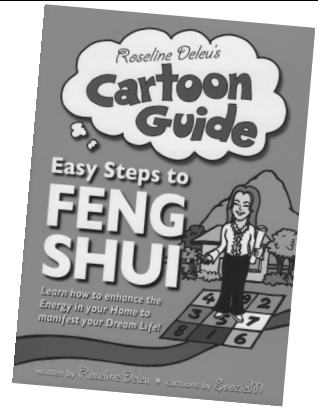




Feng Shui & Sensuality

By Roseline Deleu - Feng Shui Master, Author and inspirational Speaker



"My husband enjoys large mirrors in our bedroom, but then... he cannot sleep". What can we do?"

Many clients call me in for a Feng Shui consultation often to enhance 'Love'. Once into the bedroom, I know what is happening in their intimate life too... since what surround them in that particular room tells me lots about their sex life.

Follow my suggestion: **Sensuality is a Must**. What you display in your bedroom will definitely enhance this part of your life!

Keep your bedroom clutter free and decorate with pictures that make you feel 'warm', curves, draperies, many assorted cushions and definitely simplicity are all keys to a cosy, pleasant and embracing environment.

When in couple: display a picture of both of you together when you were happy and smiling (avoid water in the landscape). On display, this picture will emanate the vibrations of happiness inside your room. You can change the picture on display as your couple evolves but always encourage a photograph taken in times of good memories.

If you are single and are ready to activate your sex life, surround yourself with pictures that inspire you. Offer yourself at least one professional photograph and display it in your bedroom. Some professional are so gifted to bring your advantages forward. Look at yourself with other eyes and compliment yourself daily - every little compliment counts.

Having a large mirror in your bedroom is not the best Feng Shui as it can challenge your sleep but having one on the back of your bedroom door, where you cannot see it while you sleep is a good idea. Looking at you (naked) and giving you compliment is important: the sound of your voice is stored in this mirror and will vibrate this message back to you each time you pass there. Do this for 9 consecutive days to start boosting your confidence.

Activate your Feng Shui Sensuality through all your senses:

- **Smell** : burning safely a couple of drops of Patchouli or Ylang Ylang in your bedroom will delicately suggest a hint to all your cells
- **Touch** : crispy cotton bed sheets for a fresh sleep can be combined (during the day) with cushions made of various textures (feathers, beads, glitter, velvet, silk, etc.) Cushions have curved corners, some even have the 'C' shape symbolising embrace and comfort.

- **Sight** : what you see is what you create. A tasteful sensual picture of your couple on display in your bedroom can be an interesting sensual enhancer. Your bedroom is kept private: it is your love sanctuary where you and your partner mainly resource as a couple. Be mum and dad all around the home except in your master bedroom, best to keep children and visitors away.
- **Hear** : prepare your room with stimulating music. Relaxing, baroque or soft sounds make you feel at peace and strengthen your self confidence.
- **Taste** : always prefer a light meal to a large and hard to digest one especially before your 'sensual time'; allow your stomach to process food and choose chemical free items when possible. Prepare occasionally a small desert to eat on your partner's gorgeous body.

Balance your décor with the 5 elements following ideas and suggestions represented in Fig. 1

Example for a harmonious and sensual bedroom: wooden floorboards (Wood), candles (Fire), create a sculpture with Clay symbolising "Embracing Love" for you (Earth), a couple of Lurex cushions (Metal) and some Chiffon on top of your bed cover will definitely balance the energies and create harmony in this area.

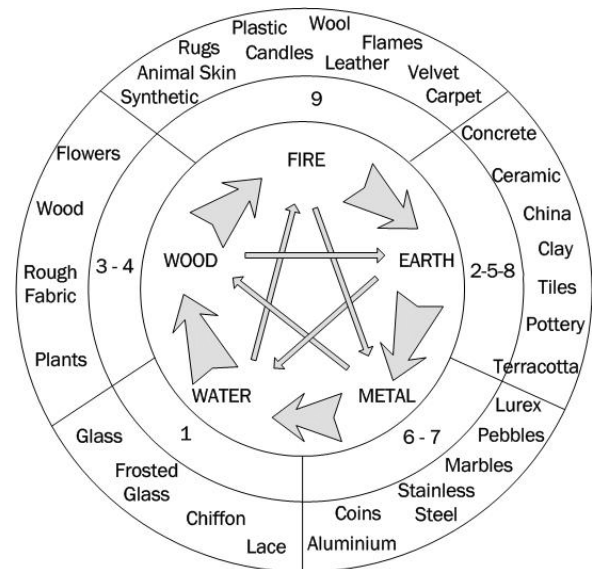


Fig. 1 - Ideas and suggestions to combine the 5 elements in your surroundings.

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Manifest your intent - in Feng Shui we know that the power of your thought creates a consciousness. While making your bed each morning, visualise how sensual you wish this day to be. Enjoy!



Fig 2. Display a picture 'emanating' good memories