Designing a Home That Actually Fuels Your Soul with Talor Stewart Transcript

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Why Environment Shapes Spiritual and Personal Growth

One thing that often doesn't get considered when we're thinking about our spirituality is our environment. And the truth is, our environments plays a huge role in our ability to live a fulfilling life.

life and especially, especially our home. Our next guest is an architect, author, entrepreneur who helps people create spaces that nurture their authentic self and create an environment that is in alignment with what they want to do, what do they accomplish.

Taylor Stewart. I'm so happy to have you here. Welcome to the show. Dr. Hi, thank you very much. I'm, it's my honor to be here and share this very relevant and, um, and powerful, uh, subject, this message with, with people.

Most people won't end up hiring an architect in their life. most people are going to do the best they can with the walls they have. But there's still so much value in learning how to see the way our spaces, you know, influence us and impact us.

You know that everyone knows about the mind body connection, but the mine body environment connection is less understood, But it's very real. And I want to help empower people to sort of sharpen their focus and fix their lens so that they can see the way things impact them so we can shape things a little bit more in our favor.

And even if someone's renting a property, there's little things you can do. Those little 2% shifts add up over time, over years. It can be very powerful, like the butterfly effect.

And of course, for people that do build a home from scratch, that's like a quantum leap into creating your future. Because to the degree that you can shape your environment and shape space, you could shape destiny.

And so that is really what I would like to talk about and offer some of those big things that people can do, but also the little things anyone listening can put into action right away.

So thank you very much for having me on the show. Well, I love what you said about mind, body, environment, connection. If you could speak to exactly what is that?

Like how do you conceptualize that. Sure. Well, I see it as an essential life skill, just like knowing how to dress for the occasion or dress the weather or prepare a well-balanced, nutritious meal.

It's going to serve you very well for, for. The rest of your life, when you can start to see how things can support you. How can I remove friction? How could I introduce flow into my daily routines?

The mind-body connection works. I mean, it's very simple. It's simple to illustrate.

Nature, Plants, and Calming the Home

If your mood is positive, then the brain is going to send a surge of energy into the body, activating it and saying, hey, I'm ready to go. Get up. Let's get into it.

And then conversely, if the mind is you know, um, sad or, or whatever not is feeling lower. Um, then it's going to send a signal to the body. Hey, let's take it easy today.

And, but it was a two way street. If the bodies feeling energetic and, and fully activated, that it is going send signals to their brain. I'm ready to go, point me in a direction.

Or if the body's feeling low, like maybe it's under the weather or something that's going to send signals. Hey, please take it easy on me today. Can we just rest a little bit?

Right. And so that, that a two way street of communication. The mind-body environment connection is subtle in some ways, but it's also quite plain in others.

There's so many different ways we can look at it. And there's many examples we could talk about. We can start with just a very basic one. I think it is probably surprising for some people to hear an architect say this, Buildings are not our natural habitat.

You know, no matter how beautiful your space is, you could live in a palace, but it's from the perspective of the human organism, it is a foreign environment.

And therefore, It's going to elicit at some level, a subtle or a dramatic stress response. We're simply in our in foreign environments. You can take a picture of an example of the most beautiful architecture, you know, some cathedral somewhere or something and show it to a thousand people from all over the planet.

You know different cultures, different ages, tastes and perspectives. And they might all agree, wow, that certainly is good architecture. Maybe it's not my style or my preference, but I can appreciate it for the beauty, the work of art that it is.

But if you hook up physiological sensing equipment to them, they're not all going to have the same response. They may all agreed that that's beautiful architecture, But physiologically, it won't impact them the Whereas if you take a scene of green growing things, a meadow or a forest or some nature scene, those same thousand people, they may say, oh, I prefer a beach or I'd prefer mountains.

They may have individual preferences for the type of landscapes that they like and gravitate to. Nevertheless, all thousand of them, assuming they're healthy, well-adjusted people, are going to have a similar physiological response, which is the alpha waves in the brain slow, not as much spike as there's a calming of the mind.

