

GETTING STARTED

'Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.'

—Albert Einstein, *Saturday Evening Post*[†]

It's time to rethink how we're living in our homes, and question why we're doing things in certain ways, out of habit. Many of us are so inseparable from our devices that we end up working all hours and eating on-the-run. More often than not we're stressed, and we never seem to have enough hours in the day. To relax, we binge-watch television, and the majority of our time is spent indoors, disconnected from the healing qualities of nature. Our mental and physical health are suffering and our moments of joy seem all too fleeting.

For us to deeply relax, rest and heal, our homes should ideally be a sanctuary. Unfortunately, most aren't because they weren't designed to meet the demands of our 24/7/365 lifestyles, which have become dominated by technology. Many of us are living in formulaic spaces where form follows function, which can feel restrictive and outdated, and the latest interiors trends don't bring us lasting satisfaction or quality of life. These days, having a home designed to impress others seems rather empty and pointless, especially when it doesn't reflect who we truly are.

We're all in dire need of a space to breathe: a home that's a joy to live in, and feels comfortable and *real* to the people who really matter – the ones living there. Not the visitors. And certainly not the style police!

It's time to design our homes *intuitively*, not formulaically.

By rethinking the design of our homes, we can break unhealthy habits and form new ones that are right for us as individuals. But who has the energy or mental bandwidth for a major redesign at this point? The thought alone is exhausting!

In this book, we'll explore ways to transform your home, without major expense or upheaval, into a space that's nurturing and healing for you. When you listen to – and trust – your intuition, amazing things start to happen: you uncover your unique expression and surround yourself with what nourishes and soothes you. When your home mirrors who you really are you relax, which allows your body and mind to begin to heal. Inspiration soon flows and dreams seem possible again.

When home is healing to us, we thrive and feel able to contribute meaningfully in our global community. One of the greatest causes of unhappiness is the feeling of not belonging. Creating a home that mirrors who we are – and where we feel that we *do* belong – honours us. It's an incredibly powerful and healing experience. As Kahlil Gibran said: 'Your house is your larger body.'

To help you tap into your intuition, each chapter includes insights from Sonia Choquette, world-famous intuition coach and best-selling author of 28 books. Here's how Sonia defines intuition and her advice on how to listen to yours:

SONIA CHOQUETTE SUGGESTS

Intuition means inner learning. Inner guidance. Inner teacher.

There's an authentic spirit in all of us that is constantly communicating with us, not through intellect or language, but through vibrational, feeling sense. It's an inner frequency that gives you direction but is more than a compass to find your keys or locate a parking space. It's about keeping your spirit aligned with your soul's higher purpose. It's the guidance that keeps you connected to your authentic self. It keeps you associating with the energies that support you, and directs you

away from engagements that will cause you to lose touch with who you are.

Intuition communicates through the emotional healing body, not the thinking body. More importantly, it isn't something you have to get; you already have it. You just need to drop into it. The best and most immediate way to get into your intuition is with your body because that's when you quiet your brain. Don't think on it, walk on it!

To get accurate feedback from your intuition you have to be truly available, so consider going for a walk, a bike ride or dancing. But if you can't find time for movement, breathing deeply will also help you access your intuition. Breathe deeply for 5–10 minutes, then put your hand on your heart and ask yourself the question you want an answer to. Say out loud: 'My heart says . . .' and you'll get an intuitive answer.

True intuition has a distinct effect on your body. It feels like your energy is opening and relaxing, whereas wishful thinking or any other kind of mind projection causes you to contract. Intuition brings you a sense of 'Aaah!' (relaxing), whereas a projection brings a sharp intake of breath (tensing). You have to feel what's going on in your body: do you feel more expanded, or more contracted?

Here's another tip to try on a daily basis: instead of saying, 'I know', say 'I wonder . . .' Wondering is about not needing to know the answer. When you say, 'I wonder . . .' you immediately go into your right (heart) brain. You're listening instead of talking and you're opening yourself up to new information. The heart is an intelligent organ, and intuition originates from the heart, which has been scientifically proven to be 5,000 times more perceptive to energy than your logical brain.

Intuition doesn't work in linear time. You have to give it space. It doesn't work in the space of true or false. It works in the space of 'What is true for me for right now.'

