

Locating Your Best Places for Sleep

Eight Mansions Feng Shui

1. Assume the grid below is the property your house sits on.
2. On the grid, draw a rough sketch of the footprint of your house with the front door at the top of your sketch.
3. Next, draw an arrow indicating the direction of due North in the box to the right.
4. Divide your floor plan into nine equal sectors. Label North on the sector in the North direction.
5. Next, label the other orientations from your North reference point...i.e. NE, East, SE, etc.
6. Locate your three best directions for Sleep based on your birthday (from the Personal Trigrams Chart) and whether male or female.) “1” is for most rest; “2” is for second best rest; and “3” is 3rd.
7. Are you sleeping in one of your three best locations, with your head pointed in a good direction? If not, can you change where you sleep to one of your best locations, and see if you sleep better?