Our breath rate will become more deep. You know, we typically breathe fairly shallow. We don't take full deep breaths, but we will breathe more deeply upon seeing the nature scene.

And we achieve a resting heart rate more quickly and easily. And that's going to slow the heartrate and reduce blood pressure and, and lower a stress response.

I encourage people, and this happens automatically, it's subconscious, It just happens. It's your environment playing an influence on you, whether you're aware of it or not.

And so what I say is, look, let's try to bring nature into the home. If you have great views, big windows and you look out and have nature to look at rather than other buildings, that's wonderful.

But if you live in a neighborhood or if live a more urban setting and all you see is buildings. then you have to take a little bit of extra steps to bring in more plants into the home.

They're pretty low maintenance, right? But even if you don't want that, images of plants, like pictures, posters of nature scenes, will also elicit the same calming effect.

It's just the sight of green growing things does that for us. But plants are certainly the better. We can talk about that later because I have another beyond air quality and beyond the the.

the physiological stress reduction that we get from seeing plants. There's a, there's another, um, benefit as well that, we can talk about there. But so that's just one example of the mind body environment connection that scientifically proven.

And, and there just, so many, but that a great one to start because it's, it, pretty potent and something that anyone can do. You can just go down to the, to, the garden center and pick up a few plants, you know, for, just a $2 and start putting them around, around your house and it will, will help.

Wow, that resonates with me because I think that many of us want to really do the best that we can to create spaces that help us as far as success is concerned.

Conscious Home Design and the 90% of Who We Are

And so bringing plants into the space is a beautiful thing. Are there specific plants that work well for everyone or is this individual type of thing?

What works best is to have three different shades of green. So, you know, there could be like a rich green and a medium green in a light green, or a little bit of a spectrum, so if you can choose plants that have multicolor green or two or three plants have slightly different shade of greens, that's the best case scenario.

Just looking, even just one plant is beneficial. Looking at two has been looking at three is, is it works best of all. As long as there's like, think of like a musical chord, you know, it just sounds better.

Yeah. You can, do you can do great with one note. That sounds beautiful if it's on, on key. But when you put three together, It's just so much nicer. And the same thing visually with their plants that this, and I'm not just making this.

This is the data, the scientific data says when there's three different shades of green, it was the most impact, most calming effect on people. Interesting.

Yeah. Really, really interesting. It sounds like you've got very specific design schemas, like Ibrahim Karim has biogeometry, Marie Diamond talks about Feng Shui.

What specific frameworks do you use to ensure spaces help us reflect who we are? What are your thoughts? Yeah, mm-hmm. So conscious home design is not, it's not like any other system that I've come across in, in my 25 years in the profession.

So it, so it it not feng shui, its not fastu, not biophilia, It's, Its not eco design or some sort of alternative thing. Conscious home, design as I define it is about, is truly about defining.

It is less about architecture and more about people. And so people are like icebergs. You know, what you see that 10%, that's just, you know the clothes you wear, the car you drive, and the house you live in.

But that is not who you are, that just how you present. That is just what people see. Who you ARE is, your deeper personality traits and quirks and your spirit and values.

That kind of stuff is all below the surface, you know, but that's what makes you, otherwise you're just a person. You're not just, a model, showcasing clothes and cars.

That's not who you are. And so the thing is the basic program of the house is kitchen, bedroom, bathroom, hangout space. So three of those things are eating, bathing, sleeping.

They're for the body. And so our, but we're more than a body and you can give someone a bedroom, a bathroom, kitchen, and a hangout space and that will help them.

live, right? You'll keep them alive. Like architecture has increased human life expectancy, because we can control our environment. We can have sanitation from washing, we could have better nutrition from refrigeration and being able to cook food and get better nutrients out of it.

And having temperature controlled and away from bugs and the weather and insects and all this stuff. So obviously

you can see how shelter. increases life expectancy.

So it does keep us alive, but it doesn't, there's no guarantee of happily ever after with that. There's not promise of, of that you're going to thrive if you give someone basic shelter.

And the founding fathers of this country, they wrote life, liberty, pursuit of happiness. These are self-evident and, you know, inalienable rights, for all.