FIRST IMPRESSIONS

Albert Einstein once said ‘I believe in intuitions and inspirations . . . I sometimes FEEL that I am right. I do not KNOW that I am.’²

When creating a healing home, intuition has to take the lead over logic. Unfortunately, if logic leads, the results can feel more stiff, formulaic and lacking in soul. But once intuition has had its say, logic is essential for working out all the minute details, problem-solving and turning the concept into a reality. The end result will be inspired but still practical.

Carla Coulson, photographer and creativity coach, says: ‘Give yourself permission to do you! Creating our homes is a reflection of who we are, but it also adds to our wellbeing. The more pleasure we feel, the more wellbeing we have. The more beautiful your home is to *you*, the more wellbeing you’ll have. Creativity is a marvellous elixir: in these quiet moments of mindfulness, you connect to your intuition. You can’t create in the future or past, you’re just present and, if you pay attention, you’ll have an idea, insight or a little bit of information comes ‘out of the blue’. We need more of these moments in our lives because they allow us to take a quantum leap forward with ideas, enthusiasm and heart-connection that all the logical thinking, planning and slaving-away never do.’

Everything is energy

How spaces make us feel is essential to our wellbeing. Do they uplift, calm and ground us? Or unsettle and irritate us? A space that doesn’t feel good is like listening to music played off-key.

Everything is vibration and energy. Humans are energetically responsive, sensitive creatures who absorb information like sponges on many different levels – even if we’re not consciously aware of it. Living and working in spaces that feel vibrationally off to our natural rhythm isn’t conducive to physical, mental or spiritual health. It creates stress and ultimately can lead to disease.

Jean Haner is a leading authority on the spiritual side of Chinese

medicine and the author of *Clear Home, Clear Heart*. Jean likens the energy of the people and places around us to invisible clutter. Unlike decluttering our homes of physical objects, we don't know how to clear energy because we can't perceive it with our eyes.

'Stagnation in your space can be part of why you feel stuck in life overall,' Jean says. 'Your feelings get imprinted in your surroundings. What space clearing is really about is you learning to be in touch with your feelings. We're all so stressed and distracted by everything, that most of us aren't even in our bodies anymore.'

'Try walking through your home – or a room – and allow yourself to become quiet, take a breath, close your eyes or stare off into space. Notice how you're feeling in that spot. If there's a chair you never sit in, go and sit there. Tune in, see how you feel. It may take a moment because these feelings are very subtle: it won't be like being hit over the head! Stay quiet, stay put, and pay attention for the tiniest whisper of a feeling. Trust it when it comes, and explore it because it's actually based on something. This is new territory for most people, but whatever feelings come, remember they're not dangerous – they're just information. Don't worry about rules, and doing everything correctly. Your awareness makes a difference: just putting your attention on stressful energy eases it.'

When Jean does a space clearing, she looks at three different types of energy:

1. Old emotions

These get stuck in a space, whether they're from the current or previous occupants. The energy of stress, worry and anxiety expresses outward into our environment and – the more intense or frequent the feeling – the more likely that there's a little, invisible cloud hanging in a space. This continues to affect you every time you walk through that space: it can stress you even if you weren't stressed before you stepped into that spot! Typical areas include entrances, in front of the kitchen sink or cooker (stove), sofa, bed and desk chair.

2. The energy of the land

Just like the human body, the earth has meridians of energy running through it. These can become unhealthy for a variety of reasons. If the foundation of a nearby house cuts through a line of healthy earth energy, this can turn it into unhealthy energy, which runs through the land under your home, and ultimately can affect you.

3. The impact of technology

All our devices and gadgets emit electromagnetic fields. Everyone has a different sensitivity to EMFs; some aren't bothered at all, while others are extremely sensitive to the point of feeling faint or dizzy when around certain appliances or devices.

In space clearing, getting the overall balance of yin and yang energy right in the home is essential. Ideally, it should be around 40 per cent yin, and 60 per cent yang. Yin energy is the quieter, more still energy that we need in order to relax. It helps us to get a good night's sleep, and stay in touch with our feelings. Yang energy is more stimulating, helping us to get up in the morning, get things done and feel vital.

For the most part, emotions are yin. As we live our daily lives, we experience lots of different emotions, some positive, others negative. These can linger in our environment and affect us. Each time we have an emotion, we make a little deposit of yin energy in the space. Over time, the yin value rises – sometimes reaching as high as 90 per cent! If yin and yang are out of balance, this can be a contributing factor to tiredness, mood problems, difficulty with sleep or relationship issues.

