

A black and white photograph of a woman sitting in a meditative lotus position on a low, dark wooden table in a modern living room. She is wearing a light-colored, long-sleeved button-down shirt and light-colored pants. The room features a fireplace with a fire, a television, bookshelves, and a large window. The text "A Space Defined" is overlaid in white at the top left, and "is a Space Divine" is overlaid in black at the bottom right.

A Space Defined

by Dana T. Duellman, CPIA

is a Space Divine

As 2009 quickly comes to a close, our thoughts might start to gather for the resolutions we will set in 2010. This year, why not set the intention to design a harmonious and balanced space in order to support your desires and goals? Often times we overlook how much impact our home and work space can be on our emotional, spiritual and physical well-being.

One of the most overlooked aspects of a healthy space is air quality. The air quality inside our space is often much more toxic than outside due to pets, cleaning products, dirty air filters and ventilation tubes, carpet and well sealed homes. An easy way to improve the inside air quality is to open several windows for a few minutes every day, and to bring in live plants. Live plants will attract energy, clean the air and remove toxins. From a Feng Shui perspective, live plants attract Ch'i, or life-force energy. No matter where you put a plant you will attract energy into your life.

Another aspect of a healthy space is the accumulation of clutter. Clutter

is defined different ways by different people, but it seems to happen on its own if we don't keep it in check. For our purposes, we will define clutter as something that is not needed, used or loved. Not surprisingly, love is the most difficult of the three. If you are holding on to clothes that no longer fit or items you are going to fix "someday", release them. This can be very difficult if the item was a gift or inherited. If it is difficult to release, but needs to be, it is a good idea to give it away to a nonprofit agency or to find someone who may benefit from it. Removing such things will make us feel lighter and more expansive and allow us to make room for new things. These new things can

be physical items, but they can also be intangible like new relationships or job opportunities.

It is also important to surround ourselves with items that support us and that inspire us. Art, music, candles and light are all space enhancers. Surrounding ourselves with things that bring us joy is another way to attract Ch'i and positive energy.

To create a home and work space that is inspiring and balanced will bring inspiration and balance into every aspect of your life. Home should be a space of rest, rejuvenation and balance; work space should be inspirational, energizing and balanced in order to keep us focused and productive. The best way to design a space for our soul is by doing everything with intention. When we utilize intention as the purpose behind our changes, the impact is profound.

The author, Dana Duellman, is a Certified Practitioner of Interior Alignment Feng Shui and a licensed Realtor specializing in creating homes with soul. MyPerfectSpace.com.