I think doctors are the domain of life. They help us live through medicine. And I the justice system, the courts and lawyers basically give us liberty.

they define the rules that society plays by. But pursuit of happiness. I think that falls largely into the domain of architecture because we spend half of our lives in our home, you know, and for people that stay at home raising kids or that work from home they're spending 90% of their life in their home.

And so having a place that's just somewhere to survive, like, We can do better than that. What if we could make it a place where you can grow and blossom and thrive, right?

So that's happily ever after. And so I want to look at, rather than just bedroom, bathroom, kitchen, hangout space, you're just 10% homes. Let's find out Dr.

Elizabeth, what's that 90% of you like that we don't see? Can we ask good questions to get Deep answers about who you are and then let's start shaping space planning your day, your routine, you're, lifestyle flow and see if we can shape spaces that are going to support that, and not be obstacles.

Like if you, for instance, if he said, Hey, I have a goal to create. three nutritious meals every day so that I can optimize my health and feel my best and go forth.

But you're living in a college dorm and all you have is a mini fridge and a microwave, it's very difficult to achieve that goal. And so people can be finding themselves every new year setting, resetting the same resolution they did year after year, after a year fear that they're not meeting.

It's like, It might not be your fault. it might be that the architecture, the environment isn't supporting you in establishing the habit, the good habit that you're trying to inculcate.

And so through conscious design, we can ask those good questions because the quality of your question determines the qualitative result. We can start to look at what could I do as an architect to help someone shape a space that's going to lift them into the next version of themselves that they're.

Trying to create that. They, that, they want for themselves and for their families. I love that. And I was thinking that many of us live in households with other people.

I wonder, how do you balance the needs and wants of a family with kids? How does that work? So you you've read my book. I'm just holding up here in case everyone can see this is the conscious homesline book, very accessible.

You can read it in an hour. Um, this was the big idea I took, um, the things that as an architect after 20 years of practice, I've been practicing, you know, th the book I wrote the.

After 20 of practices, it's been out for. I published in 2019, so it's been longer than that now. But 20 years of practice, I wrote that and said, these are the things that people need to know.

These are things to actually move the needle in terms of our true happiness in life. And it is not style. Style is important because we see it all the time and we want to feel like it, like we like the style of the house.

much more profoundly impactful in terms of our true happiness.

Family Harmony, Storage, and Reducing Friction

And so I wrote the workbook, which is about taking those ideas that we touch on in the book and asking you those good questions and going through and saying, what would that look like for you?

Because everyone is going to have a different sort of opportunity. You know, if you go through your existing home And look for the gaps. Where am I well supported?

Where, where do I need support? You know, that's going to be different for different people in different peoples homes. And so it's about asking personal individual questions.

It's hard to say that there's one, you know one size fits all. it, it is very customized. But in a multi-person household, you know, to your question, if a family comes to me, I like to have everyone do the workbook.

Even the kids, they don't have to answer all the questions, but sit down with one of your parents, one their parents and do questions that they like. And then you can get sort of a snapshot of everyone's, that 90%, you know, and, then I can look for, you now, with my professional eye and saying, where are the commonalities and how can I create harmony in common spaces?

People can have individual spaces that are their own, but if you have one person, let's say mom is the driver on the project, she's the point of contact and she is one who's like, Hey, I want to renovate the house or I wanna build a new house.

And, in a project there's always usually a point-of-contact, You know, that's just for efficiency sake, right? So. But if that same person is the point of contact is also the driver of the design and they end up painting the family room orange, because that's their favorite color, but the rest of people that they live with hate orange and is like, well, I like blue and I liked pink.

It's like then you've defeated the purpose because the purposes of family is a place to come together and feel comfortable and tell stories and share wisdom and shared love and connection with each other.

And so it needs to be a space where everyone feels like They're comfortable there. Yeah. And so my job is to look for ways to sort of blend that. Let's think about just a typical heterosexual couple in the bedroom.

