

Rise of Happiness

ISSUE 4

Your wellbeing digest magazine





I love my home. When I open my front door I enter a world I love – my sanctuary. It welcomes me with a big squeeze hug. It helps me recharge and recuperate...to shake off the challenges from the day.

The definition of 'Home' is 'an environment offering affection and security'. Yes, that's something we may all want, but for many this is not the case. The potential of their home lies dormant, waiting for the magic to be unlocked.

Your home is your foundation, and you don't want to be on rocky grounds!

A home should help you feel peaceful and happy. If it doesn't, it's like being trapped in a damaging relationship, feeling unworthy of more. It wears you down, and nags at you every day.

Like when you get out of bed in the morning and stand on that squeaky toy (again!) rudely reminding you that you still haven't sorted out the storage in your kid's room.

ynlea West

HEALING OUR HOMES

Or when you look around your house and it looks like you've just dumped your pieces of furniture there – random odds and sods from over the years. Nothing cohesive. Nothing to lift your spirits. Just frustration. Feeling so worried that any attempt at home improvements you make might be 'wrong'. Often meaning that nothing gets done at all.

Typically, we spend most of our money on our home, whether it's a mortgage or paying the rent. We do ourselves a complete disservice to spend all that time and money on our home, and not make the flippin' most of it!

Having worked as an interior designer for over 20 years, I know how much design can transform your home. To take it to the next level, to really 'heal homes' (and lives!), I have conjured up my magic cocktail of design, creativity and wellness... infused with a good measure of laughter.

My Home Awakening Method helps unlock your home's potential, which in turn brings out the sizzle in you.

It helps you feel more capable and organised, and brings peace and calm to your day.

A home that you're happy in, that sustains and nurtures you, is the foundation to a joyful life. It nourishes your relationships with those you care about...and yes you get to proudly show it off.

Here's 6 simple tips, shared with love, to help you and your home feel in flow:

HOW TO START YOUR PROJECT

When starting a new project, it's easy to get caught up in all the images of gorgeous home interiors. This is not the best way to begin. The problem is you can end up feeling bombarded by magazines and social media creating such overwhelm, you just don't know which way to head. Instead, step away from your phone (and your kids!) and take a quiet moment in the space at home you would like to improve. Think first about how you want to feel in the room (there will be time for the pretty pictures later).

CHOOSE 5 WORDS

Look up positive emotion words and choose 5 that you *love*. Listen to that whisper of your intuition to find out what it is that gets your soul sizzling. Once you've bonded with your 5 fabulous words, use them as a basis to bring your scheme together. Whenever making decisions on your project, constantly check back on them and ask yourself if this decision is making you feel this way, or not. If not, kick it to the curb!



EVERYONE GETS A SAY

When renovating your home, it is important that everyone in the home is asked and acknowledged and understood. This way families connect with each other, and their home.

I love having a trick to make sure kids feel they get to have a say, but it still works for you too! Kids typically want their bedrooms to be bright (often not quite the sophisticated hue you might be hoping for). So let your child choose their favourite colour but keep it as a little colour pop in the room. Meanwhile you paint the rest of the room a colour that brings you joy.

I like doing it on the back of their doors – full impact for them in their room, and completely obscured for you from your hallway. Inside a wardrobe, or a chest of drawers, is another discreet way to bring a little pop of joy every day. This chap was all over Atomic Red from Little Greene. That would have been a *whole* lot of red. Here we paired it with Farrow and Ball's Oval Room Blue...which was working a whole lot better for Mumma.

SPACE & SPARKLE

Mirrors are an integral part of good design, whether they're pretty decorative mirrors or a mirrored wall to create the illusion of space.

Mirrors can also help increase the brightness in a poorly lit space and bring the sparkle to your room...and indeed to you. Positioning them near windows helps reflect the natural light, which also brings the joy of the outside in (as long as the view is lovely). According to Feng Shui, this doubles the energy in the room by reflecting the positivity. We say yes!



KEEP THOSE PRETTY JARS

For a quick spruce up in my home, I use my rather insane number of little glass vases and jars (yes, up there with my rather obsessive number of scatter cushions!)

Just put a tiny bit of foliage, or a single stem, in these glass vases to dot throughout the house. It's chic, simple and affordable, and will pep you up as you move through your home. Using this idea in my own home is a definite streamlined step up from previous years. I used to constantly move crazy large vases of flowers around that were pretty much always in the way...especially with the later addition of two football-playing sons!

EMBRACE THE MEMORIES IN YOUR HOME

Look for the pieces in your home that evoke special memories – it might be a special artwork or memento from travel or family, or perhaps something culturally meaningful. Often, we might have special pieces like these that just sit in the same place they've always been in our homes. In the end, our brains just glide right over them.

We overlook them. Their value, their spark, their fabulous memories no longer register. Try moving just one such piece to a new position. Such a simple thing to do, but I promise your eye will catch it again... and it will be appreciated once more, as it should be.

A home filled with special memories (that you actually notice) helps you feel comforted and aligned.

Enjoy the smile and the joy it brings.

Happy home healing to you xx

Lynlea worked for many years as a luxury hotel designer. She now fuses her design expertise with her passion for wellness, and tapping into intuition as The Home Healer...helping people create beautiful homes that provide a sanctuary.

Lynlea offers 2 hour Deep Dive sessions to help you unlock the potential of your home with her Home Awakening Method.

She is also giving away for free her 'Five Easy Ways to Add Interior Design Surprises to Your Home...that'll make you smile!' Head to www.thehomehealer.club

Instagram @lynleaweststudio

appiness is:

- Floating in the sea
- Snuggling under 'The Snuggly Blanket' watching movies with my kids
- Creating colour schemes