

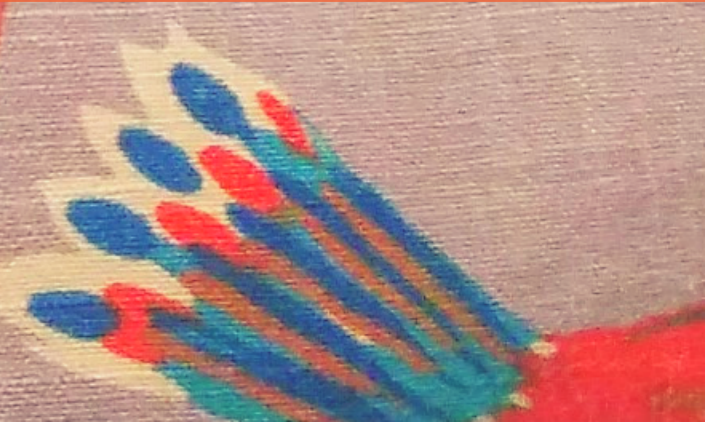
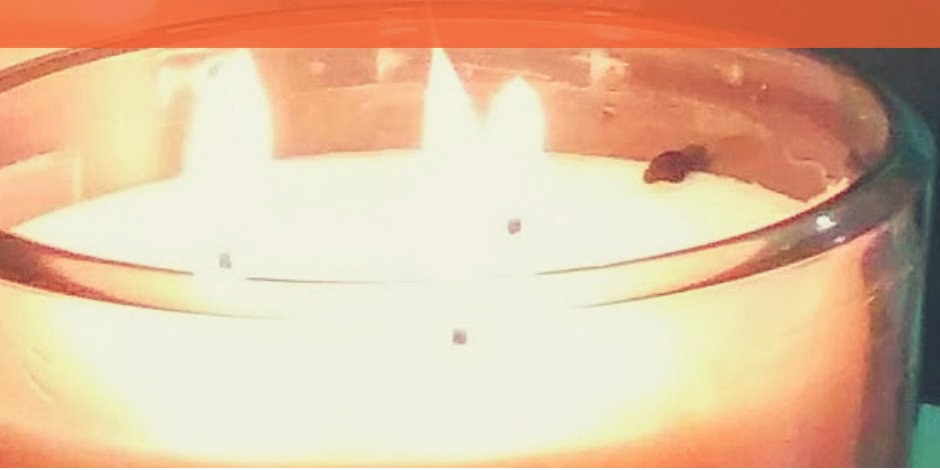


MORRIS FENG SHUI

# Your Feng Shui bedroom design guide **Laura Morris**

Five  
Design  
Templates

All the elements you need to create your own Feng Shui inspired bedroom sanctuary. Get more: Peace, grounding, love, sleep, energy. You Choose.







Health

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# Your Feng Shui bedroom design guide



# Introduction to Bedroom Feng Shui

Create a sanctuary that supports you energetically

This guide is a simple and accessible way to start using some basic principles of Feng Shui in your home.

Your bedroom is an excellent place to start changing the energy in your home.

Why start with your bedroom:

- It is an intimate space
- You spend a third of your time in it
- It is where you sleep, recover, and connect with your lover
- It is a space that is within your control

From a redesign and decorating standpoint, the bedroom is a very manageable space.

As you go forward in this guide, you will see that the layout of a bedroom should be simple, with minimal furniture.

There are standard Feng Shui principles that all bedrooms can adhere to, regardless of elements, colours, and style.

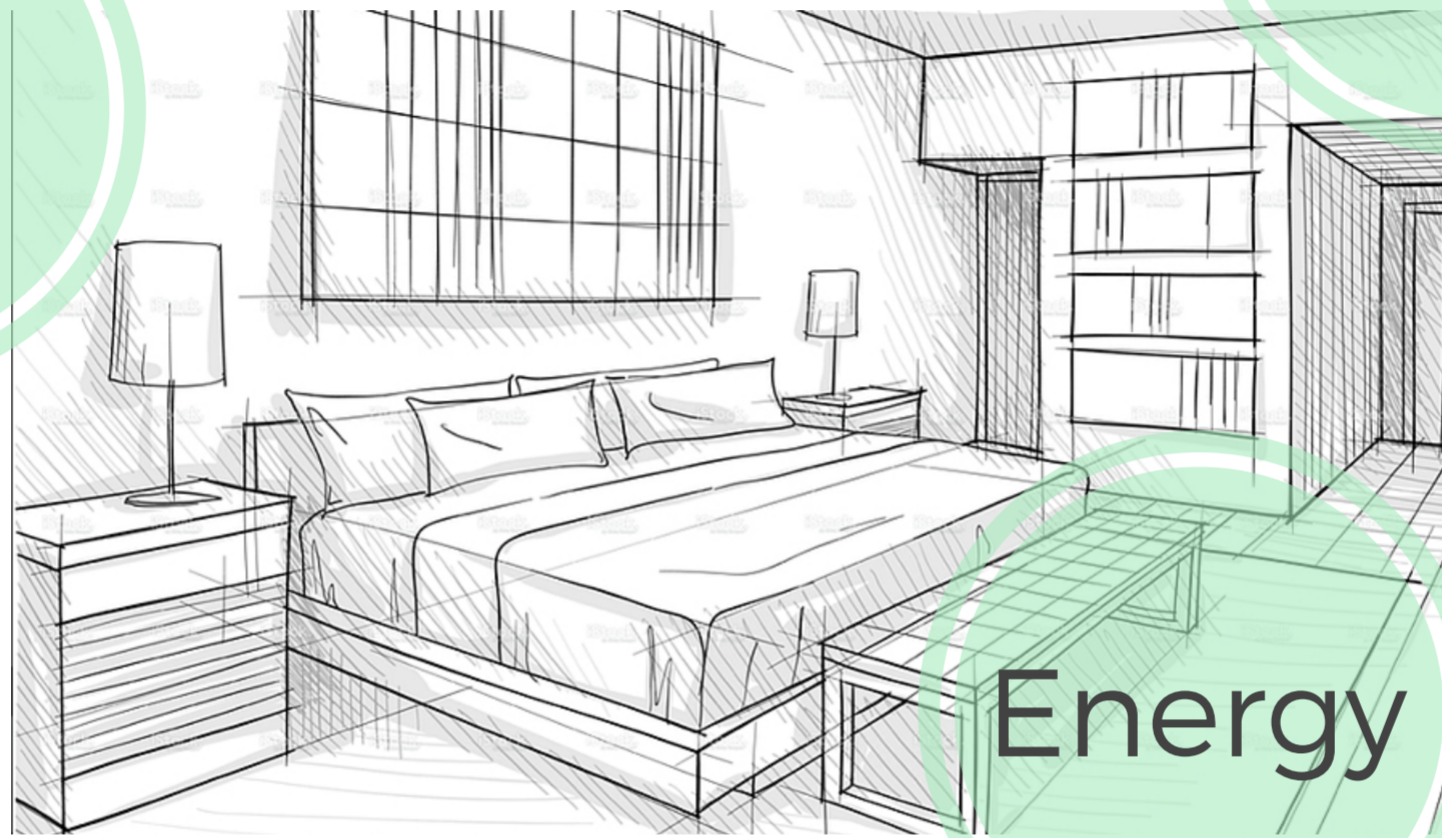
In this guide you will learn how to lay out your bedroom, choose elements to support you, and get design recommendations that inspire your creativity.





