



## METROPOLITAN INTERIORS

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### **It's All About The Art**

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Interior designers are trained to be sensitive to their environment; however, we all have the ability to develop the art of listening to our spirits and creating spaces that harmonize with this inner wisdom. Recently I was sitting in a hotel room in Las Vegas admiring the fabric used for the drapes. The colors in the fabric were mustard, olive green, burnt orange, and a deep but vibrant blue. They were not solid colors, but rather a tone on tone that created a feeling of texture. In between some of the stripes appeared a fun little curly Q detail that added to the drama of the fabric much like colorful sprinkles and a cherry top off an ice cream sundae. It's not too often that I find a fabric that truly speaks to me in a hotel room. I was inspired by the warmth and vibrancy it created.

Take a moment to think about the art, fabrics, colors, patterns and textures that embrace your home and ask:

•Do they speak to you positively?

Every object you own has a positive or negative effect on you. Take a moment to look at your objects and hear what they say to you. If they do not say anything positive, maybe it's time to let it go.

•Do they comfort you?

I believe we all would like to be comforted by our home. For example, visualize a nice cozy chair and ottoman covered in a soft chenille fabric with happy uplifting colors such as soft butter yellow

and pinky-peach. Imagine the chair in an area where you can view what is going on around you. Next to the chair there is a beautiful, but durable end table. It is a perfect place to set down a beverage, book, and photo. A lamp adds all the light you need to curl up in the chair and read a good book. Let's not forget to add a soft eggplant purple throw to warm you, and a piece of art on the wall across from the chair that brings a smile to your face. A thick wool area rug under your feet and softly textured painted walls pull it all together to create a comforting and relaxing space to crash.

- Are your furnishings worn out or full of life?

For 10 years, I lived with a white sofa in my living room. Now living with 4 kids, 3 cats and a husband, the white sofa just didn't work anymore. After each child was born, more stains and rips appeared. I spent much energy trying to keep the kids from snacking and jumping on the sofa. I not only felt depressed when viewing the sofa, but also embarrassed at its condition. I finally decided to make finding a new sofa a priority, and wanted something practical, appealing, and affordable. After making my decision and visualizing what my ideal sofa would look like, I found it in one of my favorite showrooms. The fabric is rusty red in color with a beautiful texture that is much more forgiving and durable than the last sofa fabric. It has a slightly rounded back adding to the drama, style, and comfort of the piece. I am now energized and revitalized every time I walk into my living room.

- Does the art in your home support the essence of who you are in your life?

Are they images you love? Do they apply to your life now and the direction you wish to go or are they keeping you in the past? Do the images you see give you feelings of joy? Are they uplifting? Does each piece harmonize with the feeling you want to create in each room?

***Take a look around your room and take inventory of the art on your walls. Reflect on your thoughts, feelings, and intuition. Listen to your inner self when viewing your outer environment. This is an art in itself and can do wonders to harmonize your inner and outer worlds. Remember, "It's all about the art".***