



feng shui and Children

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Everything in the universe is energy. Children are especially receptive to the movement of energy in their environment. Feng Shui adjustments can be used very effectively to create a supportive environment which nurtures the child and promotes growth of mind, body, and spirit.¹

The age of the child is an important consideration in using Feng Shui cures. Children two to twelve years of age show an immediate outward response to adjustments, so a gradual implementation of Feng Shui changes is recommended. Too many changes made at one time can create a chaotic environment. Be aware of how the energy of the adjustments is affecting your child.

During one consultation, four children, ages three to six, were present (only one lived in the home). They were playing and running around. There was a front/back door alignment problem,² so the Chi was moving too fast. As I did the heart calming mantra,³ all four children stopped in their tracks and were quiet. As I made adjustments with the client, the children's behavior remained calm. Two days after the consultation, the client called and reported fewer fights and arguments than before, and the children played more quietly when indoors.

¹ Children are more receptive to energy flow because they have not yet internalized the Western rationalistic mind set, which teaches us to negate what cannot be explained about the energetic realm.

² The problem arises when there is a direct path between the front and back doors. When you walk in the front, your eyes focus directly through to the back sliding glass doors and the outside. If your line of vision follows this path, Chi will too. Please also refer to "The Room of First Impression," p. 207.

³ Please refer to "The Magic of Ritual and Feng Shui," p. 369 and "Spirituality and Feng Shui," p. 357.

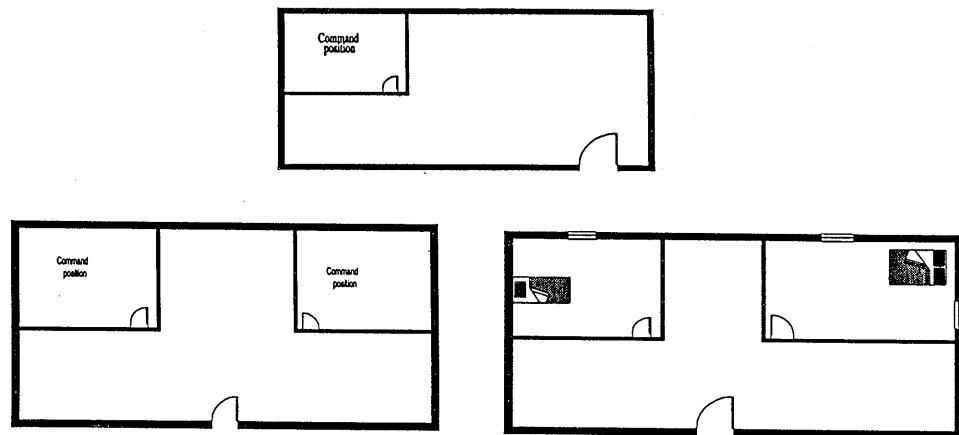
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Children can participate with their parents in making Feng Shui adjustments. Children ages four to six seem especially receptive to doing the three secrets reinforcement.⁴ Several clients related that their children were repeating the six true words: “Om Ma Ni Pad Me Hum” *daily* in the area where adjustments had been made. The children had sensed deeply the power of the adjustments and the ritual in combination.

Implementing feng shui adjustments for children

Bedroom Placement

The placement of the child’s bedroom can have a significant effects on his/her psychological growth. The parent’s bedroom should always be located in the command position. The command position is the room furthest from the front door but within the Bagua.⁵ It is the position of control for the home. A child whose bedroom is located there *runs the home*. What is this doing to the child? Feeling the energy of being in charge carries a lot of responsibility. The child then tries to live up to a task which is beyond his/her age and capabilities. The child may be acting too grown up and missing his/her childhood. This situation may also manifest as low self-esteem or behavior problems like: temper tantrums, controlling and manipulative tendencies, and/or pouting.



⁴ Please refer to “The Magic of Ritual and Feng Shui,” p. 369 and “Spirituality and Feng Shui,” p. 357.

⁵ Please refer to “The Bagua,” p. 35

In the top illustration, the command position is located in the left back corner of the house, the wealth section of the Bagua. Notice that the front door is on the right side. In the lower left illustration, the front door is in the middle; therefore, both rooms are in the command position. In this last case, as in the lower right graphic, the parents should use the larger of the two rooms and place their bed in the command position of the room.

Think about your own childhood. Was your bedroom in the command position of your home? Recall experiences that you had in this house/room. How did you feel about your capabilities? What was your relationship with your parents like? Many times parents who had their childhood bedrooms in the command position will put their child in this same position.

It is in the best interest of the child to change the location of his/her bedroom. Approach the issue of changing bedrooms with your child by citing the benefits of the new location. Involve the child in the moving process. Do not move the child's belongings without his/her permission. A good bedroom placement for young children up to the age of twelve is in the *children* section of the Bagua. The energy of this area is more supportive and stimulates creativity.