# Why creating a supportive sanctuary is so important?

Sex



Sleep

Energy

Sleep deprivation and disruption affects many areas of our lives: lack of productivity, higher blood pressure, and lowered libido, just to name a few.

A 2013 poll by the National Sleep Foundation determined the optimal amount of sleep that people needed was seven hours and 13 minutes, although 69% of participants admitted to getting much less sleep than that.

How do we bridge the sleep gap between what is needed and what is attainable?

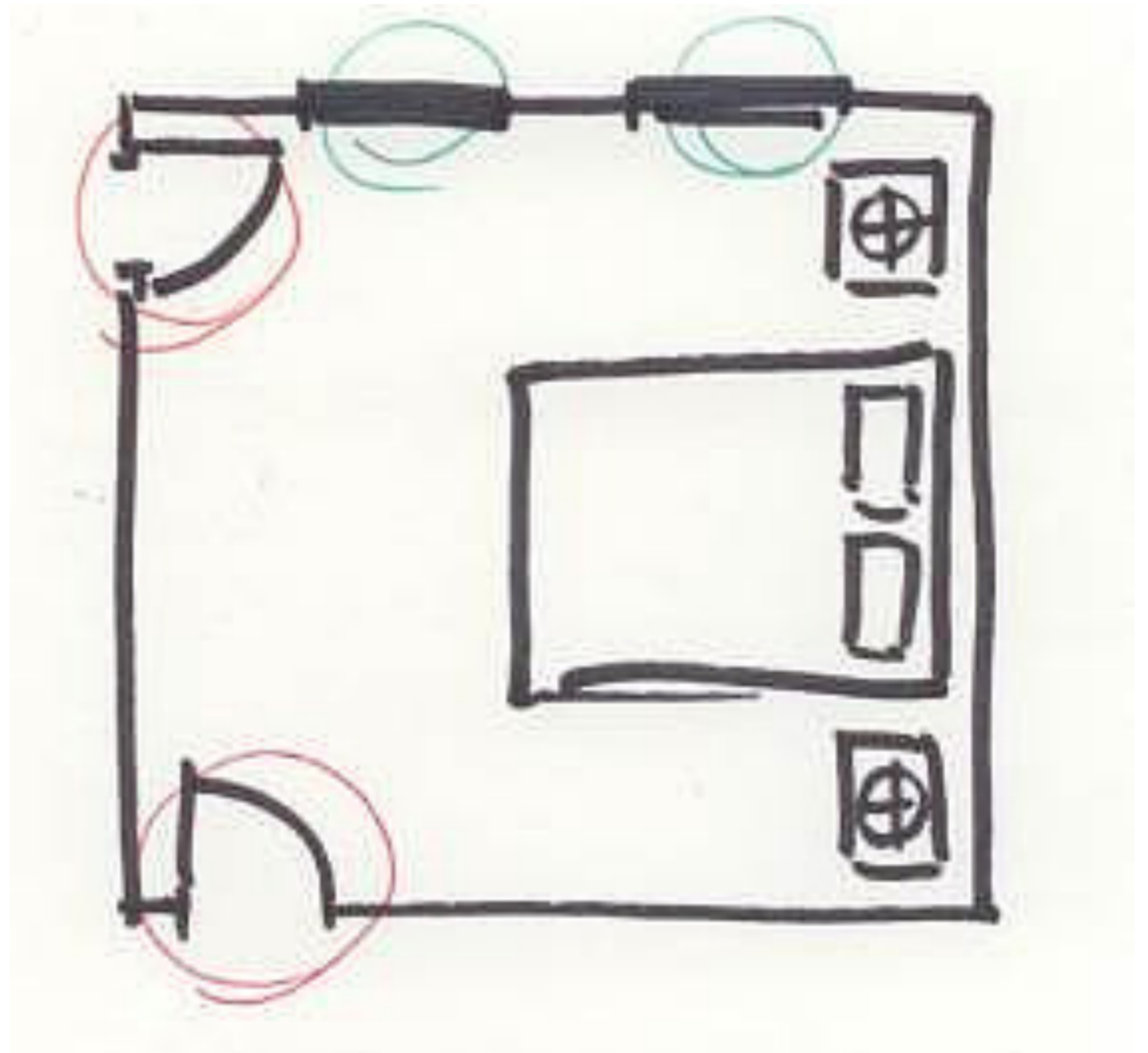
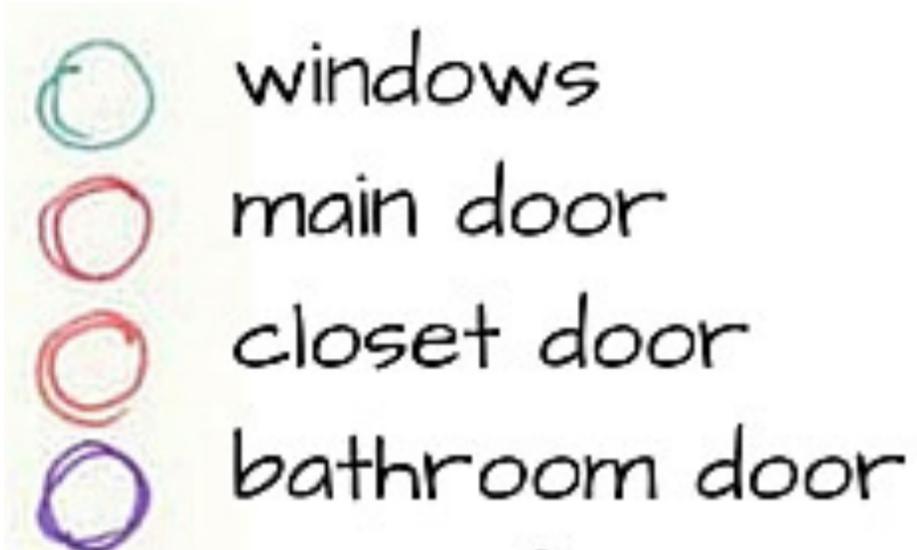
Many of us go to great lengths in our quest for a good night's sleep. The best and simplest place to start using Feng Shui principles is in your bedroom. This guide will touch on the following:

