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Articles by Consy Malasoma

Create The Perfect Winter's Retreat

I just recently returned from a conference in Monterey held right on the beach for the first Interior Alignment Conference. There were interesting and powerful women from all over the US, Thailand and Australia. Many of these women have certified in Feng Shui and are creating sacred spaces all over the world. We had talks on Sacred Geomancy, Feng Shui, and Sacral Alignment.

The Interior Alignment concept was founded by Denise Linn who is a world-traveled speaker and author of several books including Soul Coaching. Having a background in Western and Chinese Astrology, Feng Shui, Design and Numerology, I found this conference to be a perfect fit in my life.

I will be taking the Interior Alignment Practitioner's course next January and will expand this column to share what I learn. It is all about creating sanctuary in our homes, our offices and eventually the world.

Now that we have just seen the glorious Harvest Full Moon we can turn our attention inward and prepare for the cooler days and nights. This is an opportune time to make some subtle changes in our environment and feel cozy and comfortable.

Let's start with your living room, or great room in some cases. Choose more earth tone throw pillows for your sofa and chairs. Find new ways to display old keepsakes or just rearrange your furniture to "update" your space. This is a great time of year to use more browns, gold's or reds. Add chenille throws to your furniture or drape one over your bed.

As our days shorten as we move toward the Winter Solstice, think about modifying the lighting indoors by simply changing your lampshades. Red and orange hues add warmth, while blues and whites brighten. A little greenery can go a long way toward livening up a space. Consider placing plants and flowers in vases, baskets or wreaths. For instant elegance, install a new fireplace mantel or revamp the one you have. If you do not have a fireplace you can always build a mantel on which to place plants or your holiday decorations.

But most of all enjoy this time of coming together with your friends or family. Have a harmonious and blessed Thanksgiving.

Consy Malasoma is the owner of Consy Malasoma Design and splits her time between a home outside of Seattle and Las Vegas. Consy is available for telephone or personal consultations and can be reached at **702-245-6855**. She will be in the Las Vegas area the week of November 12th. You may contact Consy by email at consy@consymalasoma.com.