



Housing Your Dreams— Creating Intentional Spaces

by Lou & Bruce Stewart

Among the threads that bind human beings together is the urge to improve one's life condition. From ancient explorers and healers to contemporary web masters and fitness gurus, the intention to pursue goals by consciously steering one's actions has captured the imagination of every generation.

When you look at things closely, even tiny neurons have intentions. Their intricate communication systems sustain a balance strong enough to maintain their supportive structures and place them in nurturing localities. We notice this well-positioned behavior from the smallest of plants to the largest of animals. Without it, their lives would constantly venture beyond the rim of safety, placing them and their progeny at risk. Thus, birds make their nests in lofty locales and plants grow toward the nutrient-rich sunlight. We can observe similar protective behavior at work in our contemporary cultures.

Most people can recognize spaces that feel comfortable and interesting to them and those that don't. Even children prefer surroundings that let them explore their environment. To test this, watch how quickly children becomes bored in a room containing things they cannot touch. Both children and adults crave to interact with things that encourage them and support their curiosities. This kind of internal awareness and attraction leads us to define spaces that work for us.

When people ignore the subtle signs of discomfort or lack of support in their environment, they are choosing to numb themselves. These signals are then pushed to the back of their minds in hopes that everything will somehow take care of itself. But does it really?

What do you tolerate?

The piano sitting in Susan's house was the same one she had been forced to play as a child. It reminded her of all the dreadful lessons she had to tolerate from her demanding teacher. Even though Susan hated it, her mother gave it to her. When asked if she ever thought of getting rid of it, Susan replied that she had never considered that.

The degree of discomfort that some people are willing to put up with in their environments is amazing. And it is surprising that a person would keep something as big as a piano that reminded them of such bad memories. This woman detested her piano yet refused to let it go. What are the psychological ramifications of this? Is she masochistic? Or does she really believe that keeping the piano will have no effect on her? The point here is: with what do you choose to surround yourself? We encourage you to consider just how these objects may be affecting you and your loved ones.

Some people are content to live in environments that do little to promote their well being. Except for a few creature comforts—a comfortable bed and chair—they remain oblivious to how their surroundings actually affect them. Others, aware of the discrepancies in their environment, still don't know what to do about it. They sense the gap between what their surroundings currently exhibit and what they truly value in life. Of course, not knowing how to address this can become a source of frustration, even an overwhelming problem.

Finding Solutions

When your surroundings look and feel uplifting to you, they more closely reflect your essential nature. Having your essential nature, your Core, well expressed stimulates development and encourages you to move toward manifesting your dreams. When you

remind yourself of what you do value, your attention focuses more on attaining outcomes and less on discrepancies. This attention bridges the gap between the two, strengthening your abilities to make changes on your own behalf. Here fits the old saying, "Where attention goes, energy flows."

The Oriental art of Feng Shui shows you how to employ objects as reminders of your resources, goals and visions. When you consciously place items to remind you of your desired outcomes, you establish a link between your present state and your desired manifestation. Every time you consciously or unconsciously see this object, your goal becomes more and more available to you. You begin to feel comfortable with the change. You may even get a clearer picture of how your life will look as your dream becomes reality.

To get started with this transformative process, here are a few simple steps. First, look around your bedroom and notice anything that is not congruent with your current lifestyle. (Perhaps you have a picture that you loved at one point in your life and now it appears less than inspiring to you.) Write a list containing each item in your bedroom that is not congruent with you nowadays.

Review this list of incongruent objects. Ask yourself if it would be beneficial to move these to another location. Perhaps you may want to give a few of these away to someone who would appreciate them more.

Next, make a list of objects in your bedroom that you really love and are congruent with you. Go through the list and ask yourself, "What common qualities do these objects have?" List these qualities. You can use this list to recognize similar qualities in other objects around your living and working spaces. Let the list now be your gauge for selecting objects that will establish a more supportive environment for you.

Remember playing the children's game of finding hidden objects in a picture? Illustrators cleverly camouflaged objects in a scene, unnoticed by a quick glimpse. Yet when you intentionally focused on discovering a certain object by looking methodically around the picture, it suddenly, almost miraculously appeared! Your intention and attention helped you discover it. You can use this same phenomena to discover exactly what you truly want to place into your environments. What do you imagine would enhance the space best? Maybe something whimsical and colorful or tailored and dramatic! What effect do you actually want to create now?

The intention behind Feng Shui arrangements and adjustments brings vitality to both your surroundings and your goals. Whenever you clearly picture, write or state your highest outcomes, you add intention to your arrangements. By actively involving all your senses, you begin to bring your highest outcomes to life. Now you are expressing the values and intentions from your Core outward into your environment, where they can give you and others the most enjoyment and benefit.

When your environments are filled with objects and arrangements that remind you of what you value in life, your surroundings then can support you and help you to realize your Dreams.

Lou & Bruce Stewart assist people in discovering their Core and creative ways to maintain that connection within their body, mind and soul. They consult and teach workshops locally and internationally. This article is an excerpt from their upcoming book entitled Housing Your Dreams. The Stewarts can be reached at 985-892-6460.