- Furniture layout
- Bed placement
- Dominant element
- Supporting element





# Best furniture layout: Command position



Optimally, when you are lying in bed, you should be able to see the main entry to the bedroom. This is called the command position. Note: avoid your feet being in direct line with the door, this is called a coffin position.

The command position allows you see what is coming, giving you more control over your life and a sense of ease.

[www.morrisfengshui.com](http://www.morrisfengshui.com)

To allow the energy to flow smoothly, the furniture in the bedroom should be minimal.

- \* Bed
- \* Nightstands with table lamps

This allows the energy to circulate smoothly. If your closet storage is limited, you can add a piece like a dresser space permitting. Avoid tall, heavy armoires towering over you. Under bed storage is fine as long as it contains soft goods, e.g., clothing, bedding.



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# What do you need more of in your life?

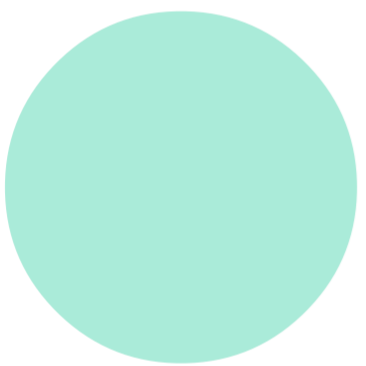
The design templates in this guide are created to address five common energy issues. Here are five areas to correct and balance:



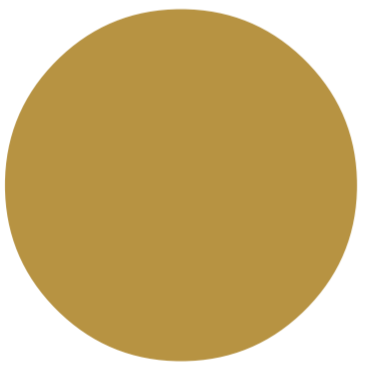
Energy & vitality



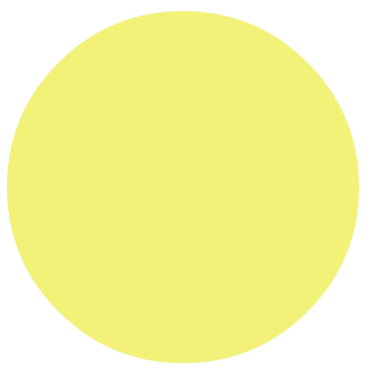
Love & romance



Rest & sleep



Grounding & stability



Harmony & happiness

Through colour, texture, material, and shape, you can add specific elements. The design style of each template also enhances the energy goal that you wish to achieve.





# How to use this guide

Using this guide is easy. You can use it as an inspirational guideline and find similar furniture and accessories, or you're free to use the shopping list to find and execute the exact Feng Shui design in this guidebook. Follow these steps:

## 1. Decide how big a redesign you need

The great thing is that you will have a road map. Once you have your plan and design, you can go as fast or as slow as you like.

