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Spirit Of The Home: How To Make Your Home A Sanctuary



Synopsis

For readers who want to go beyond feng shui to the next level of home enhancement, this beautifully illustrated book looks to the mythology and psychology of the home, while showing imaginative and practical ways to use light, color, and sound to give any living space a welcoming and relaxing ambience. Designing and arranging spaces that improve the quality of life-spiritually, emotionally, and physically-can make a home, be it a spacious house or a single room, a refuge from a stressful world. Readers will find the process of improving their home to be simple and fun as they follow the book's formulas. For example, the "Loose Living" chapter shows how people with no sewing skills can enhance a room by swathing and draping furniture in fresh fabric as an instant cover-up for a battered sofa-or use fabric as an ally to filter the light atmospherically or conceal a dismal view. The "Found Objects" chapter shows how finds from junk shops, flea markets, and other secondhand sources can be transformed into treasured keepsakes. Instructions for arranging the home to attract success and energy and clear clutter painlessly are among the many easy-to-implement tips presented.

Book Information

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Customer Reviews

I've read so many books about interior decor, Feng Shui, space clearing, etc., etc. - but this book covers all aspects of making your home a true haven for body, mind and spirit. It is not only inspiring to read but beautiful to look at. Jane Alexander gives many tips which are easy to carry out without a great deal of expense. I can personally vouch for the fact that if you follow her advice, you will

notice the difference in the atmosphere of your home - and so will your visitors. This lovely book makes a perfect gift, particularly for someone who needs their spirits boosting or is contemplating decorating their home, or perhaps moving house. Only trouble is that if you buy it for someone else, you'll probably be tempted to keep it for yourself!

I was bowled over by this book. It made me look at my home - and at my past and present - in a totally new light. Jane Alexander doesn't just talk about feng shui, light, color and sound (although she does that too) - she looks beyond all that to the mythology and psychology of your home. I was intrigued to find out why I always want "look-good" homes rather than ones which are practical and "feelgood". I was so inspired that I rearranged my whole space - and it made a huge difference. If you want to go beyond feng shui to the next level, I'm recommend this book. I bought one for a friend and ended up keeping it - and buying six more for presents.

This book pulls together a variety of spiritual concepts - feng shui, goddesses, purification/smudging, creating altars, use of stones and crystals, aromatherapy/scents in the home, and colors. It's really a great overview. Activities like spring cleaning and decluttering are covered as are specific rooms like bedrooms, kitchen, etc. There are some terrific photographs throughout the book which really inspire. I like that the author put all of this together into one book. I have other books that talk around all this - one on feng shui, one on crystals, one on potpourri, etc. This book ties them together and I feel like now I can go back to those other books and apply them better.

This book was a real "find" for me. I have several books on feng shui and space clearing, and this one was intuitive, yet practical at the same time. It is spiritual but loaded with remedies for clearing one's space on this earth while we are here! I never thought to talk to my house, yet it makes perfect sense! It reads almost like a novel and is just full of information. I wish I could go home from work now and continue with the "read"!

I enjoyed reading this book. It spoke to a part of me that knows that there are rhythms to life. It shows us that we need not be up and sparkling all the time, that there is a time for feeling empty and receptive to the world around us. It is a book that covers a wide range of topics from Feng Shui to Rolfing. I would recommend it.

This is an INCREDIBLE book. There are tons of good practical suggestions, but what sets this book

apart is its ability to customize the end result (your home) to the type of person you are and the kind of home you have. Rather than being the typical "do this, try that" decorating manual, Spirit of the Home starts by getting you in touch with the philosophy and psychology behind creating a home. And in the end, the creative changes to your home wind up being YOUR inspirations, not the tips of some random author who's never met you or seen your house. GET IT ... IT'S GREAT & AN EASY READ.

As someone who spends a lot of time at home (I telecommute) I found this gem of a book invaluable in creating my own private and work space to be more efficient, more harmonious, more SPIRITUAL! I love it! Thanks Ms Alexander! Chris

Jane Alexander writes in an easy to understand fashion, explaining areas of concern and giving simple ways of improving the energy of your house. It changed my life and made my home a place where I could feel more comfortable than I ever have before. Not lots of jargon and weird stuff either.

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