You know, guys don't want to live on Barbie cloud palace and gals don' want go to He-Man's castle gray skull. Like you need to have a bedroom that's not a.

a lady pad or a bachelor pad. It needs to be a place that's not too masculine, not to feminine, that both people can feel comfortable in. Because the bedroom is a powerful place of connection.

That's vulnerability, both physically, but also emotionally. And so creating harmony in the home, comes from, again, asking those right questions and listening and then understanding through experience and years of studying this discipline to help put that together.

I think it was Seth Godin who said, um, 10,000 hours, you know, if you, If you put in 10 thousand hours into a subject, then you have sort of, compared to the average person, You have expert level status, and I'm like, I wrote the book after I kind of must've been.

20,000, 30,0000, 40,00 hours, something like that. 40 thousand hours. Yeah. Right. Like it's 20 years in, right? So 2000, 2000 hours per year is, uh, yeah.

So 20 year, just 40 hours right. It's like many times that level of mastery before I even brought the book to market saying, Hey, here's what's essential.

So we shortcut our success when we consult with experts. Like, sure, we're smart. We can figure it out. But do you

really want to take all that time? It's like, maybe you just want live your life, specialize in the things that we have interest in.

It is not everyone's Dharma to know deeply about the mind, body, environment connection in this way that I do, but it is my Dharma and it's my passion.

And so I'm like, okay, well, let me help people who haven't invested the time into that. Let me shortcut, help them shortcut their way to success. Nice.

And what I really love about the conscious home design is you're really looking at the physical, mental, emotional, and spiritual needs. I think, especially if you are in a place where there are multiple people living in the household, I wonder in your design process, Are there things that you recommend that can practically help to kind of soften these friction points and increase ease and grace throughout the home?

Yeah. So. It's hard to just talk about it without seeing a specific example. Like if I'm looking at someone's particular home, that I am looking their family, I look at their existing floor plan and saying, okay, what works?

What doesn't? Are we going to make changes with their home? Or are we building a new home and we want to take the good and leave the bad behind into creating this new thing.

What are the specifics we can dive into? Generically though. I can share some things that are common friction points in the home. And those typically are spaces that perhaps are not quite size appropriate for the load, the occupant load or the paraphernalia load that they're getting.

So those are going to be kitchens, bathrooms, and entry spaces. So think about it, especially if you live in a cold climate or a climate with seasons like I do in New England.

As the seasons change, I mean, you have coats and hats and boots and gloves and umbrellas and scarves and bags of groceries and handbags and keys and cell phones and all sorts of stuff.

And if come home with a family of five, all at the same time, And you just have a little entry area or worse, no entry at all. It just opens right up into the kitchen or into a living room and it's just becomes a dumping ground.

Right. And so you need a size appropriate space that can handle all of the people and all the gear that they have to deal with. If there's not a place for all those coats to go in an organized fashion, then things are going to end up out of place.

So what happens is. You spend precious time nagging the people you live with to pick up after themselves. And that creates friction and disharmony in the relationship.

Whereas it's not that they're lazy. It's just that there's no system in place. The architecture isn't supporting it. Where as if we build a size appropriate entry vestibule with appropriate cubbies or shelves or closet space for storage of everyone's stuff comfortably where they can get at it, Then once the, a few times, once they have it is established.

Then it just becomes automatic, second nature. You just go ahead. Oh, here's where my keys are. And then that way you're not running around the morning going, where are my key?

You know where they are? They're right there. They always go there, this is where. There's a place for it. I built a system around it and so we build systems into the home to do that.

So now instead of chasing around, looking for misplaced lost items or nagging each other for picking up after themselves, the time you can spend interacting is quality time.

It's about doing stuff that's fun. It is about engaging at deeper levels. And so that is an example of a friction in the home that it's no one's fault.

You need to be accepting of yourself and of the people you live with and just allow a broader acceptance and compassion for each other. There are some things you can fix.

