



12 Steps to a Soulful Home

By Allison Wilson

SIMPLE, PRACTICAL WAYS TO HELP
YOUR HOME NOURISH YOUR SOUL

The journey back to Soul

One of the most important things we can do as we travel through this life is to remember who we really are – rather than simply stumbling along as the personality we've learnt to become.

We've all heard the theory about this - but how do we actually make this shift? How do we create our new tomorrow? One of the first things is to pay attention to your thoughts, and especially your feelings because your feelings are an indicator of how close you are to your true self. Stressed, depressed, fearful, crabby, numb? You have some way to go. Calm, peaceful, at ease? Then you're pretty close.

We live in changing times

This is a journey of transformation on which more and more people seem to be finding themselves at the moment – so if you too are experiencing a new way of being, fear not: you're most definitely not alone! What many are also finding is that this is all starting to happen with increasing speed; things are moving more quickly than ever before, and the old timelines appear to have diminishing relevance to the way things are now.

Another discovery is that things aren't happening in the way we expect. We can only ever visualise the future based upon the constraints of what's happened to us in the past. It seems as if the future in front of us now may be like nothing we've ever experienced before; and so it becomes impossible to imagine. It's time to let go of expectations; to just be, see, surrender and follow - trust at its most exhilarating!

There's a gossamer-thin veil between the feelings of fear and excitement. In facing the new beginning that appears to be ahead of us, we have choice. Why not make things easier and choose to step out of the shadow of fear? View these times as an adventure full of excitement, inspiration and freedom.

Smooth transformation

How do you best cope with this period of transformation? There will undoubtedly be challenges ahead; after all it's the challenges that show us when and where to make changes. But how do you

make it all as smooth as possible? Openness is a key to being able to integrate this changing energy - openness, and discernment. Always feel and acknowledge what truly resonates with you on a soulful level, so that you're able to follow your way through to your very essence.

There is a call to awaken. We're being invited to experience the wonder of reconnecting with our very soul. And before we can do that we need to be able to step off the treadmill of constant activity and distraction and find some peace and stillness.

How your home affects how you feel

This journey towards peace and stillness is where your home comes in. Never underestimate just how much your home affects you. Your home can determine not just how you feel and behave, but ultimately who you are. Does your home allow you to rest; to recharge so that you're ready and vital to step into what tomorrow has to offer you? Does it allow you to really be yourself? Or is it keeping you spinning in a distracting cycle of activity and confusion?

Our homes are a refuge and sanctuary from the hustle and drama of daily life. We need to rest, especially in these times of challenge and change. Our homes can grant us this space to rest, to reacquaint ourselves with peace, calm, stillness and joy. Our homes can be calm enough to help us find our centre; to reconnect with our very heart and soul.

Or they may not. The way in which we've set up our homes can also guarantee that we remain over-activated, scattered and off-centre. Instead of giving us sanctuary they can actually be a cause of stress and busy-ness. Our homes can even be the ultimate distraction from our search for peace.

Which is yours?

So – how do you recognise which is which, and then transform a seemingly ordinary apartment or house into a Soulful Home? Here are just some of the many simple and practical ways to bring peace into your home, and your heart.

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1. Light We're considering both quantity and quality here. Too much glaring sunlight and you won't be able to relax at all. Too little, and the atmosphere becomes so heavy you can feel bogged down and flat. Harsh artificial lighting does nothing to lift your mood, or your health – but soft, filtered natural light soothes our senses. For evenings, ban harsh overhead lights forever, and settle into the comfortable glow of table lamps placed around the room. For true relaxation, it's hard to go past the hypnotic dance of candlelight.

2. Surface Increasingly with contemporary architecture and interior design, we're making and filling our houses with hard, brittle, synthetic surfaces. These surfaces may glisten and gleam, giving us the perfect streamlined 'look' that we're demanding nowadays, but they do nothing for the 'feel'. They have no softness, no flexibility; they are unforgiving. We do not feel welcomed when we look at or touch them. The softer, rounder features of irregular natural materials are far more warming and nourishing.

