

By Phyllis C. G. Bowle
San Francisco based
Interior Designer and
host/producer of
"Living with Soul" on
TV One



Photo Courtesy: Fitzphotography/TV One

Making Your Home A Sanctuary

Can you recall how you felt when you first walked into a luxury spa or a hotel lobby or a loved one's home and it felt overwhelmingly calm and tranquil? As your senses take in the surroundings of fresh flowers, soft light, fragrant relaxing scents of lavender and 'come sit down' furniture, your aching back begins to relax, your heart rate decreases and a sense of well-being engulfs you.

Can you imagine having this type of space in your own home? Well, you can. And it's easy. Sanctuary means sacred place. And the lifestyle benefits of making your home your place of refuge, rejuvenation and tranquility far exceed the small effort it takes to create such a re-energizing environment.

Beautiful and peaceful environments always have some connection with nature, and one element you will always find in nature is order. There are no large tumbling stacks of old magazines in unsightly places or cluttered piles of clothes in every corner.

The first easy step to creating a sacred place is removing all clutter. Here's the good news: it won't cost you a thing. And your donations may make a local charity very happy. If this is already starting to overwhelm you, don't stress. You can create your sanctuary one room or area at a time.

