

My mother used to tell me that you never really know a person until you've been in their home. I believe this is true.

Take a moment and think about where you live...what thoughts come to you? How do you feel about your home? Assuming it effectively provides shelter, does your home also aesthetically please you? Does it fit with your sense of who you are? Perhaps it's opulent. Maybe it's more modest but beautifully crafted, perhaps more basic. Maybe you feel your house is ugly and you don't like it at all and you'd rather be somewhere else. When you are at home, do you have the feeling of belonging there?"

Regardless of whether you are a homeowner or a renter, or perhaps renting a room in someone else's home, does your living space suit who you really are—your true essence? Does it provide a sense of refuge and renewal for you? Start to notice how your home acts as a mirror reflecting where you are in your deeper spiritual and psychological processes.

### Who are you?

The idea of home "housing one's spirit" goes beyond what we usually consider when creating home. Beyond architecture and design, beyond Feng Shui and trendy or traditional looks, this brings in elements of depth, psychology and who one is at their deepest level.

It is very interesting to see what happens

when the starting point used to create home is of a different nature. Not the starting point of the perfect square footage, or a beautifully, conventionally or artistically designed space, but the point where home is an externalization of your essence — present and future, with history thrown in. Add to this the art of placement, the use of color, the layering of many elements, and HOME begins to be revealed. It's not about acquiring a lot of new stuff — it's about your congruent self-expression.

hope for, where we want to head expressively in our lives and let the momentum and vision of the "new" grow from there. It can feel like we are cleaning out energetic clutter that is holding us back. Our barren areas are being healed. Our homes become congruent and supportive expressions of who we are. We start to discover new directions. It's a process of mining for the gold of our essence, which is then externalized in our home as a soulful array of creativity and beauty, helping us daily

## The Healing Power of Your Home

Nina Summer



to stay more in touch with our essential selves, and relate to others from that deeper place.

Whether you consider yourself to be living in your ideal home or whether you find yourself in a place less than what you wish to call home, this is your starting point. Fill your current abode with your soul, your awareness and your self-expression and you will see the

changes start happening. It's like coming home to yourself. And this will help you become more magnetic to everything congruent with who you are within other areas of your life as well. Do it in one area and other areas of your life begin to fall in place. Fully express yourself the best you know how right now and you might be delightfully surprised.

*Nina Summer, owner of House Your Spirit, helps dwellers create supportive environments through her interdisciplinary approach of psychology and interior design (she has degrees in both). She loves creating expressive environments and has extensive training in color. She lives in Loveland and can be reached at 970-980-8018.*

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### Where are you in your journey?

The most interesting aspect of this process is the idea of our homes as a mirror of ourselves. When we start to see what our homes are telling us, we begin to make changes, which help us to let go of what is not working for us. We find hidden clues — where we are currently stuck, how much we are expressing our true creative nature, where we are supportive of ourselves and where we are not, where we still need deeper healing.

### Homeopathy of Your Home

From this point, HOME can be our "homeopathy." Give ourselves a little of what we

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## House Healing with Heidi

HEIDI PETERSEN

Why are some people easier to live with than others? One answer to this question regards the compatibility of the roommates' conceptions concerning what it means to live communally.

Let's consider two common ways of sharing living space: the beehive model and the 'free to be you and me' model. People who embrace the beehive model hold that living together is like forming a beehive. Each person has specific tasks that contribute to the successful operation of the entire household, and the commitment to that success trumps the individual desires of the people involved.



Typically, people living in this sort of arrangement agree about what the living situation is supposed to look like, and use that agreement to guide the activities and priorities of each person who is a part of the group.

On the other hand, people who subscribe to the 'free to be you and me' model have a view that part of the living space belongs primarily to one person, and another part belongs primarily to another person, while communal areas in the house are set neutrally in order to facilitate communication among the individuals in the household. Negotiation within this more individualistic model involves deciding how each person can meet his or her needs while living together.

One source of complaints among people who live with others involves a clash between these models.

Let me relate a story about a married couple facing this sort of clash. The wife subscribes to the beehive model. When she and her husband are working together to meet the needs of the larger household, she feels safe and loved. However, when her husband creates a space in the house that is entirely his own, she feels lonely and abandoned. Meanwhile, the husband holds a 'free to be you and me' perspective in which he feels trapped and extinguished

## A Room of One's Own

by the demands of the beehive view. He feels as though there is no space for him to be himself in his own home, and, consequently, is feeling pushed out of the house and the marriage.

This dynamic easily can lead to blaming: he is irresponsible for not cooperating and she is controlling for not allowing him space. I am hoping, instead, to bring awareness to this interaction. The beauty of recognizing energy patterns is the opportunity to use that information to make conscious choices about how to relate to those patterns. This situation calls for compassionate negotiation, informed by an awareness of the dynamic at play. The featured couple has decided to reset their home through a series of house healings designed to promote safety for her with space for him.

In our own life, it is helpful to notice of how much space we need, and how much we desire to create with others. The more we recognize our own tendencies, the easier it is for us either to find people with compatible leanings, or to negotiate our needs with the people we find.



*Heidi Petersen, founder of Heidi's Healings, provides in-person and long-distance clairvoyant readings. She reads energy, and helps people to clear blocks in their personal lives, their relationships, their homes and their businesses. She can be reached at 303-652-2491.*

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