Energy builds up over time, so having your home cleared once a year is very beneficial and is definitely worth considering whenever you move into a new property. While *Clear Home, Clear Heart* is an easy-to-follow, practical guide to the art of energy clearing, if you prefer to hire a professional I highly recommend Jean Haner for space clearing and Bruce Peters for personal energy clearing.

Budget tip

Here are some simple space-clearing methods recommended by Jean:

- Devise your own ceremony, for example walk through your home with a candle and put some love into every room.
- Open the windows and let fresh air blow in.
- Play joyful or loud music – percussive sounds such as drumming are especially powerful.
- Try shamanic space-clearing techniques like clapping, pounding drums and ringing bells.
- Have a housewarming party with lots of people, noise, music and celebration.

EXPRESS YOURSELF

Chinese medicine is a 3,000-year-old goldmine of knowledge that can help us to create a healing home. If we understand our unique nature and needs, we free ourselves from the endless pressure to conform, and our worry that others will judge us. This knowledge is not only empowering but leads to a greater understanding and tolerance for the needs of those who share our home. We stop taking things personally and reach a compromise that keeps everyone happy.

Jean Haner's latest book, *The Five-Element Solution*, examines the five personality types and what they need to thrive.

'Chinese medicine is the original personalised holistic medicine, but there's a psychological aspect to it that most people don't know about,' Jean explains. 'It's about determining someone's personality type and, based on that, understanding their unique needs in their home environment.'

As you read through Jean's descriptions of the five main personality types, see which one you relate to most. While each of us has all

five energies present in our nature, there's always one that's our default setting and is how we move through life. Jean calls it our Home Base.

1. The Dreamer

Dreamers are highly intuitive, very creative and have a rich inner fantasy world. They do best in a quiet environment and need time alone. They thrive when they're in flow and not constrained by a schedule.

They're often drawn to a very romantic decor, love mood lighting, candles and areas of darkness in the home. They hate bright overhead lights and have a need for luxurious fabrics like silk and velvet. They love to retreat to a dark bedroom, with no light trickling in, or blinking lights from devices. Adding touches of black to their home is healing to them, along with water features and pictures of water scenes. They love baths and should never live in a home that only has a shower: the ability to close the bathroom door and have a long soak is wellness for them. The quality of their bedding is of utmost importance as they love to lounge in bed.

2. The Warrior

Warriors like to get things done and are very active and highly organised. They like structure and to have a place for everything, and everything in its place. They hate clutter and love to throw things away. They'll alphabetise their books rather than arrange them by height and tend to be highly scheduled and quite rigid in their schedule.

They hold a lot of inner tension and require a way to blow off steam daily. They need a workout room, or to live by a bike path or hiking trail. It's essential for them to get out into nature as they really shouldn't be inside all day. Having shades of green, plants and wood furniture in their home is healing to them, along with images of trees. DIY and making things with their hands appeals to them.

3. The Free Spirit

Free Spirits live from the heart and are very creative. They need a home that expresses who they are, and that is fun. Adding touches of red, bright colours and flowers is healing to them, along with candles and a fire. Having bird feeders outside windows or live-streaming birdsong makes them happy. They delight in walking into a room and seeing a favourite thing that brings them joy. They love the energy of original art – as opposed to prints – and anything quirky that makes them laugh. Sparkle thrills them, like crystals hanging in a window or a sequinned cushion (pillow). They need freedom to express themselves and are more avant-garde so others can often perceive them as eccentric.

They love to entertain and light up whenever they're around people; however, they're not necessarily extroverts and can be very shy. They tend to be emotionally sensitive and easily affected by how other people are feeling. A big kitchen, dining room and living room where they can celebrate with others are essential to their wellbeing.

4. The Nurturer

Nurturers need a certain level of clutter. They enjoy collecting and displaying things because of the fond memories the items bring up. They tend to be sentimental; home and mementos are very important to them. Their lives revolve around family and relationships, so comfort is essential: comfy sofas, big easy chairs and places to cuddle. They hate minimalism! A mantelpiece covered with family photos and trinkets on every table feels like a hug to them. But they can go overboard so they need plenty of storage to avoid having everything on display all the time. Shades of yellow and warm pastels are healing to them.

The kitchen is vital as they love to eat, cook or share meals with others. It feels very lonely to them to cook and eat on their own. This doesn't mean they can't live alone, but having people to eat with makes them happiest.

