

sherry summit

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SPEAKERS

Sherry Steine, Christina Smith



Christina Smith

Well, hello, and welcome back to the summit. I'm so excited about this, because I have never been a very good at like setting up my home for comfort, nowhere near like an interior designer. So I am looking forward to hearing all of Sherry's tips on how we can make our home more of a sanctuary. So welcome Sherry Stein, our expert for today. Thank you for being here.



Sherry Steine 00:33

Well, it is such a pleasure. I'm so excited to be a part of the summit and to see you. I know we have worked together before and it's just so exciting to see you again.



Christina Smith

I know I haven't done summits, and so long as I'm very, very excited to see you and have your energy in the summit. And Sherry, tell people what it is that you do and how you help women, especially in midlife.



Sure, I'm happy to do that. I help women with supportive environments for health and wellness. And I do that through lunch way, color therapy and aromatherapy. And I work with creating uplifting emotions, that women in midlife go through our ups and downs, our home on hormones, and so forth. So part of being healthy part of moving forward in midlife is to be surrounded with uplifting items, colors, scents, all of those things in your home. So I'm just so excited to be doing this really unique work based on a lot of my life experiences.



Christina Smith

So lovely. Because I gotta tell you, when I think about midlife, it's not my home that I automatically think of which is very strange, because as somebody who works from home mostly, I'm here all the time, right like and I say, really willy nilly the way that I decorate or take care of things, I don't really put a lot of focus on it. So I love this idea of like putting focus on this and energy into this space that we spend so much time in. What are some of the challenges that women have when we come into midlife? And maybe our home isn't supportive of us what? What could be unsupported about our house before we go into these three beautiful ways that we can get the emotional support?



Sure. Well, one of the things that we go through as we are changing in our bodies or minds and all of those things, empty nesting, maybe transition of a partner, maybe you're on partnered, for whatever reason, is organization and clutter, which is a big thing. And that definitely affects how we feel about ourselves, it affects our physical weight. I do though that for sure. And it also makes us feel stuck. And one of the things that we definitely don't want to do as we are moving into a new phase in our lives, is to feel like we're moving forward to have energy to be able to uplift ourselves and to manage what's coming ahead. Because this is just a transitional phase. And oftentimes, depending on how we're feeling about ourselves, how we're taking caring ourselves, we want to make sure that our environment, our interior environment is supporting us through that process. Clutter is one surrounding thing yourself with things that maybe you don't love anymore, that you used to love, you know before or things that might remind you of things that you don't necessarily want to think about. So always surrounding yourself with things that you love. And the other thing is that a lot of women and through the years of me doing interior design, work and so forth. I have found that a lot of women do not create a sacred space for themselves. And that's very important is a space where they can go where they can meditate and maybe they can do yoga or knit or so or do art or anything like that, that's really, really important for our mental health, to be able to, and our spirit, spiritual health as well, to have that space. So even if it's in like a corner, or you know, if you are fortunate enough to have a separate space for that, that's very important. So when you don't have a lot of these things, it can create some Liberty limiting beliefs about yourself, may bring you down those kinds of things. So those are just a few examples.



Christina Smith

Yeah, I love that. And yeah, these are obviously not the things that you're talking about today. But like, what I'm hearing is a first good step is taking care of our clutter, right, taking cleric care of all the things that are in our space and ensuring that they still are meaningful to us. That, you know, because they're, luckily I move every couple of years. So we tend to toss things that no longer have meaning to us. Or at least they're not out in the, in the view. So yeah, so first, getting that clean mind. And I know especially because my husband as he gets older, his big thing is dishes, which is fantastic, because I hate doing dishes, but he has to have the dishes clean before he goes and starts work for the day. I don't mind because the dishes are always done. But like that's something that brings him peace of mind. And I really believe that it's part of that, like he needs things to you know, feel organized before he can feel clearer to keep moving forward. So so essential, I think. Yeah, I because I can only imagine when I am in people's cluttered houses, it makes me feel like that stuck word is a good one. Yeah, it makes sense feel like,



right. So it feels like you have projects that cannot move forward. It brings a heaviness into a space. Yeah. to actively that you start to feel. So and it's so easy, because you know, when we come into midlife, we have collected so many things we have, you know, store, try to store things. And if you're not organized this, this can definitely affect you.



