

The Ultimate Refresh for You & Your Bedroom

Using The Power Of The Sacred Space Union Method



Hello Dear One,

Right now, more than ever we all need to take extra care of ourselves, and a good night's sleep is crucial to positively navigate through these challenging times.

When you experience a sleepless night, the next day can be challenging. But when you develop a pattern of insomnia, the next day and the next can be miserable. Lack of sleep takes a big toll on your health. And sleeplessness can have a ripple effect, impacting your decisions, relationships, finances, your overall sense of well-being, safety and security.

Hundreds of thousands of articles emphasize the importance of quality sleep and describe what to do—or avoid—to get a good night's rest. I would like to share the tips that helped me and some of the lesser-known Feng Shui principles that can make a difference in your ability to sleep deeply and wake rested and energized.

Feng Shui deals with the inner and the outer worlds, focusing on the visual environment created by furniture placement and the aesthetics of a space as well as on the unseen, yet powerful, energies that can thwart or nurture you—body, mind and spirit. Feng Shui also affects the inner world of your mind and thoughts and connects your mindset with your well-being. Properly aligned these elements come together to create balance in your home, mind and life.

One size does not fit all so if something isn't broke don't try to fix it. Use these tips as information and experiment with the ones that resonate with you. I am honored to help others find solutions to their sleeping challenges, for there is always an answer.

love,

Kristin



Beauty Seer. Truth Seeker. Vision Keeper.

Kristin holds a BS degree in Interior Design, is a Certified Feng Shui Expert, Certified Yoga Teacher, and Certified Breathwork Coach, who is also professionally trained in Dowsing, House Whispering, Reiki, Qi Gong, NLP and other energy healing techniques.

Known as the modern day Mary Poppins, Kristin has an intuitive gift of knowing exactly what her clients and their home spaces need at any moment, and a never-ending well of wisdom and energetic techniques to draw from in serving them.

As the creator of both The Sacred Space Union Method® and The Sacred Space Yoga Method®, Kristin integrates the Feng Shui of yoga, beautiful design and environmental energy techniques to support her clients to fully embody their enlightened living path of abundance in health, relationship and finances in their home and their lives.

Kristin is also the founder and Transformational Hostess of The Landenberg Loft, a portal to a higher self and a place of realized beauty and transformation.

Known as sacred retreat space, The Loft is where Kristin and other leaders in the spiritual nourishment and educational empowerment fields share their gifts and support their clients to achieve their fullest potential.

She also hosts her Loft Loves in the Landenberg Loft Facebook group; a digital sanctuary of inspiration & community; a sacred space of love, growth & the exploration of what's next.

Kristin felt called to do this work, after getting off a rollercoaster of anxiety & depression in her own life, and realizing that it was not only a transformation of her home she needed, but also a deeper healing of her soul ... and then forging a sacred union between the two.

