is covered in a light-colored wood paneling. A decorative arrangement of dried flowers and leaves is mounted on the wall. The room is lit with warm, yellow light from the lamps.

RELATIONSHIPS

BLANCE IN THE BEDROOM,
BALANCE IN THE
RELATIONSHIP

THE BASICS

**CREATE BALANCE AND SYMMETRY
FOR RELATIONSHIP SUCCESS**

**DECORATE IN PAIRS
BALANCE AND TEAMWORK**

**ALLOW THE BED TO RULE THE
BEDROOM
NOT THE PILLOWS!**

**MAKE SPACE FOR A FUTURE PARTNER IF
LOOKING**

**CLEAR THE OLD TO BRING IN
THE NEW**

BEDROOM DESIGN FOR HARMONIOUS RELATIONSHIPS (and *bringing in a new one!*)

1



BALANCE AND SYMMETRY

Create balance with furniture, lighting, and decor, especially on either side of the bed itself.

2



LET THE BED RULE

Do not use too many pillows! Feng shui says the bed should rule to bring in a new relationship - too many pillows does not allow space for someone to share the bed.

3



DECORATE IN PAIRS

Choose pairs of decor items or art that complement each other. Choose artwork of happy, loving relationships.

4



MAKE SPACE

If you wish to bring in someone new, clear a dresser drawer or space in your nightstand - have a space ready for them.

Tips

A pair of mandarin ducks is a classical feng shui symbol of a loving and long lasting relationship.

HOW DOES YOUR BEDROOM SCORE?

CATEGORY	NOTES	SCORE
BED POSITION Commanding position +10 In line with door -10		
BED SIZE/ TYPE Queen size +10 King/twin -10		
HEADBOARD Solid wood +10 Metal or water bed -10		
SHARP POINTS None +10 Fan blades, wall edges, furniture corners - 10		
CEILING HEIGHT Standard height +10 High height -10		
CEILING BEAMS Clear overhead +10 Overhead beams -10		
CLUTTER Clean and clear +10 Congestion -10		
WHAT WE SEE Serene view +10 TV, desk, exercise -10		

CATEGORY		SCORE
PHOTOS You and a partner +10 In-laws and children -10		
ARTWORK "Pairs" and love +10 Empty or Excess -10		
COLORS Soft and nurturing +10 Too blue, monotone, busy -10		
BATHROOM Not in view from bed +10 View right into bathroom -10		
MIRRORS One round, or none +10 Multiple, or in line with bed -10		
HISTORY New furniture +10 Bad memories -10		
TOTAL:		

This test is simply to determine how much of your bedroom is nourishing to your health and well being - a tool to discover if you need to be making any changes or shifts in your bedroom environment to better support your needs and goals.



110-140 POINTS

Wow, your bedroom is incredibly aligned with Conscious Design principles, and is likely very nourishing for you.

Now, go through your bedroom and analyze if the colors, art, and decor support your future dreams and desires!

70-110 POINTS

There is quite a bit of opportunity for your to make inspired changes that will benefit your health.

Begin with optimizing your bed, and go from there!

0 - 70 POINTS

Do not be discouraged if you have scored less than 70 points, as many of these concepts are not yet common knowledge for builders and homeowners.

It is always helpful to begin with the bed, and then move on to areas of the room you feel may be impacting your life negatively. And remember - it does not have to be perfect!

Tips

Have fun in the process of transforming your home - bring joy into the home in any way you can with friends, fun, music, and laughter.

THANK YOU

The Conscious Design Institute is proud to offer education for students of all levels that will improve your health and your life - we hope to see you for on-demand classes, on-site learning, and professional certification programs!



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