## 2. Review your furniture placement

Go to page 6 and review your furniture placement. Need more info? Check out my blog post on "Bed Placement." Always measure your space to make sure everything fits.

## 3. Which theme resonates with you?

Read through each of the 5 designs. Which one serves you best? Do you need more sleep? Or maybe you want to feel more grounded? Go with your gut. Which design feels right to you? You need to love your bedroom.

## 4. Use the blank template for your vision

The blank design template is there for your use and to take with you when you shop. Fill it in, add fabric and paint swatches, and make notes.

## 5. Grab your new design and go shopping





# How to use this guide

This is a guide: not an instructional manual. You have the freedom to choose which design to use and how much or little of the design you would like to do. Feng Shui is about energy, balance, and harmony, so the number one consideration is only that you must love your bedroom. If you are not satisfied with the state of your bedroom sanctuary, you won't feel settled or content.

## Make it your own!

Try to stick with one theme or objective, e.g., better sleep. Start slowly making a few changes, like the wall colour. You don't have to do all of the elements at once, choose the ones that resonate with you. Just get started. It doesn't need to be perfect. Simply clearing out the old and bringing in the new will begin to shift the energy. This is mindful design, not space filling.

## Have a clear intention in mind

Using your creativity to make your bedroom design your own is very powerful. Combining your design, the Feng Shui elements, and your intention with action (moving, creating, and doing), will produce a momentum that aligns your intention and energy.





BRIGHT, HAPPY + FULL OF POSSIBILITY

# Exotic & eco-friendly

## BEDROOM THEME DESCRIPTION

Raw, woody, and organic. Rustic and unfinished wood textures, citrusy greens, robin's egg blue; recall verdant nature and a walk in the woods. The overall theme of this bedroom design is bright and full of vital energy: the energy of springtime. This bedroom represents your desire to start over, to get out of a rut, and to move on. If you have been feeling heavy and lethargic, this design may be for you. No more blah, depressing energy. Start lifting that rain cloud and welcome in possibility and new beginnings.

## THE DESIGN & INSPIRATION

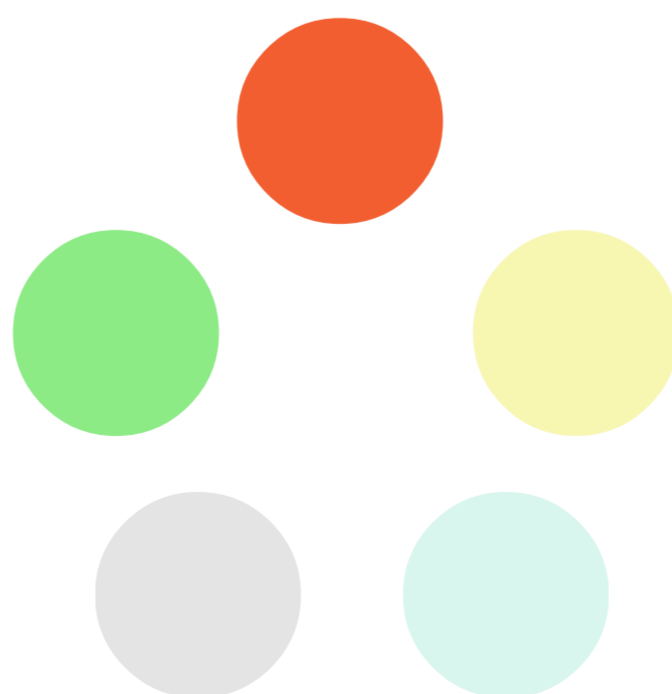
1. Solid reclaimed wood headboard & bed
2. Unfinished matte grey washed nightstand
3. Citrus green and fresh teals
4. Warm, white walls
5. Live plants

## THE FENG SHUI PRINCIPLES BEHIND THE DESIGN

When you feel heavy, stuck and unmotivated, it usually means there is too much yin energy. It may be an imbalance of earth ch'i (clutter is a symptom of this). The greens and blues in this design represent the wood element. Wood is the controlling element for earth. Wood also represents the energy of new growth, vitality, and upward moving ch'i. The rustic textures and unfinished wood subtly recalls the imperfect beauty of nature. If you are feeling particularly low, then opt for the lighter walls to keep things light and airy. If you are feeling bold and ready for big change, go for green walls!

## THE FIVE ELEMENTS AT WORK

The primary element in this design is WOOD with a little yin fire for support and balance.



## INTENTION

I am breaking through old patterns and starting fresh. I am open to possibilities.



# BRIGHT, HAPPY & FULL OF POSSIBILITY



## BOOST

### ADD SOME LIFE

Add some greenery like plants or fresh cut flowers. This will add the WOOD element in its purest form.

A couple of 6" plants is sufficient - or you can go with a larger plant like bromeliads or orchids as they produce oxygen at night.

## BALANCE

### A LITTLE FIRE

Use candles to add a little FIRE to the bedroom. This will further energize the room and balance the WOOD.

Use clean burning candles containing only plant-based materials like beeswax or eco-wax candles.

## PAINT

### CLEAN & CALM

I recommend you choose a neutral off-white for the walls like Benjamin Moore White Down CC - 50.

Want colour on your walls? Try a mid-tone green like Gleeful by Sherwin Williams.

Keep it balanced: if you go green on the walls choose a neutral rug.