Let's connect



@kristinmwistar



@kristinmwistar



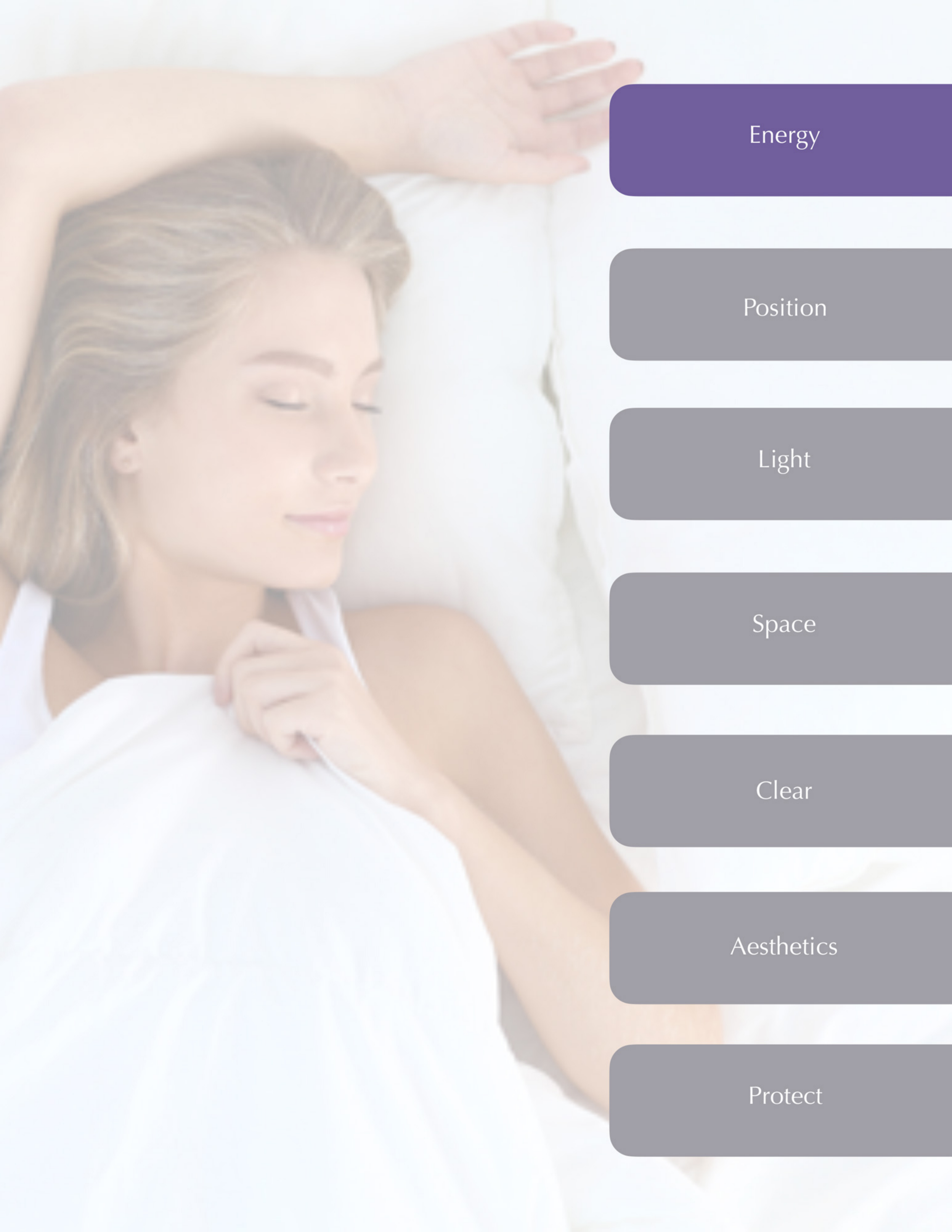
@kristinmwistar



Groups
@thelandenbergloft

“Sleep is profoundly intertwined with virtually every aspect of brain health. Lack of sleep over time can lead to an irreversible loss of brain cells—yet another debunking of the myth that sleep debt can be made up.

Source: Arianna Huffington,
The Sleep Revolution: Transforming Your Life, One Night at a Time



Energy

Position

Light

Space

Clear

Aesthetics

Protect

Sometimes I remind my clients just how important it is to create a yin environment in their bedroom.

Take sleep deprived, Evelyn for example.

Each night, when she retired to her red painted bedroom, she flipped on the bright lights, turned on her TV to watch the nightly news, and scrolled through her phone to catch up on emails and social media.

Hmmm, and she wondered why she couldn't sleep!

I guided Evelyn to create a new routine that honored the quieting energy of yin and created that feeling in her bedroom.

After all, your bedroom is the most yin area in your home. It is the energy of stillness, softness and darkness.

Yin is an inward movement, like being in the safety and quiet of a mother's womb free from life's activities and stressors.

Let's cover some tips so you can receive a better night sleep.

"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment."

— William Penn

Tip #1 Honor the energy of your bedroom

What does Yin/Yang Have to do with it?

More of this:

