



FENG SHUI—

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Winter, A Time for Rest



It is so beautiful to witness nature going deep into her rest. We too, should be “resting” by slowing down and getting more sleep beginning in the fall and especially in the winter cycles of nature. This initiates the process of building our energetic reserves as well as strengthening our immune system. Many people needlessly suffer because of a lack of sufficient, rejuvenating sleep. It is not just the number of hours. The quality of sleep—how deeply we go and the time cycle in which we get our sleep—are important determining factors in how we feel when the alarm goes off each morning.

Our health and spirit heal best in a night sleep cycle. In Chinese Medicine, the hours of 11:00 pm to 1:00 am benefit the gall bladder, 1:00 am to 3:00 am is when the liver cleanses, 3:00 am to 5:00 am is associated with the lungs, and 5:00 am to 7:00 am benefits the large intestine. The earlier you can go to bed during these long winter nights, the more highly beneficial it is. Nature is going to sleep earlier and rising later, and you should too! When you are awake and active, especially during gall bladder and liver time cycles, your body cannot detoxify and replenish. Studies also show that healthy adults who sleep five or fewer hours per night are 50% more likely to have stiffer blood vessels and arterial plaque than people who get seven or more hours.*

So now you know *when* to sleep; let’s address being *able* to sleep! There are Feng Shui factors in the bedroom that can impact your sleep. One is the placement of the bed. The best posi-



tion for the bed is opposite and diagonally across from the door—you have a view of the doorway but are not directly in front of it. A bed placed in a straight line to the door subjects the sleeper to strong energy that easily interferes with sleep. In general, sleeping with your head facing north is a good choice, but using your auspicious directions—primarily the *sheng qi*—direction is even more beneficial. However, if using your directions puts your bed in a poor location, the proper placement supercedes trying to use your directions.

Protect yourself by not placing the bed directly under a window. You can subject yourself to a draft, as well as negative *yin* energies that can enter through the neck. A solid wall is best and using a headboard enhances your protection—wood is the better choice.

Being in close proximity to a breaker box or other concentrated electrical energy can disrupt sleep. If your breaker box is located in or near your bedroom, there are steps you can take to help lessen its impact on you. The other type of subtle energy that can interrupt good sleep is the bed being located over energy lines and/or geopathic stress lines caused by the gravitational pull of both the sun and

moon. Again, there are Feng Shui methods that, in many instances, can effectively neutralize this type of energetic disruption. Living near power transformers that can generate electromagnetic fields not only affect sleep, they can also seriously

impact your health in general. Some corrective methods can help, but I recommend avoiding them altogether.

It is also very helpful to close your door when you retire to help slow *qi* down. As we are now well into the *yin* time of year—and it will get increasingly *yin* up to winter solstice—it becomes even more important to shut the window blinds or drapes when it is dark out as this blocks excess *yin qi*. The bedroom should be energetically *yin* to enhance sleep, but excessive *yin* can have a negative impact. Here’s to a good night’s ZZZZZs! ■

*The Oprah Magazine (Feb 2018) "Wake-Up Call"

Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant and has been a Feng Shui professional since 1998 and is available for consultations on-site or via phone. By using the timeless principles of the art and science of Feng Shui, Michele can help you bring balance and beauty to every aspect of your life. She is also a Certified Qigong Instructor of Ling Gui Healing Qigong School, Liu Dong’s Method. Michele can be reached at (406) 582-5724 or taodesigns@gmail.com.