5. The Visionary

Visionaries have high ideals. They like to be surrounded by quality products and are very sensitive to the feel of things on their skin. They love minimalism and Zen interiors and can't stand small, cramped rooms, preferring big, open, well-lit spaces that make them feel as if they can take a deep breath. White, grey and metallics are soothing to them. They love big windows and distant views; being high up and seeing far feels wonderful to them. Equally, they love pictures of skies and expansive, uplifting views. They're very sensitive to visual clutter: empty worktops make them happy with everything put away, rather than immediately to hand.

They're the most physically affected by other people's energy, so they need space between themselves and others. They're brilliant entertainers, but can go a little overboard, typically making everything beautiful for everyone, then collapsing at the end of the night because they forgot to eat. Getting away from the rest of the world and recuperating from feeling others' energy is vital for them. They love their family but need a sacred space to retreat to – even if it's only for 10 minutes. Having their home space cleared is very beneficial for them, and they thrive with a room of their own for spiritual practices.

A collaborative creation

Combining two or more personality types in a home requires understanding and compromise. 'Our judgement of another person's clutter or minimalism comes from our own filter,' Jean Haner says. 'So many conflicts in relationships are just based on how someone else tries to arrange their environment. It's important to understand that the other person's needs are not wrong: they're just *different*.'

Creating a home as a family – or group if you're sharing an apartment or house – can be a bonding experience. First, spend time individually pondering the themes you'd like to see come to life. This can be a general theme for the home, or a room-by-room adventure.

When it's time to get together and share ideas, it's best to have one person who understands the creative design process in charge of discussions. This ensures that everyone is fully heard – including young children as they're often the most intuitive. The key to success is to avoid criticising others' ideas, listening carefully and asking lots of detailed, open questions. You'll end up building on each other's ideas and creating a home that's fun and inspiring for everyone.

Re-storying your home

Humans have always learned through story: we tell stories, read them and watch them on screen. A story touches us emotionally and resonates deeply when its arc is powerful, engaging us in ways that facts and figures don't.

Everything has an unfolding story. We're aware of it with people: their past, present and potential future. But we're not in the habit of focusing on the story of our homes and the objects that surround us – even though they too have a past, present and potential future. We typically view them only in terms of their aesthetics and practicalities. When we perceive them as also having their own story, we become more aware of their energy and less inclined to dispose of them without a second thought. A cracked mug that can't hold liquid any more can become an attractive pencil pot. A dresser with woodworm in its base can be repurposed as a kitchen wall cabinet. A disused grain sieve can become a striking wall light – the possibilities are endless. It's all about reimagining a piece's story and how it can continue rather than ending in landfill.

The interconnection of everything, both animate and inanimate, is energetic. We feel the energy of a hand-crafted piece, even if we're not aware of it consciously. This is because the love, energy and attention of the craftsperson went into the making of that unique piece (the Navajo believe that they weave part of their soul into their creations). If we engage our imagination and envisage a new future for a piece that has outlived its current use, our creative energy becomes

entwined with it, providing a distinct energy signature and vibration that we connect with whenever we perceive the re-storied piece.

We can successfully re-story our homes by:

- Becoming aware of the energy of everything we have in them.
- Making conscious acquisitions – rather than impulse or convenience buying.
- Weaving our story into everything that's part of our home. This reaffirms the connectedness of all things and encourages us to live consciously rather than reactively or from a place of fear.

Author and teacher Sharon Blackie, whose work combines psychology, mythology and ecology, speaks of the importance of exercising our mythic imagination, and how our intuition is invaluable as we open ourselves to the possibility of re-storying our homes.

To do this successfully, we first have to delve a little into our own mystery and history and find what makes our heart sing.

Your Book of Inspiration

Before we begin this adventure, I suggest buying a blank notebook, the thicker the better, something beautiful and tactile for jotting down all your ideas and ideals for your home. Use it to let your intuition free-flow, and add doodle sketches and paste in images or anything else that takes your fancy.

Or consider getting a set of notebooks (matching or unmatched) to record different areas of focus. Whatever you choose, be sure it's something you're drawn to and will enjoy using. Flimsy exercise books have that 'back-to-school' feel and get dog-eared in no time.

To experiment with an alternative format, give hand scrolls a try, the ancient Egyptian and Chinese form of record keeping and art display. They're sold as ready-made sets or scrolls and can be customised as Xuan paper is inexpensive and comes in many lengths. Once completed, the scroll is meant to be a journey through a narrative.

Traditionally, it's unrolled from right to left, shoulder width by shoulder width, in order to study and appreciate each section's detail.

Creating an inspiration board on Pinterest is another option, but I love the tactile quality of paper; the scrapbook versatility of a notebook or scroll can't be recreated in the same way digitally.

