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Soothing Symbols as Home Decor?

By Liz Hekimian-Williams

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by: **Liz Hekimian-Williams**

Did you know that our bodies can automatically react to certain environmental changes and stimuli, even to symbols you might use as decorative accents? I have a little experiment for you to try in a moment so you can experience the power of this idea. Once you see the reactions that can occur, you may find you will want to use this idea towards creating more soothing and peaceful home and office surroundings.

You can try this brief experiment to see how your body and mind reacts to some changes... Right now, pretend you are angry for a moment- feel the tension in your forehead, the wrinkles starting to form as you frown and all that... also, lean forward right now in your chair and clench your fists. Hold this and let yourself think an unpleasant thought. But now, let's change something- force your mouth muscles into a big smile and hold it there, smile! Now lean back in your chair. Hold this reclined position. Also, loosen up your hands again and keep a gentle smile... So, how are you feeling now?

Most people report feeling they are unable to continue feeling angry and that they become relaxed. Yet all they changed were positions of their own body muscles! Did you realize that there are certain things our bodies become conditioned to with repeated exposure? For instance, when we recline in a chair, our brains interpret this posture as, "ah, I am relaxed." So, simple physical posture changes can trigger automatic changes in a person's thoughts and feelings.

Here's an example of how things in your surroundings can trigger changes in your thoughts and feelings. Picture a place you have enjoyed visiting. It's like the sights and sounds there speak to your soul! Can't you suddenly get lost in that place, feel lighter, more at ease? There are certain symbols that many of us have become conditioned to throughout the years and that prompt changes in our thoughts and feelings as well. For instance, does saluting the flag or singing the national anthem ever get you feeling patriotic, teary eyed or choked up? If so, you are reacting to the symbolism, to that imagery, to those sounds.

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Now that you can see the power of symbols and how they can prompt certain reactions, why not use this to your advantage in creating more soothing surroundings at work and at home?

Here is a list of several symbols that have been used throughout the ages to represent such things as peace, tranquility, serenity, balance, faith, hope and goodwill. You may wish to consider one or more of these elements in your decorating plans since many individuals react favorably to these symbols and enjoy their essence. Dove of peace Angels (some even have angels holding a dove of peace) Serenity prayer or other prayer for joy or peace Peace sign Bless this home Native American peace pipes and such replicas Water element or fountain Yin yang (balance) Peace crane Rainbows Color blue Color white Olive branch Chinese characters proclaiming peace, joy, love or harmony

As you discover that your body and mind reacts to soothing symbols, you will want to consider including some of these symbolic elements when decorating your office or home. Adding these accents will not only help you feel more relaxed and inspired, but will also help your visitors experience your

surroundings as more soothing and inviting.

Liz Hekimian–Williams is founder of Giftsprings.com, an online gifts and home decor shop where you can find a large variety of home and garden accents, holiday, personalized, and special occasion gifts.

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What Style Tapestry Should I Buy?

By Richard Pace

If you are starting from a totally clean slate, you can create just about any style of home decor that you desire. But, what should you do? Many interior designers suggest finding an object that you find beautiful and building your decor around that object. If you cannot find something that you like enough to decorate around, why not consider tapestries?

Wall tapestries are available in so many different styles and sizes...you cannot go wrong. So, how are you supposed to pick one out that will make you and your decor happy? Easy! Just browse through some tapestry wall hangings and get a feel for what styles you like and do not like.

If you find that you like all of the ones you see, you can try to break down your favorites into groups. From those groups you can decide on what wall tapestry fits what style and what you like the absolute best. For example, people who like cityscape home accent furnishings tend to enjoy more traditional styles of rustic home decor. Others who love gazing at medieval tapestries tend to enjoy gothic decor more than anything else. There are others still who find beauty in floral tapestries and prefer unique home decor for their Victorian style home.

Many people are revisiting the ages of great artists, such as Degas and Van Gogh:

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. Though such lovely

artwork blends well in most styles of home decor, it tends to work the best in contemporary home decor. You can find home decor accents by many famous artists, no matter what style you desire. If you have a huge amount of space available for hanging your tapestry, you may want to consider large wall tapestries. They fill in large areas beautifully, and you will not have to worry about wall paper ever again!

Richard Pace is an interior designer who loves to help home owners find exactly the look they want. You can read more of his work at

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