# French cottage

## BEDROOM THEME DESCRIPTION

Soft, inviting and romantic. Luxe meets shabby chic to create an inviting retreat from the hectic world. This bedroom is your sanctuary to solidify your romantic connection. This room is all about love. Loving yourself, loving you, partner, and loving your relationship.

This room is about balancing feminine and masculine energy. Use clean white and blue as the base with soft florals and hidden pinks to add that romantic spark.

## THE DESIGN & INSPIRATION

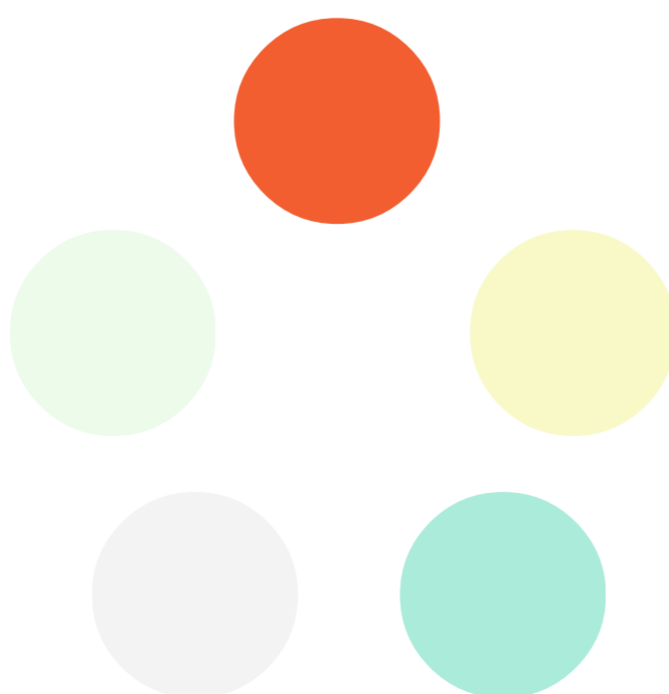
1. Matching nightstands and lamps
2. The sparkle of crystal lamps for a little glam
3. Traditional Persian-style rug in fresh, romantic colours
4. Soft, upholstered linen headboard
5. Warm, buttery white walls

## THE FENG SHUI PRINCIPLES BEHIND THE DESIGN

If you are feeling uninspired, dull and lacking that spark, you add fire. When adding the fire element to a bedroom, it is all about balance; too much fire can disrupt a peaceful sleep. Hot pink sheets will add hidden fire to the bedroom. Pops of bright, pink colour will add fire without using red. The base of the room is white, which is the metal element. The metal element is about being heard and completing tasks. It is also about communication. But it must be in balance. Too much metal can be rigid. The beauty of this design is that fire and metal will balance each other. Communication and passion is the key to a good relationship!

## THE FIVE ELEMENTS AT WORK

The primary elements in this design are fire and metal. FIRE: inspiring, passionate. METAL: communication



## INTENTION

I love myself, therefore my heart is open to receive the love of others.



# SPARKS, LOVE & CONNECTION



## BOOST

### RAISE THE VIBRATION

Add two rose quartz crystals to your bedroom. Place them on your bed side table or in the love corner of your bedroom.

Rose quartz connects to the heart chakra, healing the heart and fostering self-love.



## LOOK

### A BEAUTIFUL PAIR

Be mindful of the artwork you have in the bedroom. Stay with loving, joyful imagery. Try pairs of flowers or birds.

You can hang one painting with a pair in it or you can hang two smaller paintings to create a pair.



## ENHANCE

### UNDER THE COVERS

Using hot pink or red sheets will add more passion to the bedroom. Bright pink, orange and red are the fire element, so be aware that it will create faster moving energy.

If you have trouble sleeping, go to the next bedroom. If you can't sleep, you won't have the energy for love.



# Sleeping on a cloud

## BEDROOM THEME DESCRIPTION

Sleep deprivation and disruption affects many areas of our lives: lack of productivity, anxiety, and lowered libido, to name a few. Setting your bedroom up for better sleep means shifting and balancing the types of energy. Loud, high-energy spaces are not conducive to sleep, and bedrooms should generally lean toward a quieter, yin energy. But a restful bedroom is about balance. The theme of this bedroom is light, airy, and soft: removing distraction, hard edges and bright colours. Always try to balance yin and yang energy.

## THE DESIGN & INSPIRATION

1. Pale blue upholstered headboard
2. Misty white paint with blue undertones
3. Round Persian rug
4. Inspiring artwork
5. Soft, cloudy textures

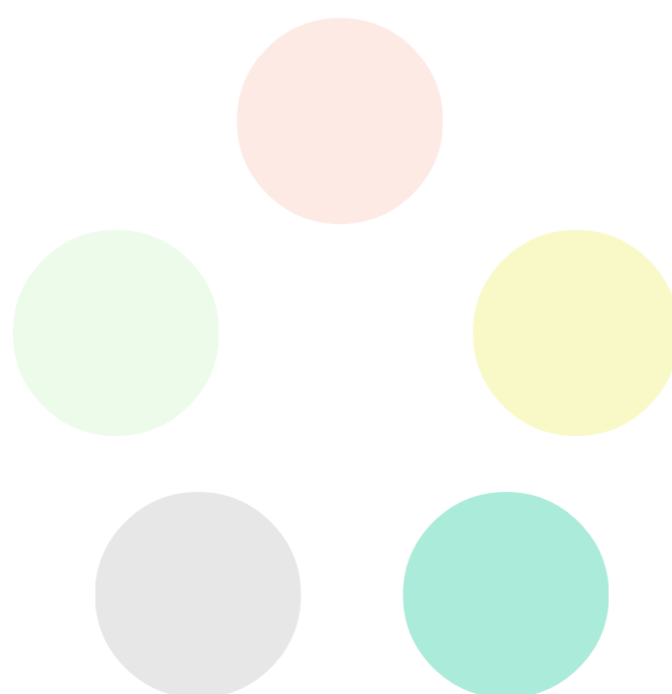
## THE FENG SHUI PRINCIPLES BEHIND THE DESIGN

Too much yin energy can leave us groggy and lethargic. Therefore, it is important to add the right yang elements. Balance the energy and create a relaxing mix of both yin and yang elements: clean lines, no clutter, soft folds, white. Using the imagery of the heavens, sky, and clouds to surround you in an ethereal and dreamy state.

