

# THE COMPLETE IDIOT'S GUIDE® TO



Dr. Judy Kuriansky  
Best-selling author of  
*The Complete Idiot's  
Guide® to Dating*

# A Healthy Relationship

SECOND EDITION

Dr. Judy Kuriansky, famed radio talk show host, now gives you:

- ◆ **New secrets** to having a loving and lasting relationship
- ◆ **Tantalizing tips** on keeping your passion ignited
- ◆ **Expert advice** on breaking through the barriers to a healthy love

Dr. Judy Kuriansky



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## Feng Shui

If you've ever felt that your environment affects your mood, you're right. The ancient Chinese art of **feng shui** goes even further in emphasizing the importance of bringing your surroundings into harmony with your spirit, and arranging them to maximize positive energies that support your relationship. Simply put, how, what, and where you put things in your house, and especially in your bedroom, can make or break your love life. New York-based **feng shui** practitioner **Alex Stark** recommends the following guidelines to enhance your love relationship.

### Type of bed:

The bed itself greatly affects the health and politics of a relationship. Here are some things to watch out for:

- ▶ Consider a bed with rounded corners, as opposed to sharp right angles, to take the edges out of a rocky marriage.
- ▶ One large mattress is better than two twin ones put together, to eliminate division or barriers between you.
- ▶ The headboard should be higher than the footboard, to command your position. (A four-poster bed is fine.)

### Placement of the bed:

To provide protection so you can enjoy sex freely, place the bed:

- ▶ Diagonally in the farthest corner of the room, not in direct line with the door, to ensure protection (so you can see who's entering) and also so it's not easily accessible. If you can't do this, hang a mirror so that you can see the door from the bed.
- ▶ So that there is equal space and access on each side of the bed (to establish equal power for you both). Use similar or identical night tables, with balanced (even if different) items on each. For example, one nightstand can hold a clock and the other a lamp, but one should not be empty while the other is crowded.
- ▶ So that the head of the bed rests against the wall, instead of setting away from the wall, to stabilize your consciousness and your marriage.
- ▶ So that the bed avoids heavy, crowded bureaus and armoires on either side that cramp the space of the bed and your love.
- ▶ In the far-right corner, to maximize the potential of your relationship, as this is the direction of marriage and relationships as shown in the **feng shui** grid (see the diagram later in this chapter).
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**Placement in the bedroom:**

In addition, follow these do's and don'ts for harmony in the bedroom:

- Do decorate with pairs of objects (matching candleholders, sculptures, lamps) to emphasize pairing and the harmony of twosomes.
- Do decorate with objects, shapes and pictures with round corners, circles, ovals, and other womb-like images, as symbols of marital harmony.
- Do have real roses or peonies (or pictures of them) to represent peace, love, and lasting values.
- Do add some large, heavy objects such as stones, sculpture, or furniture to stabilize your love.
- Don't have images or symbols of the desert or barren scenery, to avoid similar emptiness in love.
- Don't have overhanging beams or knifelike corners (such as a bureau) pointing at the bed, especially across it, since energy collects at corners, and pointed edges imply aggression.

Here are some other guidelines of placements in the home:



**Dr. Judy's Rx**

Clear clutter in your home to dispel disorder in your relationship. **Stark** suggests this rule: If you don't love it or don't use it, give it away or recycle it.

- If the male is too dominant, decorate with additional symbols of the feminine: seashells; wreaths; round, oval, or crescent shapes such as a round mirror; or the colors yellow, pink, or peach.
- If the female is too dominant, decorate with additional symbols of the masculine: square or blunt objects, grandfather clocks, hunting scenes and paraphernalia, metallic objects, and the color white.
- Avoid horseshoe-shaped houses with the entrance in the inset of the horseshoe, to ensure the partnership is not compromised.

**Feng shui** can be used to help overcome specific problems. In the case of sexual boredom, for example, reignite passion by using red colors in the house, bedroom, and on the bed. Keep fresh roses in the house to encourage the feeling of being "beloved." Include green colors or plants as symbols of rebirth and renewal. Display something gold to enhance the worth of your union. Place the bed or altar on the left side of the room to revive your beginnings (if that was a good time), or on the right side, to evoke joy.

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