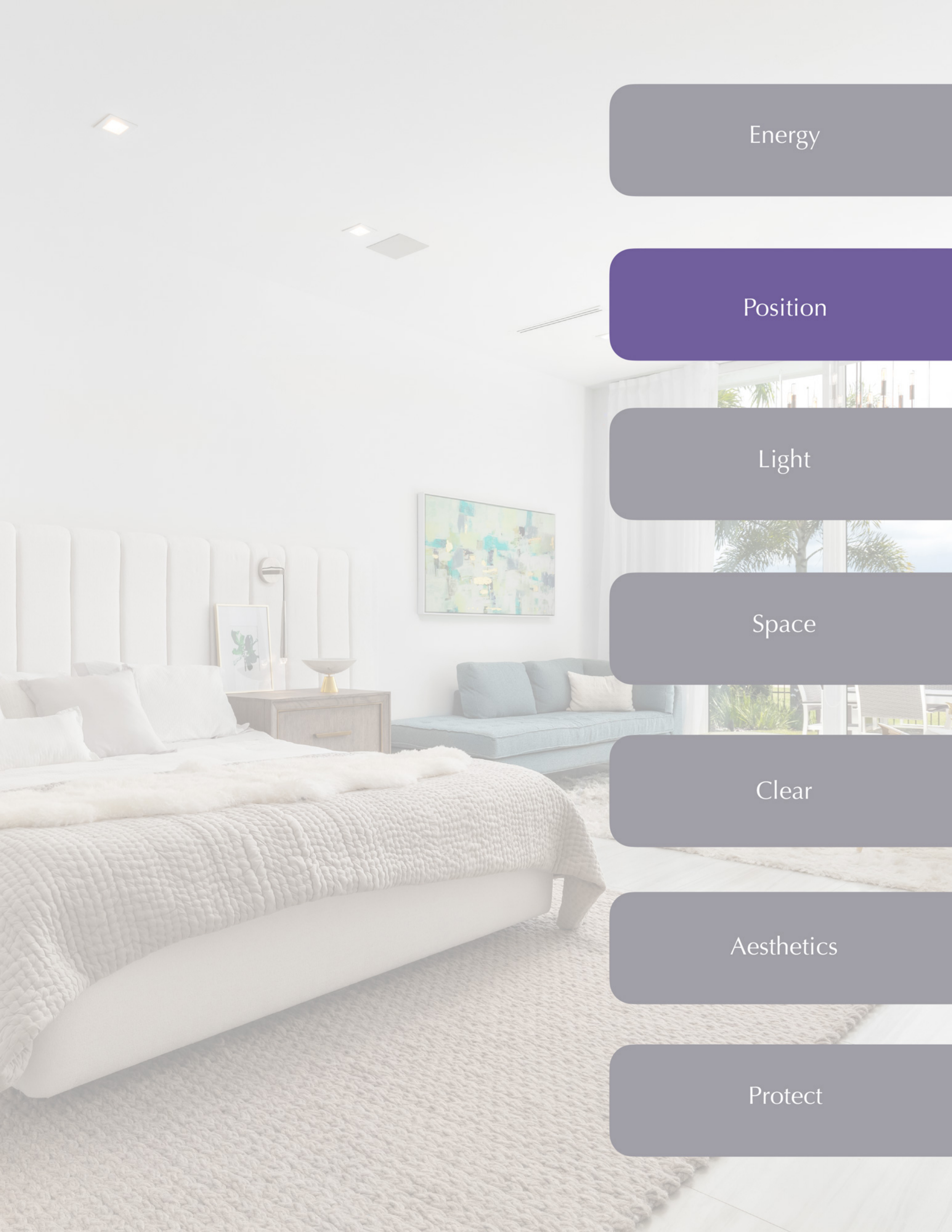
- Add room darkening shades
- Use soft inviting fabrics and bedding
- Dim soft lighting
- Chose colors and patterns that are mellow and soothing to the eye
- Quieting rituals like stretching, yoga, breathwork, hot bath
- Read a book, say a prayer, meditate
- Use noise canceling device or ear plugs to block noise
- Express words of gratitude to shift into more peaceful state
- Drop the temperature in your bedroom to at least 66 at night

Less of that:

- Yang energy that is active, loud, stimulating and bright.
- Place exercise equipment in bedroom
- Use large mirrors reflecting the bed- doubles everything including stress
- Paint bright colors like red or orange
- Have stressful conversations or watch news before bed
- Do work related activities, use laptops, mobile phones in bed
- Create charging stations in your bedroom
- Watch TV or play gaming devices in your bedroom

Options:

- Place floor screen to separate exercise equipment or work area from sleeping area
- Cover large mirrors at night with decorative fabric



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It seems most people intuitively know which wall feels the best to place their bed.

But there are times this isn't the case and more often than not, it has to do with the challenging architecture of the room.

Too many doors and too many windows make it hard to find a good area to place the bed.

In any case if you need a reminder, the best area to position your bed is in the command position where you can see who is entering your room, without straining to turn.

What to do?

“My clients have reported feeling calmer and able to relax more easily when their bed is positioned in the command position.”

— Kristin M. Wistar

Tip #2 Position your bed with care

More of this:

- Place your bed on the wall perpendicular or opposite wall of doorway
- Place your bed where you have the widest view of the room
- Close entry and bathroom doors that are in direct alignment with the side or foot of bed
- Place your headboard against a wall

Less of that:

- Line your bed up directly across or perpendicular in line with the door's entrance
- Place the side of a bed directly against a wall
- Place your bed against a wall that shares a bathroom or kitchen wall with plumbing behind the headboard
- Position your bed under a window
- Position your bed next to an electric panel
- Float a bed in a room

Options:

- When a bed is on the same wall as the door, add a small mirror on the wall opposite the bed to view the entrance way.
- Add a small mirror behind headboard facing the bathroom if your bed is against a wall of plumbing



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“**E**xposure to blue light after sunset can increase our vulnerability to issues such as low mood, stress, anxiety, depression and Seasonal Affective Disorder. This study in 2017 showed that exposure to blue light after sunset can negatively impact our mood. Lack of sleep caused by excessive exposure to blue light after sunset can also intensify these issues.”

Source: BluBlox quote based on Study by Translational Psychiatry. Timing of light exposure affects mood and brain circuit

Light

One thing that has significantly helped me sleep is understanding just how important it is to avoid light pollution, especially from an over-abundance of blue light.

We are bombarded with it 24/7 by lighting and electronic devices that emit stimulating blue and green light.

This kind of light mimics natural daylight, and this, in turn, affects the pineal gland and can interrupt the production of melatonin and serotonin disrupting your body's natural circadian rhythm.

For some, even the smallest amount of light can have a major impact on a healthy hormonal balance that is needed for a good night sleep.

What to do?

