

Decorating With Ideas From Your Secret Room

By Linda Ogier of Fox Copy

Choosing a new decorating scheme or making an interior design plan doesn't always have to follow a set of 'design rules'. Here's a fun yet extremely insightful way to reveal ideas for refurbishing your home.

Get yourself a piece of paper and a pen, and jot down the answers to the questions below.

Write down each answer in as **much detail as possible**. The deeper you can **analyse** each question, the better. Take your time and really give consideration to what your **senses** are telling you.

Imagine there's a secret room in your home that nobody else knows about.

No-one else can enter it.

No-one else will ever see it.

This room is only for you.

It has **everything you've ever wanted or dreamed of** in a room.

It makes you feel completely at home and at ease.

Now, take a deep breath, close your eyes, and...

...look around your secret room.

- Is there a specific **colour** or **group of colours** that stand out? What colour are the walls, curtains (if there are any), upholstery, paintings, and decorations etc?
- Are there specific **textures** and **materials** that grab your attention? For example: Lush velvet, soft carpet, grainy wood, smooth leather, shiny chrome, crisp linen, textured plants, embossed wallpaper etc?
- What is the pervasive **feeling**? Is it mysterious, relaxing, calm, exuberant, happy, cosy, elegant, luxurious, or opulent etc?
- What type of **lighting** is prevalent? Is it soft, subdued, bright, sunny, dappled, stark, flickering, rich, or glowing? Are there lamps, candles, downlights, or fairy lights? Is there simply an abundance of natural light?
- Are there any **objects** or **artefacts** you particularly adore or are drawn to? A comfy chair? A favourite collection? Stunning paintings or photographs? Your treasured books?
- Are there specific **patterns** or **decorative symbols** that attract you? What patterns are on the fabric and material in the room? Is there wallpaper with a

striking pattern on it? Do any of the objects in the room have a pattern you love on them?

- Is there a **scent** you love in the air? Perhaps from a vase of your favourite flowers? Or can you smell that unmistakable scent of many, many books?
- What **sounds** can you hear? Music? Outdoor sounds? A cat purring? A grandfather clock ticking? A piano?

Your answers to the above mini questions have now given you some colours, scents, patterns, textures, materials, lighting styles, sounds, objects, and artefacts that call to you and make you feel completely content.

Now, knowing what it is that makes you **blissfully at home** in your **secret heart of hearts**, take at least one aspect from each of the 8 areas above and integrate it into your everyday rooms. (It doesn't have to be all 8 things in one room!)

You will immediately feel much more connected to your living space and notice an amazing difference in mood and ambience.

When decorating your home, it's important to find out what will make YOU happy. So before you look to outside influences and people for help, try looking within and listening to what your own inner senses are telling you.

Everything you really need to know about how to achieve a great look and feel in your home, you already do.

Dreaming about your Secret Room is a great way to uncover that knowledge.

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