Whatever format you choose, your Book of Inspiration will be an invaluable tool. It can help to reduce stress and create a state of mindfulness, much as adult colouring books do. You'll clearly identify what makes you feel at home, what nurtures you and makes your heart sing. As a touchstone for what's really *you*, it embodies the law of attraction: things begin to materialise in your life once you've defined them clearly.

Your Personal Blueprint

Each of us has a Personal Blueprint that's as unique as our fingerprints. From infancy through early childhood, the senses of sight, smell, touch, taste and sound are acutely experienced and absorbed, with emotional context intricately woven in. All of the feelings and associations that surround our early experiences – the sight of a dog; the smell of talcum powder; the feel of sand; the taste of apple sauce; the sound of a ticking clock – stay with us for life, for better or worse. We continually build on our Personal Blueprint during adulthood but, so often, it's our long-forgotten childhood impressions that guide our choices – even if we're blissfully unaware of the source.

Revisiting childhood as an adult tends to be an arm's length experience; it almost feels as if it happened to someone else. We look at snapshots, share anecdotes and smile at the memories, but the moment passes. Scratching under the surface of childhood memories is usually a therapist's remit, a journey we often undertake when life has pushed our buttons too hard. But childhood is a treasure trove if we choose to explore it, even just a little. Many of the signposts of who we are, what we love and loathe, what makes us thrive and what defeats us are all there for the reading. Following them leads to some fascinating and unexpected discoveries.

Creating your own Sensory Signposts to follow

The first step to creating a healing home is to trigger your childhood memories of likes and dislikes. This should be a fun journey, with lots of smiles and cringes along the way! But it's also reassuring as you'll often find that your strongest present-day likes and dislikes haven't changed all that much since childhood. Some of your memories may not seem to have an obvious connection to home, but experience whatever comes and jot each memory down. One word will do, as long as it will make sense to you later.

1. On five separate pages in your Book of Inspiration, doodle-sketch a signpost and label each with one of the five senses.
2. Begin with whichever Sensory Signpost draws you most. Jot down the first memory that comes.
3. Let your mind wander and write all the memories that follow the initial one. Maybe only a few will surface but, if you're lucky, they'll start to really flow.
4. When you feel inclined to move on, turn your attention to the next Sensory Signpost that beckons. Follow the same process.

You can work on one Sensory Signpost at a time until you feel it's completed, but it may be easier and more fun to chop and change between them. You can also do this exercise on a device but writing and doodling by hand helps you relax and encourages the return of memories.

PRACTICALITIES

Throughout the book, we'll be looking at how colours affect us and our personality type in Chinese medicine, along with the importance of soundproofing in creating a healing home. Here are some guidelines on both to refer back to:

Colour

Colour is one of the most complex and intangible elements surrounding us. It's never exactly the same at any given moment of the day, depending on the light falling on it.

Colours have an amazing ability to alter our moods and perceptions. They give off their own electromagnetic field and – because our bodies are highly sensitive to the electromagnetic wavelength of light – we're physically affected by them. In tests, even subjects who are completely blind react to variations in colour! Schloss and Palmer's Ecological Valence Theory suggests that people 'like colours strongly associated with objects they like'.³

- **Blue** Has a sedative, relaxing influence, helping to focus the mind and intellect. It calms the central nervous system, reduces blood pressure and heart rate, and is excellent for alleviating stress. Blue reminds us of the sky and clear water.
- **Green** Known for its soothing, harmonious effects, green reminds us of nature and healthy vegetation and is the easiest colour on the eye. It's wonderful for calming all emotional states.
- **Creamy vellum** Stimulates the right brain and encourages creative work without tiring the mind. It creates a sunny but subdued atmosphere that's nurturing, but not intrusive.
- **Yellow** Like sunlight, yellow stimulates, rejuvenates and invigorates. It alleviates depression and mental tiredness. It acts on the left brain, encouraging logic and non-emotional thinking.
- **Orange** Associated with joy and exuberance, orange stimulates the appetite while easing fatigue. Therapists use it to treat depression, stimulate the immune system and reduce the perception of pain.
- **Indigo and violet** Linked with the healing of mind and spirit, purples create an aura of calm and retreat.
- **Black** Heightens emotional response and rivets our attention. Black is the absence of colour and absorbs everything else around it.