Christina Smith

Beautiful. So now we talked about some of the struggles that we might have. I know what you're going to talk about today is to go beyond that, right? Once the clutter is gone, here are some really great ways that we can set up this sanctuary or this really special space for us. And I'm guessing that it's not just our meditation or our sacred space, but it's also the rest of our house that we can use these things in as well. Is that right? That is? Yeah, awesome. Awesome. So let's get on it. What are what are these three ways that we can get some more emotional and physical support out of our environment? Because we want to be jazzed and midlife. We want that midlife Mojo? That's the name of the summit. We're gonna get that out of our space.



So, there are three things that I work with, as I mentioned before, you know, first I'm going to talk about color therapy. As a interior designer decorator, for about 20 years now, wow. 20 years. I was a certified and a certified color consultant, or Benjamin Moore at one point. So I did color consultations for all kinds of clients. Throughout I'm in the Washington DC area. And the power of color is extremely important to be able at midlife to be to choose colors not because it's trendy, or because my neighbor has this color or my sister or somebody has it but to be able to make bold color choices for yourself. This is very, very important. And studies have shown that women as they grow older in particular, change the color preferences. So we're a lot more bolder. We're a lot more energized in colors than we ever have been before. And I feel like this is so important to go back to colors and textures and things like that in your home that brings you joy. And you can always start with your favorite color. Or at least look in your closet and see what colors come up the most for you. Colors are healing. And depending on the types of colors that you choose for your space, they can be healing for all kinds of things, such as depression, anxiety, stress, all of those things. So color is very important, and particularly those that might have seasonal affective disorder are known as sad. specific colors can be very, very powerful. The other thing I really advocate is aromatherapy. I'm a big advocate for essential oils. And there's various essential oils that help women in menopause that can help you with emotional stability as well for anxiety stress, and to just create moods in your home that just are very uplifting. So I look at aromatherapy, specifically essential oils as what we call it vibrational medicine. So color therapy, and aromatherapy are both what I call vibrational medicine. These are opportunities to create spaces that are what I call inspired sanctuaries, where you feel inspired and uplifted each and every day. And then the third thing,



Christina Smith

oops, just one second, because I love this so much. Because I always tell women, you know, we always want to drop into our body because we stay in this like monkey mind all day. And what I

love about this is like the color and the Aromatherapy is about using our senses, right. And that's like one of the easiest ways to get back into our body is to start feeling and smelling and tasting and touching and hearing. And seeing. And so I love this so much, because it's almost like we're preparing our house to help us be more in the vibration that we want to be more in our bodies, which means that we're also very present. Because when we're in our bodies, we're just naturally more present. So I love that. I mean, I'm just trying to stress this for the people like me who are like ultra practical, and what does that have to do? How productive is that, right? Because I can already and this is about productivity, because it's about being in our body and getting out of that brain space. So I think that even if we just started with our sacred space, you know, that space that you said about meditating and doing yoga, or whatever the thing is that we do for ourselves, I think that this is so essential, and I'm really gonna employ this I have to think about it, but like, there could be a specific scent for whatever it is that you're doing in that moment, right, there might be a cent for work, then there might be a cent for when you're doing your, for me, it's I'm learning embroidery. There my friend sent for that, right so as to it's about getting our body to feel really present with what we are doing whatever that is.

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Sherry Steine 13:58

Right and that, that it's you can combine the two. You can create a scent that corresponds with a color. There are opportunities to do those types of things, as well as women who are in menopause, who are have hormonal imbalances, such as you know, that gives you the hot flashes and you know, moodiness and all of those kinds of things. You can be diffusing oils to kind of balance your body as you move about your space. And as you mentioned, productivity. Also meditation if you're working in your sacred space, so these are kinds of things that is just so exciting that we don't think about you know, we're always thinking about managing our bodies in different ways that then creating an environmental so forte, so it's so important. And I liked the idea that you just mentioned, of creating that sacred space first, and then broadening it to the rest of your home. Yeah, I



Christina Smith

always, like decluttering, you want to like start you got to start somewhere might as well start with the most important to use space. Right?



