

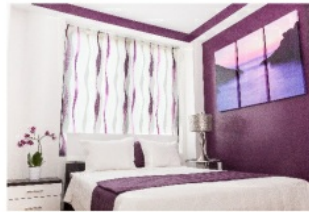


GNR DESIGNS JOURNAL

Do It Yourself Case Study #8: Turning a Bedroom into a Sensuality Center

You are where you live; put it another way: your home is a reflection of who you are. In this case study we will focus on your bedroom and explore answers to the following questions: Since your bedroom is where you spend a good third of your life, does it support for wellbeing? Does it enhance your intimacy, sensuality, sexuality, and passion?

The bedroom is one of the most important spaces where Feng Shui should be considered as it affects your wellbeing. It is where you rest, relax and regain your strength, rejuvenate and replenish. It is where you dream and where you welcome a new day. It is also place where you engage all your senses, a sacred place for romance and intimacy and the magic of the 3 S's: Sex, Sleep, and Senses.



THE ART OF LIVING A HAPPY, COMFORTABLE, AND PROSPEROUS LIFE

1. Placement and alignment

Your bed is THE most important piece of furniture you own which affects your wellbeing! Ideally, the headboard should be against a solid wall. There should be easy access to three sides for making the bed and changing the linen effortlessly. It should not block the closet or passage to the dressing area or bathrooms. It should never be positioned directly across the door (the "coffin position") or diagonally across from the entrance.

2. Furniture and accessories

In general, lighter woods, soft upholstered head boards and other natural (non-synthetic) materials are preferred. Five pieces are necessarily for bedroom: A bed, night stands, a dresser or chest, a chair or bench, and curtains and shades for light control. Furnishings should have slightly rounded edges. Position armoires, bookcases, and closets away from the bed.

3. Lighting, sounds, and views

Lighting should be soothing but with a good reading light behind or beside your bed. Subdued light will put you and keep you in a romantic and intimate mood. Relaxation, Peace, and Joy: When you are ready to sleep, make sure that your room is as dark and as quiet as possible.

4. Colors

Color has emotional and physical properties which have the power to change the atmosphere around us and influence our personalities, mood, and wellbeing. Pastel, earthy colors are preferred (pink is best, but light blue or green will work as well)).

5. Keep all work out of the bedroom.

Your bedroom should be used primary for two things, love-making and sleeping (well, maybe a bit of reading too); all other activities should be performed elsewhere! Once you've eliminated the distractions of late-night reruns of Real Housewives, the quality of your sleep will skyrocket. Sport equipment does not belong to the bedroom either.

6. De-Clutter your space!

One of the most important factors governing our health today is the amount of clutter surrounding us, especially in the bedroom. There are emotional and psychological costs attached to clutter; clutter is akin to living in the past and will slow down your healing and recovery process. Your bedroom should never be a holding place for all of your (sometimes painful) memories - clear it out! Change the sheets, turn the mattress over, open the windows, play music, ring some bells.

7. Time to create Magic

Now that you've arranged your bedroom according to Feng Shui and turned it into a peaceful, calm, sensual, and romantic oasis, it is a time to create some magic. It all starts with intention. Slowly walk into your room and ask yourself: How does it make ME feel? What are MY eyes drawn to immediately? What are MY desires? Engage to your senses, they all relate to the Five Elements of Feng Shui, your bedroom is the perfect place to do that. Add fresh-cut flowers: Peonies are the most romantic of flowers; add red roses for passion, or tulips ("two-lips"). Spray aromatherapy oils; Lavender, Rose and Jasmin for romance; Sage, Citrus, and Realgar for clearing. How about lighting aroma candles to "get in the mood"?

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