

The Power of Art (Jan 2008)

The artwork that we place in our homes and offices has a powerful effect on our wellbeing. Choose art that inspires, appeals to the senses, and is appropriate to the space. I recently saw a painting over a bed of several large horses drinking at a trough. It looked as though the horses were drinking directly from the bed! Not exactly a restful piece for a bedroom.

Artwork can "open up" blocked energy pathways: A painting with depth makes a wall disappear, enlarging the overall space. Artwork also lifts our spirits and helps us manifest our desires. In an area you walk by several times daily, display pieces (or a collage) that represent possessions you want, aspects of life you would like to embody, inspiring comments, people you love or admire, and places you'd like to visit. By acting on the subconscious, these pieces create new energetic pathways that attract what you want into your life.