Yin design elements: softness, round edges and blackout blinds. Yang design elements: white, light colours, clean floors, no clutter. Plus: NO ELECTRONICS.

## THE FIVE ELEMENTS AT WORK

The primary element in this design is metal. METAL is simplifying, communicating, joy, completion.



## INTENTION

My bedroom is my sanctuary, my place of peace and rest.



# SERENE, CALM & RESTFUL



## LOOK

### INSPIRE YOURSELF

The art you hang in your bedroom needs to be conducive to sleep. No dark, bright or overly expressive artwork. Keep the art light and happy. This painting of clouds is a perfect way to keep your thoughts and dreams light & airy.

## CLEARING

### MAKE THE BED

Clean, flat surfaces are yang. They remove extra visual clutter, which can be distracting. Clearing around and under the bed allows energy to flow. Studies show that hoarders generally have poorer sleep, compromising cognitive abilities.

## PAINT

### THE SKY

The walls should be light without too much chroma (intensity). Pale blue walls - the colour of the sky - will surround you as you sleep in your fluffy cloud. Pale, grey-blue with white trim Benjamin Moore's Marilyn's Dress and White Dove. Or go a little bluer with Benjamin Moore's Whispering Spring.



# Warm and cozy

## BEDROOM THEME DESCRIPTION

Earthy, solid, and grounding. Natural textures, crisp lines, and warm tones will help you feel more secure and less anxious. Surrounding yourself with a beautiful, luxurious bedroom creates a foundation for you, a place you can retreat to. The grey washed bed frame and nightstands will give you a solid place to rest your head that supports you. Creating an inviting sleep space is fundamental to reducing anxiety and stress. Home is your foundation: your roots. If you don't feel good about your bedroom, you won't feel safe.

## THE DESIGN & INSPIRATION

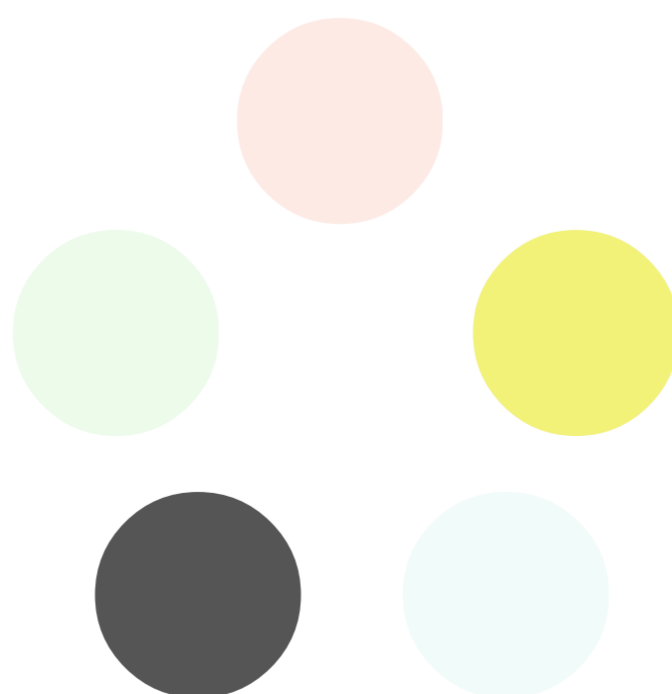
1. Grey-washed reclaimed pine bed frame and nightstands
2. Batik toss pillows
3. Yellow upholstered bench
4. Stone-coloured grey-brown walls
5. Square batik-style rug

## THE FENG SHUI PRINCIPLES BEHIND THE DESIGN

The Feng Shui principle behind this bedroom is creating a solid foundation, or an energetic mountain that supports you. It is intended to be strong and grounding to make you feel safe. The colours and shapes bring in the earth element: yellows, browns, and the square rug. The earth element is about boundaries, security and grounding. If you are feeling nervous, anxious, or worried, creating a secure and supportive bedroom is the best place to start. Adding a few hits of dark blue will also bring in a little of the water element. The water element will balance the earth element and keep you moving and in the flow of life.

### THE FIVE ELEMENTS AT WORK

The primary elements in this design are EARTH supported by WATER.



### INTENTION

I am whole and I am connected to the energy of mother earth.



# GROUNDED, SECURE & NURTURING



## GROUND

### STRONG SHAPE

Use a rug to pull the energy in and create a good foundation for the room. A square is the earth element. The colours in the rug are lighter, earthy tones: greys, yellows, ochres, and beige.