- **White** Known for its calming properties, white can also remind us of sunlight. As white light is the presence of all colours, it too can have the effect of absorbing everything around it.
- **Red** Associated with energy, passion, exuberance and vitality, red is wonderful for stimulating the nervous system and mind but can be oppressive.

Soundproofing

Noise affects us in profound ways that we're not always aware of. Whether it comes from the outside (traffic, neighbours etc.) or the home itself (electrical appliances, voices etc.), it can negatively impact our ability to concentrate, relax and sleep deeply, which all have long-term consequences for our wellbeing and health. Finding optimal soundproofing solutions is essential to creating a healing home. Options include:

- **Plants** create oxygen and are humidifiers, ionisers and odour-eaters, as well as sound absorbers. The more plants, the better!
- **Upholstered furniture** absorbs sound better than wood, metal or glass furniture. Acoustic furniture works even better.
- **Lined and interlined curtains** offer more soundproofing than unlined curtain panels. Be wary of 'soundproof' curtains as they're very bulky with multiple layers, and hang more like a blanket. All soundproof curtains are blackout curtains, but not all blackout curtains are soundproof – despite what some manufacturers claim! Lined and interlined roman blinds are also an option, but are less effective than curtains because there is less fabric. Unless you suffer from allergies, avoid wood, plastic or aluminium venetian blinds as they won't deaden sound on their own.
- **Carpet** made from 100 per cent wool fitted with a quality underlay feels soothing underfoot. But if you prefer hard flooring, avoid engineered, and opt for reclaimed or FSC wood flooring, and add rugs in natural materials to attenuate sound.

- Replace hollow-core doors with **solid-core doors**, and add **weatherstrip** around doorframes to prevent sound from traveling through any gaps.
- Floor-to-ceiling, wall-to-wall **cupboards** (closets) with solid doors are perfect for masking sounds from an adjacent room or neighbouring property. The same applies to a **wall of books**.
- Acoustic moveable **partitions** are worth considering, especially in a contemporary space. There are many options to choose from (please see Resources); some modular systems of stackable blocks can be built to any width, height or shape you want within minutes. They're easy to disassemble and reconfigure in a different position, making them ideal for seasonal changes. Others made from sustainably sourced paper in a range of colours can be shaped into a flowing configuration and then fold away to the width of a book when not in use. Some even offer high-backed seating integrated into the partition itself.
- **Acoustic panels** for walls and ceilings absorb sound waves well. They come in all manner of materials, shapes and sizes and can double as wall art. If you enjoy creative DIY, you can make your own panels from sustainable materials.
- **Upholstered walls** have a luxurious effect but require professional installation to create a wooden framework on the walls, fill it with an interliner or acoustic absorber, and then stretch your chosen face fabric (wool, velvet, suede or linen are ideal) taut. Or there are stretched fabric systems for walls and ceilings that are ideal for irregular shapes and uneven or curved surfaces (please see Resources).
- **Sound-deadening paint** reduces echo and high-frequency sounds but has a very different look and feel as it's textured.

A FINAL NOTE

This book includes many research studies, expert opinions, books that inspire me, and some of my whacky design ideas! At the end of each chapter, you'll find plans illustrating some of them, and a chapter-by-chapter guide to all products mentioned throughout in Resources on page 269. As a bonus, additional international resources can be downloaded on the book's website (thehealinghomeandgarden.com). If you're a DIY enthusiast, there are also PDF guides to the projects mentioned.

Take whatever resonates with you and discard the rest. If you just follow *your* intuition, you'll create a home that's perfect for *you*. I've spent years following my intuition and it's never let me down. I hope you have as much fun reading this book as I've had researching and writing it.

CHAPTER SUMMARY

- For us to relax, rest and heal, our homes should be a sanctuary designed intuitively – not formulaically.
- To access your intuition, practise saying daily, 'I wonder . . .' instead of, 'I know . . .'
- Consider a space clearing of your property to release old emotions, the energy of the land and the impact of technology.
- To understand your unique needs in your home, tune in to your personality type in Chinese medicine.
- Consider creating a Book of Inspiration to note all your ideas and ideals for your home.
- Become familiar with your Personal Blueprint using the Sensory Signposts exercise.
- Colours can alter our moods and perceptions because our bodies are sensitive to their electromagnetic fields.

- Good soundproofing is essential to a healing home and includes plants; upholstered and acoustic furniture; lined and interlined curtains and roman blinds; carpet; fitted cupboards; a wall of books; acoustic moveable partitions; acoustic panels; upholstered walls; and sound-deadening paint.