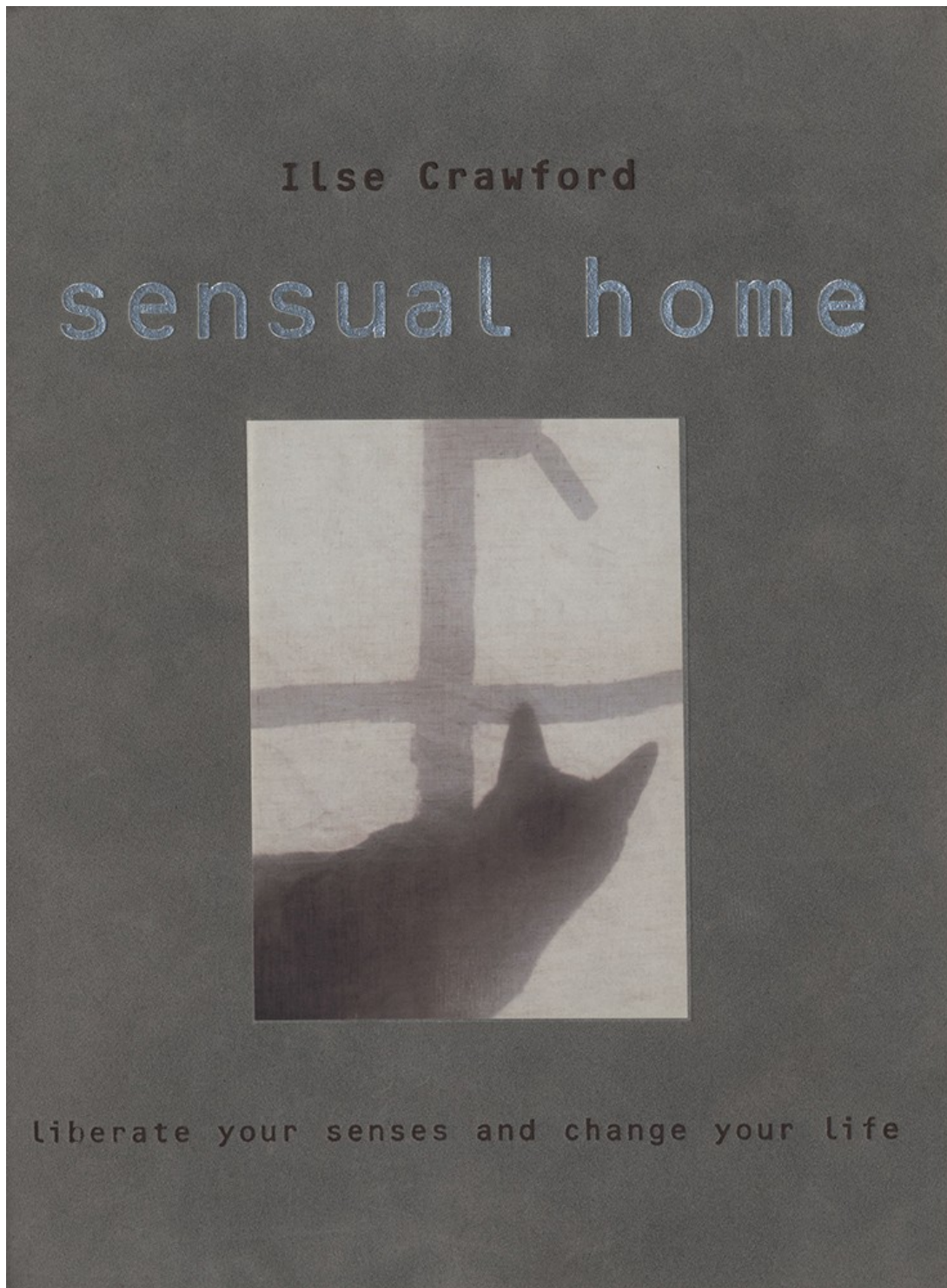


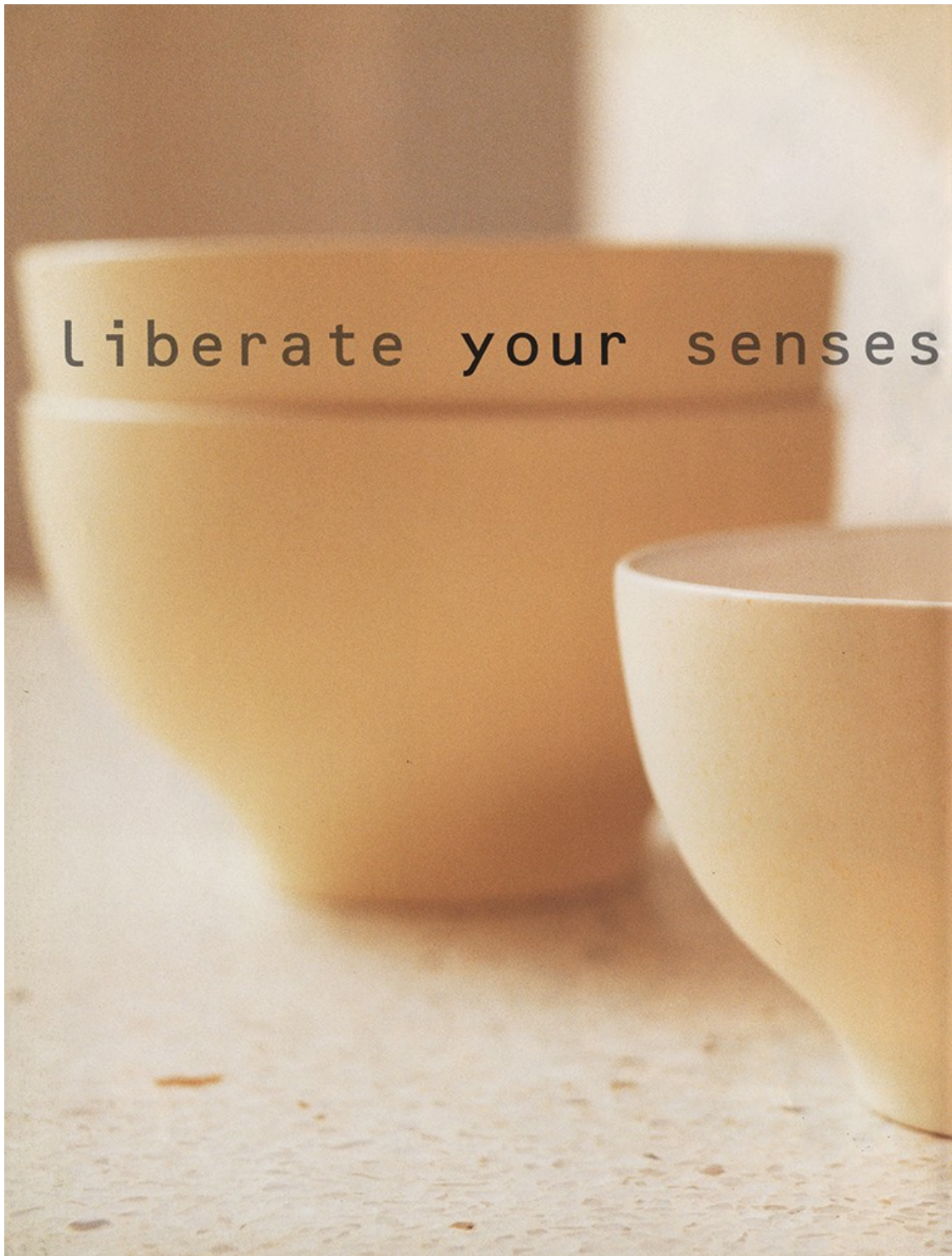
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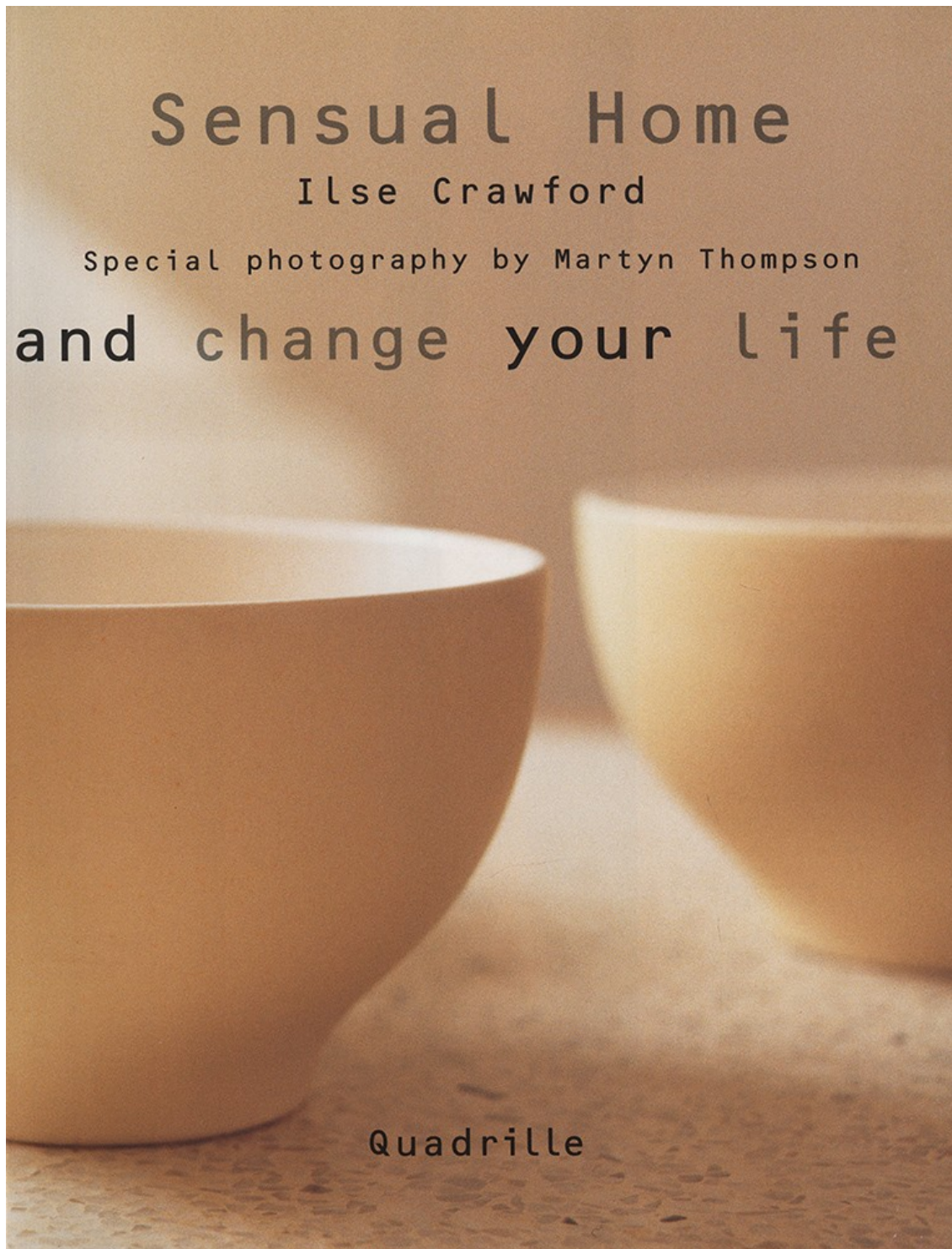
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38 peace

still life



Our homes are the still point in a spinning world. Have at least one room that you think of as a decompression chamber, a place for meditation. Plan it determinedly so that it has all the elements that make it a haven from the stresses of daily life. Paint it in pale, peaceful, neutral colours (white cleanses, grey calms, black grounds us). Eliminate visual stress and light it carefully. Fill it with calming smells and lovely stuff to touch.

See [DATABASE](#) peace

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