



Brickell

Life & Style

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J.J. Rendón
the strategist

**Tips for
eyeliner**

**Anaís
Samarjian**



By Monica Suleski

Design well and prosper by making your **personal space a reflection of you**

constantly drawn by the energetic power of the rooms inside my clients' homes. Energy travels, and through movement in design, I noticed how the room's energy would shift for better or worse depending upon the choices I changed within the space. As I came to realize that this connection was similar to the energetic vibes we give off in person, I decided to apply this concept to my design choices in my own home. My bedroom has always been my sanctuary from the stresses of the day so I took special care in choosing the right colors, scents, lighting, materials and flow which would evoke a sense of peaceful serenity for anyone entering the room. Then I set about creating different moods for the other rooms in my house. Over time, with study and



Home décor is often viewed as a matter of aesthetics, focusing more on what works and looks good in the space, rather than how it makes you feel. But as in life, your home should be an expression of your personality, radiating your unique energy, and providing a haven for your soul.

I learned just how important the intangible aspects of interior design are for our emotional well being early in my career. I was



practice, I learned that keeping a room's décor simple and balanced is truly the best way to draw upon the positive energy – the peace and love – you hope to feel in life. In fact, "Peace and Love" has become the driving motto for both my personal and professional life.

We live in a fast paced, high stress world, full of idealistic man made images that cause us to second guess our own opinions and self worth. Sadly many of us buy into the media hype of the perfect body and lifestyle, leaving us unsatisfied with what we have and wanting more. Multi-tasking has also become the norm as we push ourselves harder in search of a faster, better way to live. Of course, this daily demanding bombardment leaves us battered and conflicted and disrupts the natural harmony and life balance we need to survive – and thrive. While some things in life are simply out of our control, others are not. We can make a positive difference in our lives and those around us by becoming more grounded and practicing more self-awareness and honest self-expression, and by making our homes a true reflection of the values we treasure. One great way to do this is to apply the

principles of Feng Shui in your home. Simply, Feng Shui is an ancient art and science developed over 3,000 years ago in China that reveals how to balance the energies of any given space to assure health, emotional well being and good fortune for people inhabiting it. Although the "well-balanced Tai- Chi practicing" people of the East may find this concept an easy do, for most over worked Americans, it can prove to be difficult and daunting.

At EE Designs, I use a simpler and more modern approach. By using my basic "life - design concept," I have found a unique way to bring a brighter and more positive hue to the space, as well as to the people who live in it. As a general rule, keep your décor simple, uncomplicated and clutter-free, the way life should be, and select your design elements thoughtfully. Proper balance and furniture placement are key to evoking harmony and

flow. Texture represents the more sensual, feel me, touch me, aspects of life. Variety and contrast add dimension. And color schemes are an important way to create mood and self-expression and can also be leveraged to affect emotions and behavior.

I believe that one of the first steps in creating an emotionally healthy home is to consider the primary function of each room, then choose a predominant color that works to encourage certain behaviors. Living rooms and foyers should be welcoming and invite warm conversation, creating a space that encourages people to connect with one another. Warm tones, like reds and yellows, and earth tones, browns and beiges work well in this regard. Dining rooms are often painted red to stimulate conversation and appetites! Bedrooms painted in blues, greens and lavenders are thought to have a calming effect, just what you want waiting for you at the end of the day. Whites and

warm colors are good choices for bathrooms in large part because they connote cleanliness and purity. Add accents of blues, greens and turquoise and this room becomes a private retreat for relaxation and rejuvenation. How about that home office or workout room? Color consultants suggest green, the color of concentration for work-related tasks. While reds and oranges can help you move and to help you work off the stresses of the days, they also tend to make you hot so blues and greens may be better choices for your home gym. And the happiest colors, they are the yellow-greens and blue-greens, great for creating light-filled and light-hearted spaces!

Start your day in an emotional and physical space filled with peace and serenity, and you'll soon discover that you can experience the true meaning of health and happiness in your own home, as it should be. Design well, and prosper, and find peace and love throughout your home.

To learn more about Monica Suleski, EE Design and her Peace and Love Design Concept (Peace & Love DC), please visit:

