

HEALTH & WELLNESS

Is Feng Shui Good for Children?

By Pat Heydlauff

Can Feng Shui be used to encourage children to study, to sleep better, and to follow the family rules?

Does it work in the nursery?

Will using Feng Shui to balance the home make a difference in my child's life?

Simply put, does it work just as well for children as it does for adults?

These are only a few of the questions I get asked by parents and grandparents at my speaking engagements. And my answer is a resounding "Yes!" *Feng Shui* and its principles of using positive energy can make a huge difference in everyone's life - especially teens and young, impressionable children.

The colors, objects, shapes, and sounds with which you surround your child have a tremendous effect. The colors on the walls, the pictures and posters a child sees every time he or she goes to sleep or awakens, and the music they listen to, all have a significant effect on their thoughts and actions - either positive or negative.

Also included in the nursery should be a pastel version of the color wheel, so the infant is exposed to the full spectrum of colors. A large, gently-arching rainbow would be a good example of just such use of color. In the beginning, avoid bold colors and geometric shapes. Over-stimulation, with bright colors and many shapes in the nursery, can cause anxiety and restlessness in an infant. Just as pastel colors create a peaceful sanctuary for sleep for adults, the same is true for infants.

Feng Shui for Elementary School Children

As children get older and are off to elementary school, the primary use for their bedroom should still be for sleep, and, when appropriate, homework.

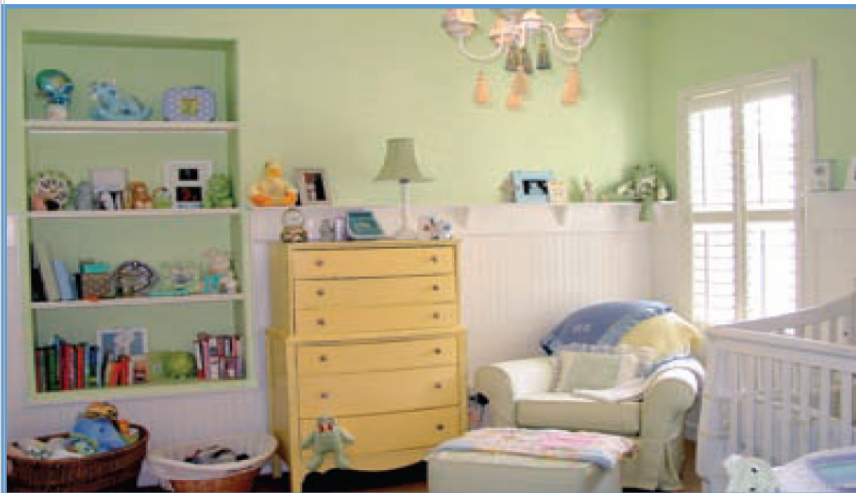
At this stage, their walls should still be pastel; use pictures, pillows, and stuffed animals to add the bright primary color splashes to the room. Music played in the bedroom should also reflect the function of the room - peacefulness, sleep, and learning, as well as family values.

Play areas with lots of stimulation through colors, shapes, and sounds have a place, of course - but they should be in another area of the house. When the bedroom is used for both stimulating activities and rest, a child's body gets confused, and can't decide whether it should rest or remain on the go. If a space does not allow for the play and sleep areas to be separated, dedicate a portion of the room just for play, and try to maintain a small, peaceful area around the bed for sleep.

Sanctuary and Study

When a bedroom is created as a sanctuary and a place to study, and remains that way, it's much easier for a child to work within the framework of the household rules as he/she gets older. For example, when children are started on the fundamental bedroom rules during infancy and early childhood, they come to recognize that rules are for making their life more secure, for living within family guidelines, and for protecting them.

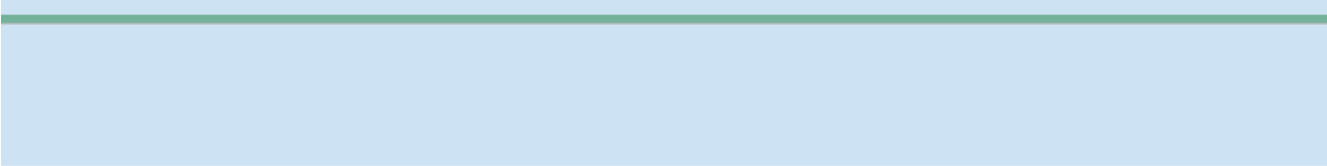
The big challenge, however, comes as you might expect, when a child reaches the teens. The teenager's room must still be a sanctuary for rest and study...and it should still be painted in pastel colors. Even more important, the music played in that bedroom, and the posters and pictures hung on the walls, must still be consistent with the energy intent of rest, learning, and family values.



Feng Shui for the Nursery

It's never too early to start using *Feng Shui's* positive-energy principles to start our children on the path to the kind of life we'd like for them. So let's begin in the beginning...in the nursery.

The first, and most important energy principle you need to apply in the child's nursery, is a sense of peacefulness. The primary function of a nursery, of course, is to create a peaceful and safe setting for the child to sleep. Infants need lots of rest to allow their bodies to grow, to properly relate to their new world, to develop good sleeping habits, to learn household rules, and to visually explore their surroundings. In order to create this setting, soft pastel colors should be used, and any patterns used should have gentle movement with few sharp edges.



So, even in the teen years, it's still necessary to keep enforcing many of the same rules that prevailed in early-childhood. But, in addition, you've got to make sure that the last picture or poster your children see before going to sleep, and the last sounds they hear, are of, or performed by, acceptable role models based on the parent's values, not the child's. Always remember that the last thing they see at night is also the first thing they see in the morning.

Energy is a very powerful thing. The energy in the pictures and music in a teen's room helps to mold his/her thought-processes and actions. And the effects, whether good or bad, can last for a very long time.

Positive energy in a child's life can generate positive thinking and actions, self-control, and self-discipline. *Feng Shui* is a wonderful tool for parents to use when trying to positively influence a child's future.

Remember that it all begins in the bedroom. That's where we can create a soft, soothing sanctuary for our children...a sanctuary of rest, security, and peaceful energy conducive to personal growth and learning, and to living by family values.

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