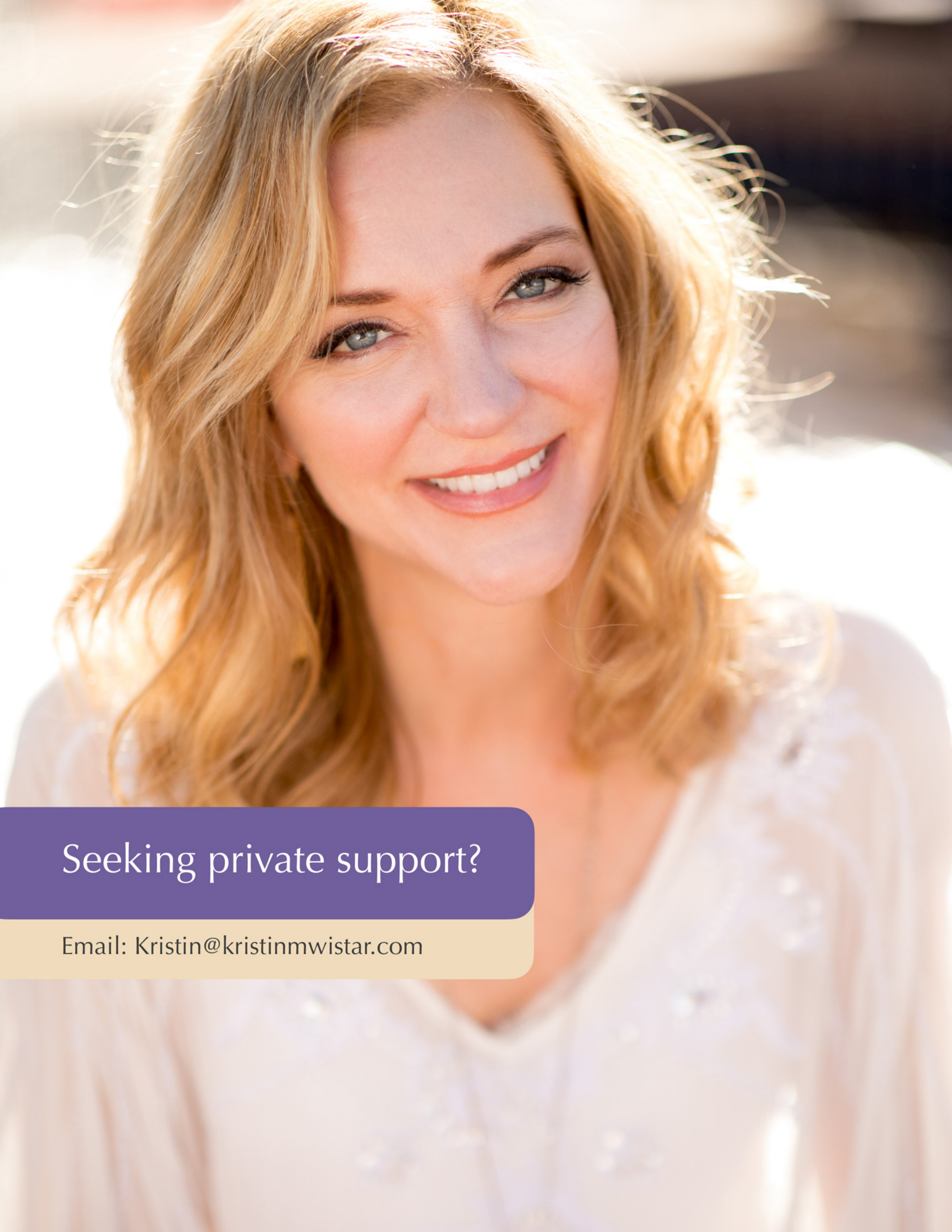
Tip #3 Mind your light management

More of this:

- Place dimmers on all the lights you use on a regular basis throughout your house
- Get outside several times a day for a few minutes to expose your eyes to natural light to help set your body to the natural circadian rhythm.
- Use incandescent light bulbs
- Start dimming your lights in your entire home as the light fades, especially after sundown
- Use black out window treatments in bedroom
- Use candlelight to supplement your lighting
- Wear blue blocking glasses while using electronics at night, and/or after sun sets
- Use a sleep mask while sleeping
- Use red light bulb that can be plugged in to outlets in bedroom/bathroom if you need to get up during the night or before the sun has risen
- Cover digital screens on security panels, thermostats in bedroom

Less of that:

- Use fluorescent or LED smart lighting
- Turn lights up brightly at night
- Watch TV, use electronic devices before bed, without using blue blocking glasses
- Use electronic devices just before bed
- Use clocks with digital blue light



Seeking private support?

Email: Kristin@kristinmwistar.com



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I've been in bedrooms where the drawers in the nightstands and dressers were so stuffed they couldn't be closed.

Where the dust was so thick it looked like icing on a cake and underneath beds were packed with miscellaneous junk ranging from rifles, boxes of alcohol to snow skis.