Exactly, exactly. So yes, and again, surrounding yourself with things that you love. And then the last thing is something I've been studying and working in as a functional consultant. I'm a certified functional consultant, and have been working in this field since 2003 2004. So it's been quite some fun. And functional way means wind and water. It's the ancient Chinese art, a placement of objects and furniture and things for the circulation of good energy in the home. And I can't stress this enough. Fung Shui is not something to be afraid of. It's not something like a religion or anything like that. It is Spirit, if you do it wrong. It is something that I really encourage because if done correctly, it can be such a great friend to anyone who is moving through transition and change, particularly as it relates to help. There are things specifically that can be used with help. So then we were bringing back in again, the colors are bringing

back in again the sense. So you can use color incense, and essential oils, to create good energy in various parts of the home. And to help enhance your personal energy as well. So funds way is really all about positioning things a certain way. It's all about creating some energy points and various spaces in your home, that are important to you. And it's all about Zen spaces is all about decluttering it's all about surrounding good things around you in your home, getting rid of things that do not serve you. And it is about creating sacred space. So those are what I call the five cardinal rules of functional if you don't know anything else, and you don't have to be a functional a master to use those cardinals rules. And on top of the functional way is is those other items, the vibrational medicine that can be used as part of getting your space to a place that is supportive for your health and well being.



Christina Smith

And feels really good. And now as we're talking, I'm like looking at my background going that's a bit cluttered This is the most cluttered part of my entire house, if you know me, I'm quite the minimalist, I really don't have much stuff because we keep moving and I keep getting rid of stuff. And I'm just like, do we really need this? Is this really helping us? Is this really something we want around anymore? And so but I mean, these are all things that I love, and because they're all together, I mean, maybe something I could look at right is like, does it feel too cluttered to me? Or can I is this Are they placed in the ways that I feels really good to me? I guess I don't know. You tell me. Am I on the right track?



Yeah, you're definitely on the right track. I mean, I am always decluttering every six months, it seems I just cluttered. Again, my office space, which I'm sitting in now I have blurred out but um, and I had a lot of books, you know, I cumulate a lot of literature and books and things that I use in the work that I do. And I realized, wow, you know, I didn't have a space for these things. Right. And when I first moved into this house, which was just before the pandemic, I got rid of so many things and then you know, after living here for a while you start accumulating again. So just you know, staying and being organized. Just makes you feel better. But I must warn those that are participating in the summit. When ever you declutter, for example, that can create an emotional kind of energy that comes through you, you may feel a little sad. You may, you know, have some emotional things going on. So just be very careful when you're you're doing that kind of organization when you're getting rid of things and decluttering because it can bring up some emotions. So a lot of times people don't realize that. And years ago, when I was designing, what's that?



Christina Smith

I was saying for you or others, right? Because I'm thinking about, yeah, when I had kids, every month, I would go through the house and just put things in a box because I was like, there's like, especially when you have kids that just like accumulate, I don't know where they're getting this stuff from, but it just accumulates. And I would take a box every month and throw a whole bunch of things in it. And then I put it in the attic. And wait, yeah, and see if anybody asked me for any of that stuff. And if they didn't, it just stayed there until we got rid of it. Because I was like, well, nobody asked me for it must be the best way of doing it for our entire family. But it

really worked for us the clutter was getting so much that I felt like I did feel that stuck heavy feeling like I couldn't even move through my house easily. Like, it almost feels like I can't stretch. I have no freedom. And so I really, that's, that's one of my decluttering tips, whether or not that works out well for you. I can't tell you, but I can tell you, for me, it's it got rid of a lot of stuff.



Yeah, yeah. And then you realize, you know, if you haven't used something and a year, you know, even six months, you know, why keep it you know, and, and a lot of times, you know, we just kind of like, oh, we might need it for something one day, and you know, that day never comes and it's still sitting there and it's just taking up space and you know, the circulation of energy of Fung Shui, for example. You know, if you have clutter it the energy that's that's trying to move around is gonna get stuck with that, you know, with that water sitting there, so energy can circulate. So we want to move forward and, and really rid ourselves of things. And if you have children, adult children, this is an opportunity to talk to them, you know, Hey, would you you know, like to have this or like to have that or to be able to give it away to people that are in need or take it to a consignment shop or a thrift store or, you know, donate it to your church or, you know, homeless shelter. You know, there's so many ways that we can get rid of things that we don't need. So, you know, decluttering is is something that's essential and can be so helpful to others.