I have many wonderful stories of parents that have regained control over their home and their lives after moving the child out of the command position. Parents are happier and so are the children. One mother stated that her child was beginning to act like a child again instead of like a worried small-adult. By moving the bedroom, the child is able to evolve at a rate that is more in line with his/her age. He/She is faced with the energy of children's issues instead of feeling the pressure of adult issues.

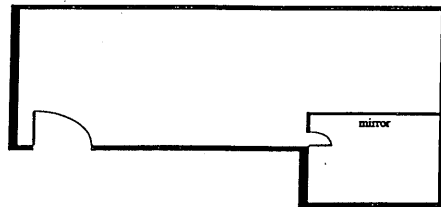
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If moving the bedroom is impossible, another cure is to place a picture of the parents or guardians in the child's bedroom.

One client had a teenage daughter whose bedroom was in the command position. He placed a picture of his wife and himself in his daughter's bedroom where she could not see it. Within twenty-four hours, she came to her father and asked if she could change her bedroom to another room in the house.

Another bedroom placement that is inappropriate for children is one that falls outside of the main Bagua. The child may not feel safe in his/her room. There will be a sense of separation and loneliness, and he/she will not want to sleep in his/her bedroom. (Does your child end up in your bed more often than his/her own?)

Again, the best cure is to move the child's bedroom to one that is inside the energy of the Bagua but not in the command position.



If there is not another room available, place a mirror on the wall nearest the inside of the Bagua to reflect and symbolically pull the room back inside.

Furniture

Children's furniture should not be an afterthought; it has a significant impact on the child. The furniture should be scaled to size for children so they can reach the top of the dresser, chest, book shelf, and toy hutch. This allows children to have control of their own room. This sense of control leads to sound psychological patterns of self confidence, positive self-esteem, and expansive creativity.

Spaciousness from the child's viewpoint is also important. What may feel spacious to you may not be for the child. Get down to a child's eye level and view the room from there.

Bunk beds, though seemingly practical, are not a good option for children. The child sleeping on the top does not feel safe, while the child on the bottom

feels overpowered. In addition, many bunk beds are constructed of metal. These metal bunk beds hold a high electromagnetic field that may prevent the child from sleeping restfully. Separate the bunks into twin beds, or if that cannot be done, find another style bed.

Clutter

Clutter is typical in American homes. What is in our space often reflects what is going on inside us. When there is clutter on the *outside*, there is usually clutter on the *inside*. For the child, a cluttered environment can lead to confusion, inability to focus, frustration, and disempowerment, especially for those children with attention problems.

A child needs a space that is orderly and has definite boundaries. You and your child can work together in the space (whether it be their bedroom or a common living area) with the intent of clearing and organizing that spot. Work on a specific and manageable area so you both can see immediate results and not become overwhelmed with the task.

This cleaning and organizing can spur a similar process on an inner, emotional level. Use this opportunity to teach your child that everything has a birth, a growth, and a death cycle. By releasing things you no longer need, you are making space for new experiences to enter.

Front Door Entry

**Whoever enters the front door is
the master of the house.**

In many homes, the owners enter through the garage or the back door. In most cases, the children enter through the front door more often than the adults. So, guess who is in charge of things? If the child is also in the command position bedroom, he/she has double power for running things in the household.

It is important that the adults enter the house through the front door at least several times a week. This will bring a major shift of energy in the family's group dynamics. The parents will be putting themselves back in charge.

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Electromagnetic Fields

Many children's bedrooms are filled with electronic devices: a computer, television, video machine, and telephone. This creates a space with a high electromagnetic field (EMF) that prevents sound and restful sleep. High EMF's are linked to hyperactivity, tiredness, allergies, headaches, eye problems, depression, the inability to stay focused, and chronic disease.⁶

The best solution is to remove electronic devices from the bedroom. If not, the next best solution is to shut off the electrical power to the room at the fuse box or unplug the devices before going to sleep. This will create a sleeping space that has no electrical energy, thereby making it a space where the body can fully relax.

Fragrances

Essential oils contain bio-electric properties that change the energy field of a room. They are wonderful Feng Shui cures for children, who are especially receptive to their energies. When sprayed in the air, they will quickly shift the energy in the room.⁷ Used in a diffuser, they help maintain a constant energy in the space. They can also be applied on the body but must first be mixed with a carrier/base oil like almond.

There are many Feng Shui adjustments that can help support your child's healthy growth in life and love. But in the excitement of making these changes, remember to be sensitive to your child's responses to the adjustments you make. It is easy to forget how sensitive and vulnerable children are. Before you begin, write in a journal the specific behaviors that you notice about your children and yourself. As you make the Feng Shui adjustments, note the changes of behavior. Review your journal entries periodically, and you will see some surprisingly good changes in your home's Feng Shui.

⁶ For an in-depth look at EMF's and solutions for them, please refer to "Energy Fields, Feng Shui, and Fragrances," p. 339.

⁷ In a spray bottle, add nine total drops of the essential oil mixture to 4 oz. of distilled water. The frequency of the oil is not altered when mixed with distilled water.

Excerpted from
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