## ENHANCE

### RAISE THE VIBRATION

Adding crystals to your bedroom is a fantastic way to bring in the grounding energy of earth. Great grounding crystals:

- Smoky quartz
- Black tourmaline
- Obsidian
- Tiger eye

## COLOUR

### POP OF YELLOW

Add yellow tulips. Yellow is the classic colour of the earth element in Feng Shui. When you bring fresh cut flowers into the bedroom, you are also bringing in the lively energy of wood.



SUNNY, CLEAR & BALANCED

# Summer day

## BEDROOM THEME DESCRIPTION

Fresh laundry hanging on a clothesline, sunshine, and birds chirping. This bedroom is for everyone. It is fresh, sunny and clear. It is the type of bedroom in which you can imagine yourself lying in bed sipping coffee, reading your favorite book on a Saturday morning with the sun streaming in the windows. Everything is in balance. This bedroom has all five elements represented. It is perfect for you if you want a restful and harmonious space.

## THE DESIGN & INSPIRATION

1. White painted furniture
2. Linen bedding
3. Soft, blue toss pillows
4. Pops of yellow
5. Uplifting artwork

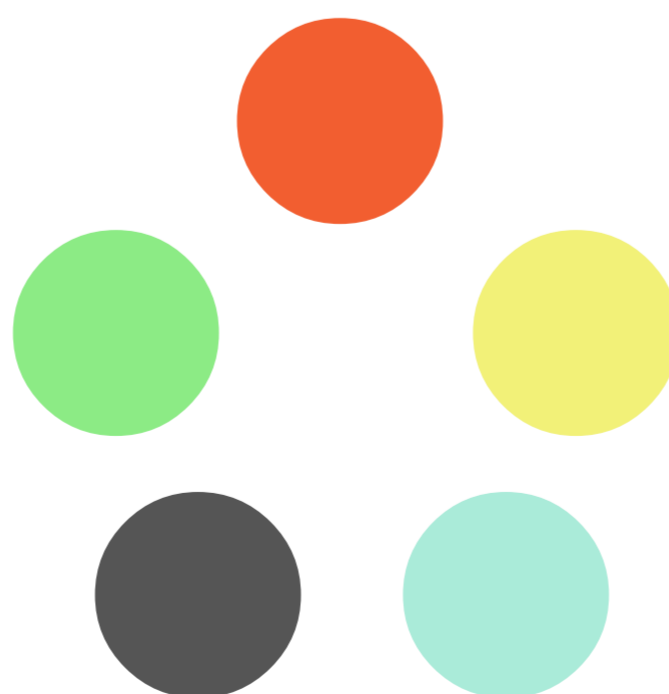
## THE FENG SHUI PRINCIPLES BEHIND THE DESIGN

Simplicity, harmony, and sunshine using many Feng Shui tricks

- All five elements are represented, creating harmony
- Light, airy and clear - no clutter removes distraction
- Your artwork is uplifting and inspiring. The ch'i moves easily upwards.
- You don't want anything that feels heavy over you head.
- Sunshine is a powerful energy cleanser. - let the light shine
- Clean, white bedding. Great sleepers change their sheets regularly
- Solid headboard will help you feel secure and supported

## THE FIVE ELEMENTS AT WORK

All the elements are represented in this design.



## INTENTION

My bedroom is my sanctuary away from the stress of the world.



# SUNNY, CLEAR & BALANCED



## BOOST

### FRESH AND ALIVE

White or yellow tulips bring in the energy of springtime.

The energy of wood: beginnings and new growth. Bringing in fresh cut flowers changes the energy of the bedroom.

## BALANCE

### BURN BRIGHT

Using citrusy and clean scented candles will add the fire and yang energy.

Always use clean burning candles containing only plant based-materials like beeswax or or eco-wax candles.