And each of these client's not only had a problem with their sleep, but they also had several problems involving their health, finances and relationships.

Excessive clutter can be a sign of a much bigger problem.

It can stop forward movement in its tracks and block the flow of healthy chi while generating feelings of overwhelm, anxiety and depression.

**“A zenful bedroom opens the doors to a goodnight sleep.”
— Kristin M. Wistar**

Tip #4 Give your room some space

More of this:

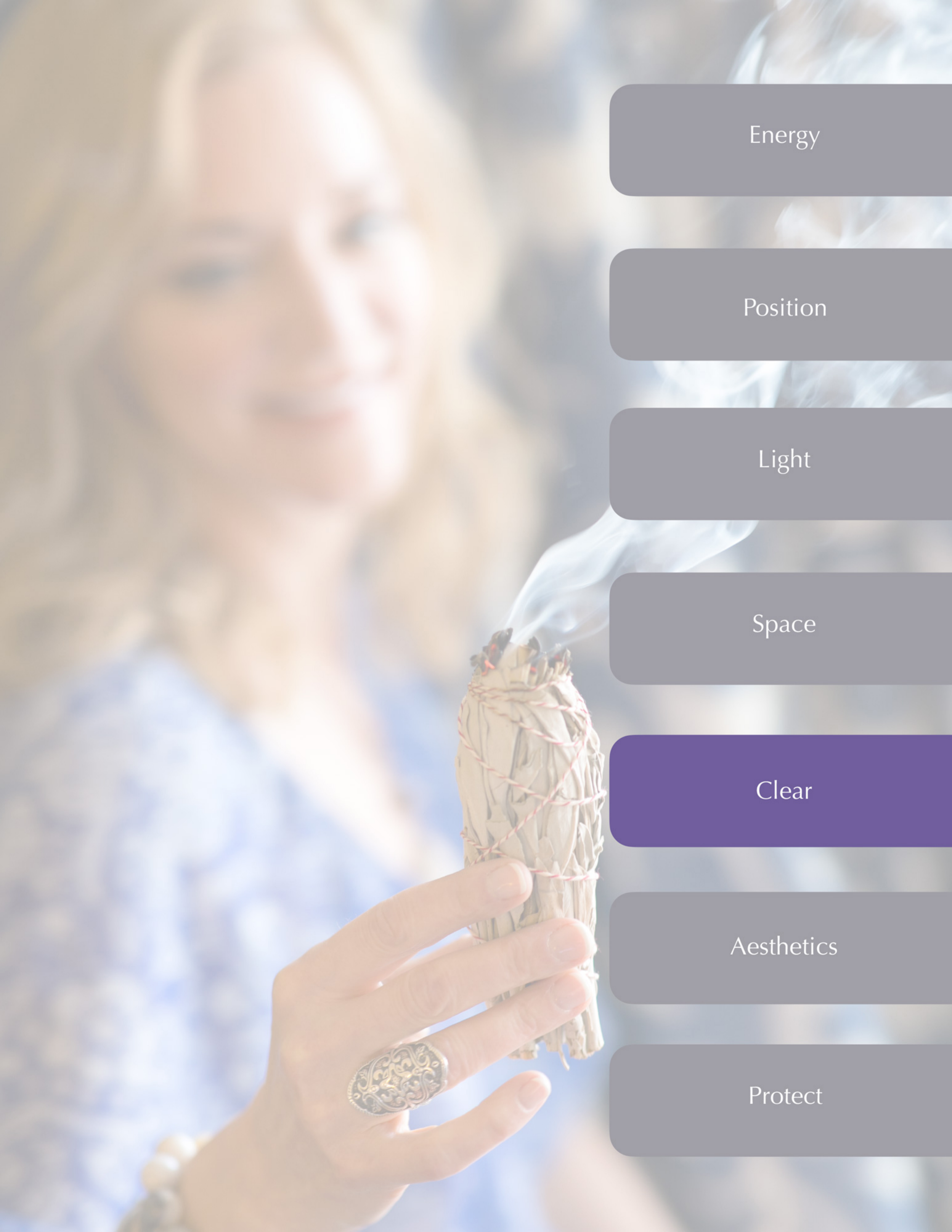
- Create a Zen like feel in your bedroom- less is more
- Create more empty space between things
- Remove anything that is broken, cracked or not being used
- Remove excess of anything including: decorations, furniture, piles of clothing, books, papers
- Place only a few things on top of your furniture
- Keep nothing under your bed
- Wash your sheets weekly
- Keep your floor clean and clutter free
- Place furniture that is properly scaled to the size of your room
- Make your bed to create order and a fresh start every morning

Less of that:

- Use overly large furniture for the scale of your room
- Leave piles of books on your nightstand
- Place things under your bed
- Leave clothes on your floor
- Decorate excessively so you have a hard time dusting
- Have too much furniture so you trip over things
- Bring anything work related into your bedroom
- Store anything that isn't related to sleep and intimacy

Options:

- If you put things under your bed, place organized bins away from your head and chest area towards the bottom of the bed.