3. Structure & Form Similarly with structure: the trend is to build angular houses and apartment blocks with hard lines and sharp edges. Boxy shapes. We've been trained into believing that this is what modern design should look like - but it's so predictable. Where's the mystery and magic, inviting us to peek around the corner? The teasing adventure of following a winding path that leads to who-knows-where? Where are the quirks and twists and follies that delight and entrance us? Where are the smooth flowing curves that remind us of our connection with Nature? What does it offer our souls?

4. Texture Soft, varied, natural textures are sensual. They tempt us to reach out and stroke. Cashmere wraps, time-worn timber, soft suede, woven wicker, floating muslin, hand-plastered walls, aged linen, rippled glass. They all invite us to run our fingers over them; to make contact with them. They become a visual and sensory experience that connects us to the essence of our home, and in so doing, nourish us.

5. Colour Colour is the most personal of experiences and has a huge effect on how you feel. Choose what makes you feel fabulous, rather than following fashion trends and simply buying what's easily available in-store. As with everything, following Nature just works. Filling your home with the soft timeless tones found within Nature's palette helps you to feel reconnected and calm.

6. Aromas Play music that you love and which stirs your soul. Sound is also one of the most beautiful ways to cleanse and clear your home. Using bells, chimes, chants, sounds of nature or flowing music clears your home of stale energy, and helps to build the sense of peace, calm and comfort. And then, of course, there is the absence of sound. The bliss of silence.

7. Nature Synthetic fragrances are laden with chemicals, and stress us. Natural aromas can relax us to the core. Just close your eyes for a moment and journey back to memories of the gentle scents of frangipani on a still summer evening; beeswax candles and furniture polish; dried lavender; cascading jasmine; the tang of fresh lemons; the fresh mint of herbal tea. Fill your home with only Nature's scents and feel yourself breathing more deeply and evenly as you connect and unwind.

8. Nature Inviting nature into your home is the most soulful thing you can possibly do. Whether for cleaning, bathing, decorating or furnishing - use products that are from nature and they will nourish and feed you on every level. Fill your home with plants and flowers; throw open the windows to allow fresh air and sunlight to pour in. Create an indoor-outdoor space that brings nature inside and transforms your home into a place of healing.

9. Clear Space For us to experience and nurture our own energy, our homes need to be clear space – that is free of any unwanted energy that interferes with, or overrides our own. Many old homes, or ones that are filled with antiques and ancient artefacts, contain 'inherited' energy; that is energy that's been left behind by others, which can disrupt our own energy. Similarly, living in areas where the Earth's natural energy field is distorted has been shown to affect health and wellbeing, and is known as 'geopathic stress'. Current technology, especially large sources of electromagnetic radiation, wireless computer systems, digital cordless phones and mobile phones, all emit clouds of radiation that literally fill our homes. Research is increasingly telling us that this man-made radiation is interfering with the electrical activity of our hearts and our brains, and is even changing our DNA. How can we possibly hope to relax, focus and connect within this fog of constant buzzing and pulsing? Making sure that our homes are clear of these sources of energetic interference leaves us free to experience our own subtle energy, and that of the wholeness - and in that connection move towards realising our potential.

10. Space to Just 'Be'

We all need to have space to just 'be', where we can sit and find the stillness. Whether it's a specially created meditation area, or simply a quiet corner of the house where you're able to nestle and find comfort, choose a space within your own home that allows you peace and visit it often.

11. Intention The intention with which you fill your home determines how you and others feel in it. Is it somewhere where you start to feel warmed, nourished, nurtured and centred as soon as you return each evening? Is it somewhere that restores, replenishes and re-energises you? Somewhere that allows you to unwind and be who you really are? Be clear about what you want your home to provide you with and firmly set that intention. Revisit and reaffirm your intention on a regular basis.

12. Love, Laughter & Joy

The most important ingredient in any home. Filling yourself with love, laughter and joy will spill over into every corner of your home. It will touch the heart of everyone who comes to visit – and it will feed your very soul.

These are just a few of the many simple ways in which we can all transform our home into a truly nourishing, healing sanctuary. A place where it becomes easier and easier to remember our very essence. Soulful Space that allows us to live from the heart. ❖



Alison is a Healthy Homes advisor, trainer and writer providing information on how homes and offices affect our health (in mind, body and spirit). www.alisonwilson.com.au