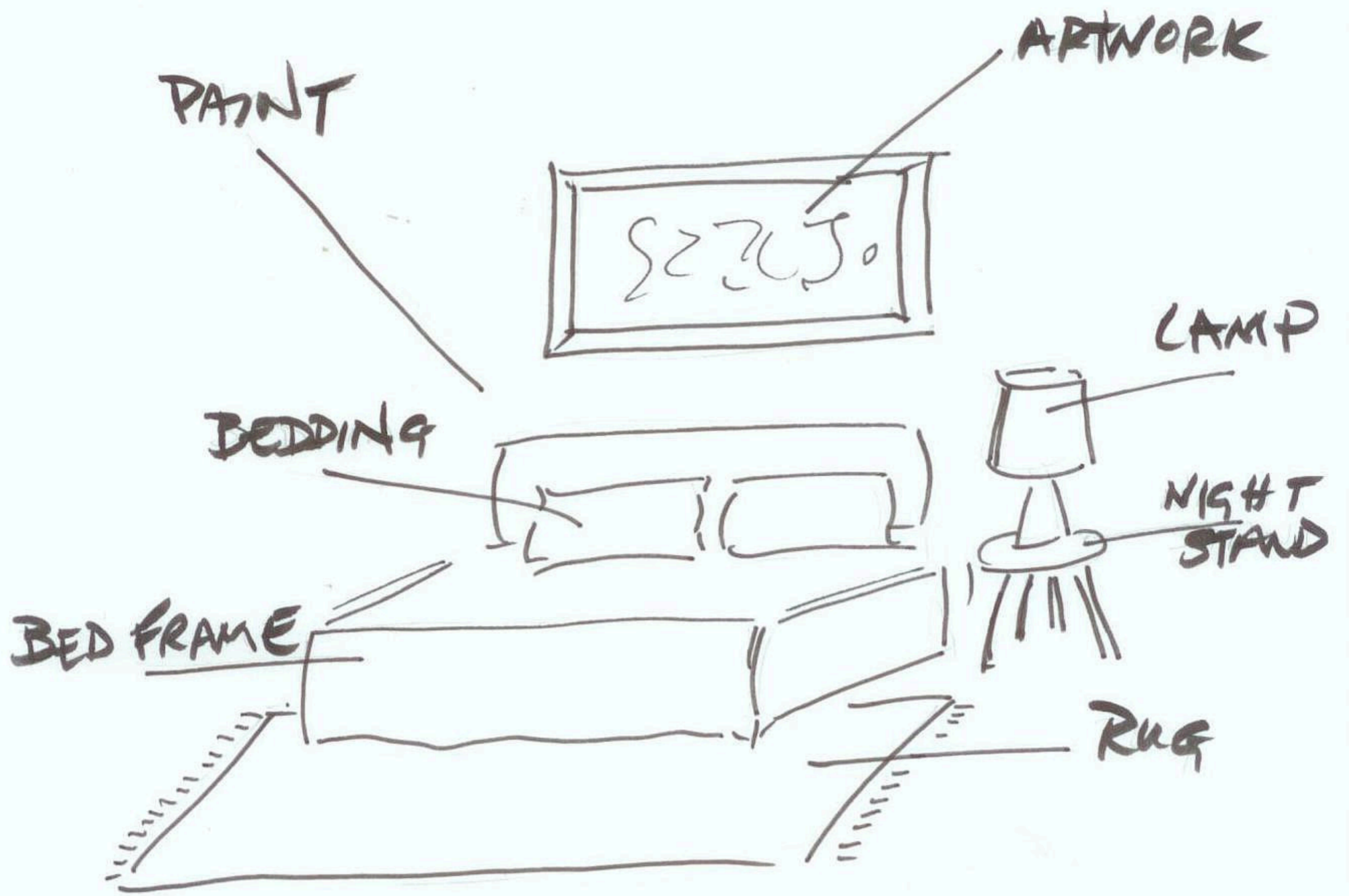
## PAINT

### LIGHT AND AIRY

Using whites and blues on the walls to create a light and airy feel:

- Benjamin Moore Palladian Blue
- Sherwin Williams Timid Blue
- Para Paint Sharp Blade





BEDROOM DESIGN #

NOTES AND SAMPLES



# PAINT SAMPLES

## FURNITURE ORDER INFO & NOTES



# SHOPPING LIST

## **Design template # 1 energy & vitality**

Bed: Knoxville bed, Urban Barn

Rug: Aqua Rug, 7 x 9 Rug.ca

Lamp: Brentford seeded teal glass lamp, LampPlus.com

Nightstand: Dawson Grey wash nightstand, Crate & Barrel

Paint: White Down CC 50 and Sherwin Williams Gleeful

Extras: Green fern, green soy candles

## **Design template # 2 love & romance**

Bed: White Upholstered Wyatt, Room & Board

Rug: Aria Rug, 7 x 10 Rug.ca

Lamp: Vienna stacked crystal lamp, LampPlus.com

Nightstand: Kragsta, Ikea

Paint: Mascarpone Benjamin Moore Aura AF 20

Extras: Rose quartz [www.healingcrystals.com](http://www.healingcrystals.com), Bird painting [Art.com](http://Art.com)

Fabric: [Onlinefabricstore.net](http://Onlinefabricstore.net) JB Martin Cannes Velvet

## **Design template # 3 rest & sleep**

Bed: Blue upholstered headboard, Hoffman bed, Room & Board

Rug: New Vintage Round Rug 6 x 6 Rug.ca

Lamp: Ovo lamp or Michelle lamp, LampPlus.com

Nightstand: Harbor white nightstand Crate & Barrel

Paint: Benjamin Moore Marilyn's Dress

Extras: Cloud Study by John Constable [Art.com](http://Art.com)

## **Design template # 4 grounding & stability**

Bed: Toulouse Bed, Urban Barn

Rug: Mirage square rug 6 x 6 Rug.ca

Lamp: Ziggy table lamp Crate & Barrel

Nightstand: Toulouse nightstand, Urban Barn

Bench: West Elm Crystal: [www.healingcrystals.com](http://www.healingcrystals.com)

Pillows [Onekingslane.com](http://Onekingslane.com) Batik and Ralph Lauren dark blue silk

Paint: Weimeraner Benjamin Moore Aura AF 155

## **Design template # 5 harmony & happiness**

Bed: Tharbor Bed Crate & Barrel

Lamp: Brentford seeded teal glass lamp, LampPlus.com

Nightstand: Stockholm, yellow, Ikea Fabric: Stockholm, Ikea

Pillows: Mongolian toss pillows, Urban Barn

Paint: Benjamin Moore Palladian Blue, Sherwin Williams Timid Blue, Para

Paint Sharp Blade



# About the author



Laura Morris

## Feng Shui consultant & designer

Laura Morris is a certified Feng Shui consultant, artist, and designer. Through her articles, workshops, videos, TV appearances and consultations, Laura has guided thousands of people to shift their ch'i and revitalize their living spaces, increasing both energy flow and harmony.

She believes that by combining awareness, Feng Shui, and creativity you can transform both your space and your own personal energy. She emphasizes the importance of meditation, intention setting, and mindfulness.

Laura was the Feng Shui expert on the CBC's lifestyle show Steven & Chris. Laura is currently working on her new book *A Year of Harmony: 12 Feng Shui Inspired Design Projects*. Learn more at [Morrisfengshui.com](http://Morrisfengshui.com).





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