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Even if your bedroom is Zenlike, it can still have a cluttered energy field.

Porous substances, such as wood, drywall and fabric absorb emotional and mental energy and this invisible spectrum can build up in your bedroom especially if you or your partner have experienced stress, nightmares, sickness, arguments or mental anguish of any kind.

Picking up fear from the collective consciousness can linger in the bedroom and even the leftover energy from any predecessor who previously slept in your room.

Think about the energy left behind by the numerous people that sleep in hotel rooms! Yikes!

What to do?

**“After I space clear the energy of a bedroom and the heavy energy is lifted, there is a palpable feeling of lightness, regeneration and rebirth within its space.”
— Kristin M. Wistar**

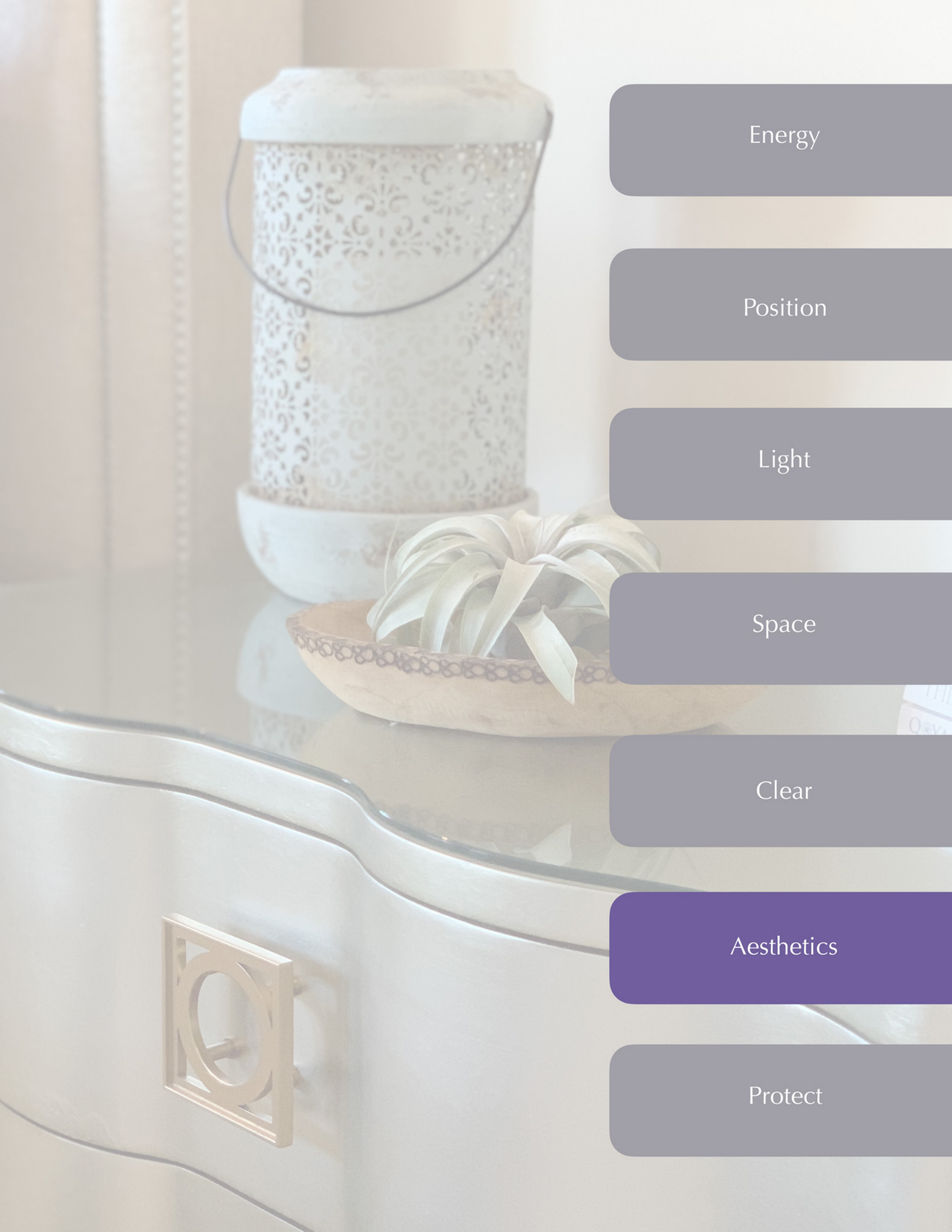
Tip #5 Keep going and space clear the invisible energy in your room

More of this:

- Use the power of fire to burn away heaviness: burn resin, sage, cedarwood, incense, ask the smoke to transmute heavy energy back into light
- Open windows for fresh air and sunlight
- Use the power of your intention & imagine your room filled with purifying white light or cleansing ocean waves
- Spray saltwater or fill bowls of saltwater to absorb heavy energy
- Diffuse essential oils
- Use sound to break up dense energy, play high vibrational music, sing, ring bells, play an instrument, clap
- Chant mantras, say prayers and affirmations out loud
- Call in support from your spiritual or religious guidance.
- Fill the room with intentional blessings when done
- Do a space clearing weekly
- Get help if you've tried all the above and still feel a dense energy

