

Santa Fe

# TREND

WHERE ART AND DESIGN MEET



Homes With Heart  
BIG Small Spaces  
Healing by Design  
Outsider Art

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healing  
by design

Ideally, we go home. Both literally and metaphorically, home is an actuary that shields us and affords us the opportunity to recover the onslaughts of a sped-up world and the ravages of disease. Here's more to a healing sanctuary than an attractive, comfortable or a designated meditation space. A truly restorative environment results from the carefully engineered confluence of healthy interior design, therapeutic decor, and sustainable construction. Whether you're building a home, remodeling one, or merely redecoration it's possible to enhance the healing power of your surround to create a nurturing, rejuvenating retreat.

The first step is to take stock of your home by paying attention every detail. "Your house represents who you are," explains Althea an interior designer and house healer in Santa Fe. "Every object, placement reveals the inner you" Gray says, "so you should note information your space gives you every time you enter it. How do you feel when you go inside? What kind of sounds do you hear? What do you see? Does it feel oppressive or congested? It's important to

understand the subtleties, because they have a great impact."

Gray is a certified practitioner of feng shui the ancient Chinese art and science of harmonizing living spaces with spiritual energy. Among the methods employed to correct energy blockages or drains within a room is the strategic placement of objects such as mirrors, wind chimes, coins, plants, and fountains to redirect the flow of qi, or life force.

"Though these principles are valid throughout the world," observes Gray, "people need to adapt them to their own place and culture. Hanging bamboo flutes or Chinese coins doesn't always have much resonance in a place like New Mexico, but the goal of lightening up the energy or redirecting it through the strategic placement of objects of reverence can be achieved with artifacts from your own culture. What's important is the intention-using something that's meaningful to you."