Christina Smith

Yeah, we're in a consumer society. So we tend to bring in much more than we necessarily need, I think And so, what a great exercise to do several times a year probably is or even maybe it's like, once a month, you pick like one room and you're like, I'm gonna declutter this one room, I'm sure that there's a million ways that people can break this down. So it's not like I have to declutter my whole house at one time. But again, maybe just start with sacred space right? Like declutter it get it to the energy feels good. And then pop in some really supportive essential oils and some colors that are really going to you know, jive with you and bring you know, lift you up, I think is so important. Or even call me down if that's the like a bedroom space I'm imagining we might want to look at how do we make this tranquil right and calm so that we can sleep soundly and have those hot flashes in the middle of the night we want to see that red or anything Do



you know color of you know a lot of energy and it can you know, make you a little hotter but if you go with blue or you know, violet and some of the cooler colors that will calm you down and and maybe, you know, use clary sage as central oil which is really good for women who are pre and post menopausal as well as mono menopausal. It's a really great oil. You know, there's just so many things that you can do and just combine and and And you know, our homes are so important to us, there are our sanctuary cities where we eat, sleep, and you know, rest all these things. And it's so important for us to really love our homes. Because when we love the spaces we're in, we love ourselves, and we're able to be lucky enough to support ourselves in a space that's going to support us. And that's something that I know, the design industry has not really started talking about until I would say, the last 10 years, I'm seeing more and more about

that, because when I first entered the design industry, it was all about you know, having our homes look trendy, and with the latest colors and styles, and you go into model homes, and they would just look so beautiful, that there wasn't this coziness, or this personality. And I'd be called in to, you know, if someone bought a brand new house, and they wanted it to look like the model or it was, you know, what have you they began to think about, you know, is this house really me? Is it really supporting me? Is it really giving me the love, nurture and feel good space that I and I remember, years ago, I had a client who was about to retire. And from her job for, you know, 27 years, and I was redoing our house, and she's like, I just want this place to feel good. She kept saying that. And I was like, feel good. You know, and that ended up being the name of my first book feel good spaces. Because it's really kind of like really taken. You know. I just thought it was amazing, right? Yeah. Feel good spaces. What are those spaces that make you feel good? You know, putting in those colors, you know, laying out your space? Doing those things? So yeah, and I talked about in that book, the five senses and how we can bring in the five senses as part of our supportive environment. So yeah, so I'm mortal circle.



Christina Smith

Because I see these homes, on advertisements and in commercials that I'm always looking at. I'm like, That's so pretty, but I would never live there. white leather couches like that. That just isn't me like and that might be someone else's type of cozy, but to me, anything that I can mess up in a hurry feels really restrictive to me, because I'm kind of a messy person. And so although that might feel good for another person for it to be that clean. For me, I need colors and I need textures is a big thing for me. Like I need things like your client said to feel good to feel cozy to feel like it's a home and it's lived in. And not just some kind of Stark. Sometimes I see those commercials where everything's like white and silver. And I'm just like, it's like a hospital. It's too much.



That's exactly it is that you don't want you know, the whole idea of designing your inspired sanctuary as I call it is is going deep within yourself and trusting yourself that you know what's best for your home for your environment. Not the designer, not television, not social media,



Christina Smith

but your friends or do



you because our homes with the exception of maybe people who might rent spaces, to a certain extent is one of the few environments places things we have some control of right. So why not create something that's going to uplift you and bring you joy every day. And only you can do that? Only you can pick the colors only you can create that feel. So what I do is to encourage and coach people through that process and but tick Really women in midlife

because I am a woman, but life. And I have been through transitions. And I've been through all kinds of things and everything that I teach is what I have gone through and use for my own environments to get me through this time. So, yeah, it's an incredible thing.