Less of that:

- Space Clear if you feel sick, angry or scared
- Intend any harmful thoughts on anyone else while clearing
- Argue in your bedroom
- Keep sunlight completely blocked out during the day
- Play low vibrational music
- Watch violent or scary movies in your bedroom
- Keep emotions stuffed down without getting help



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The furniture, artwork and architectural features can play a role in disrupting sleep. I discovered a ceiling beam in a recently divorced client's bedroom that split her bed vertically in half between her side and her ex-husband's side of the bed.

Anything that hangs over a bed can create a downward force on those sleeping underneath them. This force can impact your health and/or cause a strain on your relationship depending on where it lands on the bed.

Another feature to look out for are things called poison arrows that point towards you while you sleep. Architecture and furnishing are full of them and are made up of anything pointy or where sharp 90-degree angles form.

These poison arrows can impact the quality of your sleep and put stress on your body over time.

What to do?

**“Any work of architecture which does not express serenity is a mistake.”
- Luis Barragán**

Tip #6 Shift any architectural features and aesthetics impacting you

More of this:

- Chose furniture with rounded corners
- Purchase nightstands that are slightly lower than the mattress height, so they don't direct poison arrows onto your body.
- Avoid bedrooms with low or heavy ceiling beams.
- Purchase a solid headboard made out of wood or fabric to provide solid support
- Hang artwork that you love, and emotes a sense of peace, love and health

Less of that:

- Line your bed up with sharp corners pointing towards it. (ie) corners of walls, furniture
- Place your bed under a beam or soffit or low slanted ceiling
- Hang a large light fixture or ceiling fan over the bed
- Purchasing a headboard with open spindles or curves- not as supportive, yang energy
- Go without a headboard - no support
- Hang artwork that is depressing, bleak, stimulating or violent.

Options:

- Add a soft flowy fabric to cover the corners of a piece of furniture that has sharp corners
- Add a plant to buffer a wall corner or furniture that points towards your bed
- Attach fabric over ceiling beams to level them out - *good*
- Paint ceilings beams to blend with the color of your ceiling - *better*
- Drywall over ceiling beams - *best*



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“EMF radiation affects sleep because it has been known to reduce the amount of melatonin that we produce. The Department of Electrical and Electronic Engineering at the University of Melbourne conducted a study on exactly this.”

Source: Christian EMF Academy

Unfortunately, many of us are exposed to EMFs in the bedroom all night long surrounded by electric outlets, alarm clocks, cell phones, computers, tablets and transformers, chargers, electric blankets, water beds with heaters and dimmer switches.

These gadgets are often placed very close to the bed at night and surround your body in an unnatural energy field.

This can leave you vulnerable while your body is trying to restore. I have helped clients whose bedrooms are exposed to geopathic stress and EMF lines that caused sleeplessness and ill-health and shifted these energies instantly with dowsing techniques.

What to do?

“It really should be a criminal offense for an electrician to mount a breaker box on a bedroom wall. Unfortunately, I see the solar industry mounting inverters on bedroom walls also!”
— Steven Magee, Author of *Toxic Electricity*

Tip #7 Check for EMF's and other harmful energies

More of this:

- Purchase an EMF detector and check if the EMF is negatively impacting you
- Move electronics away from your bed, the further away the better
- Opt for a battery-operated alarm clock
- Call a professional dowser to check stressed energy fields including geopathic stress and other energy interference
- Unplug WIFI and turn off mobile phones at night

Less of that:

- Place electronics or create charging stations on your nightstand
- Purchasing a metal bed or mattress with metal springs - as it can conduct EMF
- Place your bed near electric panels that are located either inside or outside the house
- Use electric blankets
- Use heated water beds

“Whenever possible you should trade out LED and CFL lightbulbs for the older style incandescent bulbs.

Not only do these emit basically no radiation, and very little blue light, but they also won't add to the amount of dirty electricity in your home.”

Source: Christian EMF Academy



Bedtime Golden Milk

I'm sharing my favorite golden milk recipe. It's an easy recipe and a soothing ritual to unwind before bedtime and improve the quality of your sleep. I recommend using organic products. Feel free to adjust the ingredients to your liking. Enjoy, xx

Instructions

In a small saucepan over medium low heat, add your almond milk, almond butter and honey. Next, add your remaining spices, whisking as the mixture heats thoroughly. Do not let boil.

Remove from heat once thoroughly steaming and serve immediately in a mug. Leftover latte can be stored in an airtight container in the refrigerator for up to 3 days.

