How Is Your Spiritual Growth And Wellbeing Supported Or Stifled By Where You Live?

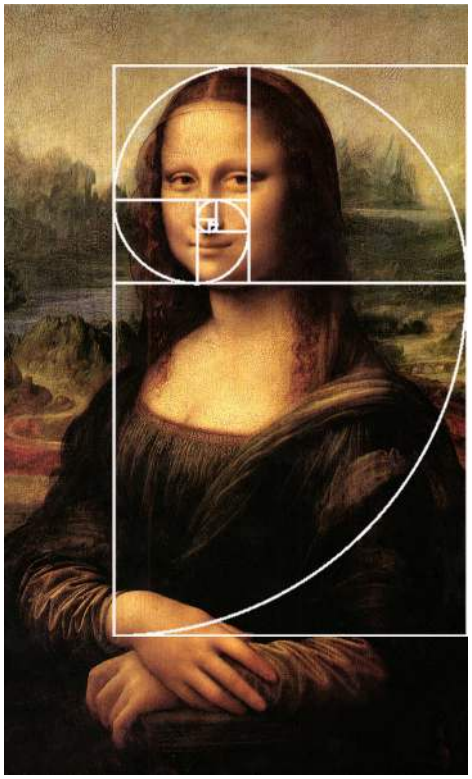
Wellbeing model by Mary Jo Kreitzer, RN, PhD, FAAN
Director, Center for Spirituality & Healing

Spirituality And Wellbeing Are Intertwined

Now more than ever, the idea of being spiritually focused has made it into the mainstream. From yoga, prayer, meditation, and mindfulness retreats. Society is more focused on their spiritual and physical wellbeing which has created a 3.4 trillion dollar industry. People are spending thousands of dollars a year in search for the right setting or environment to advance their wellbeing. Unfortunately the environment which greatly impacts ones physical and spiritual wellbeing is your home, but constantly overlooked. As anyone who has lived in cramped, dark or tight quarters knows, your living space can have a big effect on your mood. People spend most of their lives at a place they call home. So it begs the question as to why most people give little thought to how their homes; spaces, design, orientation, geometric sizing, lot location effects their spiritual and physical wellbeing! So ask yourself the question - **How is your home impacting your wellbeing?**

Home Environment

The simple definition of the word “home” by the Merriam-Webster dictionary reads: “the place (such as a house or apartment) where a person lives.” A well known phrase and my definition of home is: "Home is where the heart is." Heart is where your emotional, physical and spiritual balance resides and your home should be designed to reflect that. If you're able to build, the design and build should allow for your maximum growth and wellbeing. So what if your soul/spirit does not feel at peace in your home? This can create a painful paradox, one that many are being forced to explore now more than ever. **Home can influence your mood, impact your behavior, facilitate family interaction, reverberate stress and much more.**



Science "Spirituality" Of Home

Most will agree that we, humans, spend most of our time inside of a dwelling. Be it our home, office or some other structure. It’s also known that all things in the universe have a level of energy associated with them. Hence it’s apt to say that all buildings and even the land on which a building is erected has vibrations of energy associated with it.
Drawing a conclusion from above, it’s clear that we are constantly bombarded with energies 24×7. Some energies are positive with helpful effects while others have adverse effects on us.

The science of architecture has been around for decades, illustrated by the Golden Ratio imposed over the Mona Lisa. These specific principles of design, layout, measurements, ground preparation, space arrangement, and spatial geometry are at the architects disposal and when used correctly they help to create a positive environment. Now when you take these design elements and marry them together with the understanding of energy flow, they integrate architecture with nature and work harmoniously to ensure the natural flow of positive energy throughout the building. **This ensures that those living within the building are being supported and uplifted in their spiritual and physical wellbeing.**

Changing Your Home To Support Your Spiritual Growth And Wellbeing

Gary Fuller, owner of ONE Residential, has embraced his personal journey in spirituality and physical wellbeing over the last 10 years. And for the last 2 years he has incorporated his spiritual understandings into his projects. His personal studies in Vastu Shastra - Science of Architecture - and other styles have reinforced the enormous impact energy and the principles of design has on those living and working in such buildings. Gary welcomes new projects (new homes, remodels, additions) or consult to evaluate your current home and how to incorporate Vastu Shastra - science of architecture principles to support your growth in spiritual and physical wellbeing.
Phone: 303-229-4130
Website: www.OneResidentialBuilders.com
Email: Gary@OneCommunityWorldwide.com

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