

Flower Power

Using Flowers To Create Inspiring Indoor Spaces

(NAPSA)—Decorating with flowers can be more than just a cost-effective way to make your personal space reflect your taste.

Research indicates that flowers can create positive shifts in emotions. A Harvard University study introduced small bouquets of flowers into people's morning routines and discovered that respondents immediately perked up, feeling happier and more energetic.

"Flowers are a wonderful way to ease the stress of everyday life and refocus our emotions," says personal-fulfillment expert and best-selling author Jayme Barrett.

Anyone can introduce a range of positive energies in the home, says Barrett, who applies the principles of Zen and feng shui to floral design. Here are some easy ways to create different, soul-stimulating atmospheres:

- **Serenity:** Allow your mind to unwind and release tension. Loosely arranged hues of blue, violet and lavender can evoke serenity and help clear the mind of stress. Flowers to achieve this include hydrangea, delphinium, lisianthus and stock. Consider placing the flowers in a cobalt-blue glass vase in your entryway to set the tone for tranquility.

- **Love and Romance:** A tight bunch of flowers flush with burgundy and red embodies feelings of passion and romance. Incorporating lush pinks and peaches will help invite love and inspire kindness. Place a circular vase containing such flowers as stock, roses or alstroemeria in your kitchen or dining room to help instill love while you nourish your body at mealtimes.

- **Wellness:** Yellow is the primary color for emotional energy,



Don't forget your daily dose of vitamin F. Looking at flowers can help ease stress and refocus your emotions.

as it represents the sun, life force and health. Supplement a big burst of blooms with greens, which induce nature's healing energy, and white, which reflects serenity, and place in the living room or family room to enhance relaxation, meditation and family connection. Suggested flower options include gerbera, carnations, solidago, hydrangea, callas, pompons and chrysanthemums.

- **Inspiration and Motivation:** Design an up-shooting spray that includes sensuous, rich orange and fuchsia, which suggest enthusiasm and exuberance. Try roses, callas, Asiatic lilies, snapdragons or hypericum in a tall mirrored or shiny metal container. The home office is an ideal place to inject this motivational energy.

For more information, visit www.flowerpossibilities.com or www.aboutflowers.com.