Recipe

1 cup of almond or coconut milk (unsweetened)
1 tsp honey to taste
1/4 tsp. turmeric
1/2 tsp cinnamon
1/8 tsp ginger
1/8 cardamon
Pinch of pepper
1/2 tsp vanilla extract
1-1/2 tsp almond butter

Bedtime Golden Milk

Benefits

The curcumin within turmeric has a calming effect on the nervous system, is anti-inflammatory and also helps in weight loss. Adding a little black pepper boosts the bio availability of curcumin by 2000% so don't forget the pepper!

Almonds: high in magnesium, which promotes both sleeping and muscle relaxation. This golden milk recipes uses them in the form of almond butter and almond milk.

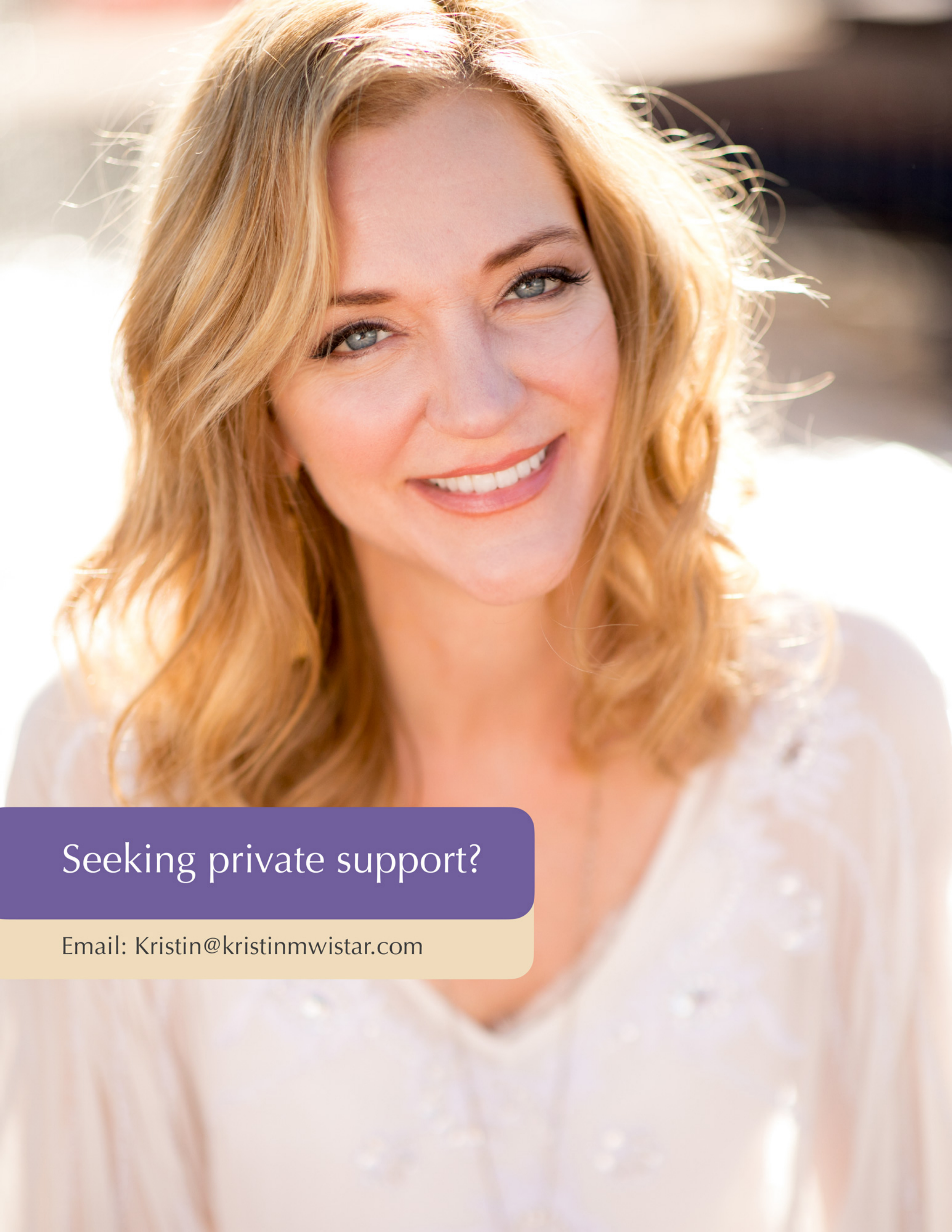
Honey: a natural anti-microbial, regularly consuming local honey can even alleviate seasonal allergy symptoms, as well as aid in digestion with natural enzymes.

Ginger: promotes relaxation and reduces anxiety. It also relieves nausea, acts as a vasodilator (blood vessels) and increases circulation in the digestive system.

Turmeric: anti-inflammatory, and also supports healthy joints.

Cinnamon: Similar to turmeric and ginger, cinnamon also helps with digestion, stimulating the digestive system.

Pepper: increases bioavailability (the body's ability to absorb nutrients with other food). Also has a high amount of potassium which helps with insulin resistance.



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