Christina Smith

So our homes are important people, we pay so much more than whether we rent or we buy or whatever, like, we know what the housing market looks like, right? It ain't cheap these days. And so if we're gonna put energy into buying or renting, then we could be putting just as much energy in ensuring that it feels the way that we really want it to that it's actually benefiting us. And you might be thinking, Oh, Sherry, saying it's all about you and what you want. Yeah, but I'm not an interior designer, either. So I would probably need someone like Sherry, in case you're wondering why she still works and makes a living, is because some people need a little bit of guidance, right. And it's not about you telling them what's right or wrong. It's about what I'm hearing, as you're pointing out things like to consider perhaps like, you could consider this or you can consider that, or you have all this really good know how on what absolutely won't work and what will work a little bit better. So that it's kind of like your client, and then you're just kind of wrapping everything up and making sure that it's like one really them and two, that the space is actually going to work because you know all the pitfalls that we can run into moving stuff. Does that make sense? Is that what you do?



Yes, that that definitely makes sense. And because I'll give you an example, a lot of times, let's talk about color, for example. So if a lot of people get overwhelmed with color, because it's just gets, you know, so unwieldy, so many, there's so many colors, and there's so many rules, and there's so much stuff, I am launching a program called Color alchemy, which helps individuals get through, cut through all that overwhelm, and discover their true colors, the colors that they like, the colors, that they love, the things that bring them joy, and teach you everything that I know from being in the color business for so many years, of how to put colors together themselves. Because I have found that working with clients and so forth, they know what they want, but they just can't articulate it, I just take all of the, you know, you know the confusion out of it, and teach them how to appreciate color and not to be afraid of it, or overwhelmed or apprehensive. So that is one way I give you my recipe for pulling together a space, you know, you start one space at a time, to create things to bring in colors and so forth. That makes sense in a way that makes sense that brings you joy. And then you feel satisfied that you have created this. And same with the essential oils. It's understanding, okay, what's happening with you? Are you feeling moody? Are you feeling more depressed? Are you feeling anxious Are you know what's happening and creating essential oil blends that you can diffuse in your home that can help you balance your emotional state. So these are things that based on my knowledge and experience, I coach people in creating these things for themselves, and giving you the confidence to do it



Christina Smith

when a great form of self care, right, and that's what I'm hearing is that this is a really great way that I don't think I've really heard about too much before, like there's always like, oh, buy yourself some flowers and like as if just some flowers are going to make my whole environment

feel better. But this is a way about really caring about ourselves really tuning in to what it is that we need and want out of a space and even being able to put some of our creativity into it. Right.



Yeah. Because all of us had the ability whether we know it or not to decorate to do different things. And it's just so amazing when I do a workshop or something and so very people who say, Oh, I can't do this, or I'm not good at that, that come out with the best things in their exercises. So, and I'm not eliminating or feeling like, you know, decorators designers or others can't do these things because there is a role for them to, but there are some people who may intuitively feel like they know what they want. And maybe they're the best person to do it. So it's, it's more encouragement, it's more self love and self care in creating something that's going to bring you joy each day.



Christina Smith

Beautiful. And I know that you have a special gift for us so that we can start employing this really sacred space and creating a home that we really enjoy. Tell us about that gift.



Yes, it is in an ebook. It's actually what I call a coffee table ebook. So it's a huge ebook that you'll see on your screen called inspired sanctuary. And this is an ebook specifically for midlife women to be able to take with some of the things that I've been talking about, and actually read about the importance of them and how these different ways of decorating and creating sacred space can help you in your environment. So it is a labor of love. And I'm giving away this for you to download, read, discover, you know how to create wellness in your interior environment and, and to kind of get you to start thinking and getting some ideas of how all of these things come together and creating your inspired sanctuary.



Christina Smith

So lovely. What a great gap. It's like a whole little toolkit in there almost Yeah. So thanks for offering that the links below. So go make sure that you guys all go download it and really start exploring what you know, color and scent and placement can really do for your home. And know yourself. The whole point is to uplift ourselves to make sure that our space is supporting the person that we want to be right that we want to step into the energies that we want to step into. Thank you so much Sherry for being here. This has been eye opening for me because I didn't know much about the interior of my home other than like, I like this picture, swap it there. So thank you for being sharing all your all of your expertise, your 20 years of expertise with us.



Oh thank you It's been a pleasure

Oh, thank you. It's been a pleasure.



Christina Smith

Yeah. And thank you audience for tuning into this session. We'll see you in the next one.