Let's fix those. There's some things that you can't fix and you just have to say, okay, it's one of those things. I just happen. It is what it is. And, you know, perfection is hard to come by in this, in a world of three dimensions.

and so when we build a home from scratch, we can build things, We can get excellent. Perfection, I don't promise that. Right. But we could certainly head for excellence and we try to figure out how many cubby spaces we're going to need or how much linear feeders of closet and how may drawers of storage and, how, many, coat hooks and all that stuff.

We, can plan the space for everyone. But if you don't have that, if your renting a place or if, you're already in a, place, but you have no budget or no intention to renovate the place.

Then you want to focus on things that you can do rather than the things you. Can't do, because if he's focusing all the time on, things, that. You can't, do then it's an impossible task and you just going to be frustrated.

And so that's not the message I have for people is to, is dissatisfaction.

Designing Space for Spiritual Practice and Inner Development

I'm trying to people find the low hanging fruit, the simple things they can, to positively. impact their life. Yes. So that's one example. Bathrooms are another because there's so many different bottles of shampoo and towels and all the different body products in a very tight space, especially if multiple people are using that bathroom.

High friction zone, high traffic, many movable pieces, very small space. Again, a size appropriate with enough storage for all of the things that have to happen in there.

If you don't have that, you're going to have squabbles in the, in that house. And that's just the way it is. That just requires greater tolerance, greater acceptance, taking a deep breath, more compassion, and more forgiveness for yourself.

Other way to solve that problem if you can't solve it architecturally. Kitchens are another one. Same thing. Lots of pots and pans and moving pieces and limited counter space and storage space, stuff like that.

Thank you. You are speaking truth. Yeah, yeah. Well, one thing I wanted to ask about, because a lot of our audience is really interested in their spiritual development.

And I wonder if you could speak to practical ways that they can work with their environment to help enhance that. Yeah. Okay. Couple of critical sort of.

assumptions we have to establish. I can just tell people what to do, but if they don't know the why and the reasoning behind it, they're less likely to believe it and put it into action, right?

Information without justification is just data. So here we go. You're fun. No, I love it. Go ahead. Continue. Thank you. Thank. Okay. When we dedicate space to an activity, we exponentially increase our chances of success.

Like the kitchen example I used, right? Like everyone knows it takes time and effort to become good at something. You know, practice makes perfect. We know this intuitively, we know it experientially.

We've all done this. Even if you're naturally talented at something, and even if your really passionate about it, it still takes time and effort to hone your ability.

But what's missing from that common sense formula is it also takes space, you know, cause if you don't have the space to do that thing, then your, your environment is, is creating an obstacle for you.

You have to use extra effort and willpower to overcome the limitations and the resistance of the, of, the physical reality to. Do your thing. Like if want to become a good.

ballet dancer, for example. Um, and it, but you live in a place that only has seven foot ceilings. Well, that's not going to help you. You know, you need to be able to practice, to, practice a proper jet day.

And you can launch into the, into, the heavens, right. Heaven work. and so you needed proper space to do the thing you that you want to. So it's also true.

that different activities. require different energy signatures or different attitudes or, different moods that you bring to it. And we have a certain association with spaces.

This happens subconsciously. Like you may walk into the bedroom in the middle of the day to get something that, you left it in there on the top of, the dresser and find yourself doing a yawn.

It's like, oh, whoa, I'm not tired, but I just yaawned because I mean, in bedroom, it's a subconscious association, with sleeping in that space. in kitchen, you may walk into the kitchen.

Same thing, to check that note for that phone number that you had on the refrigerator, on a magnet. And you go in there and suddenly you're like, oh, I think I'm hungry.

I'll have a snack. So the kitchens is going to produce eating consciousness. The bedroom is gonna produce or gonna stimulate in us sleeping consciousness, the living room's gonna to stimulate consciousness or watching TV, storytelling consciousness Those are just associations, just like Pavlov ringing the bell to salivate the dogs.

It's like, we also have our own level of associations with things and the mind gets trained on, on stuff. And so if you were trying to do something that is so sensitive as developing a spiritual practice.

whatever flavor that means for you, whatever works and resonates for. Then if you're trying to do that in the kitchen or in bedroom or TV room, the consciousness, energy of that space, that association of use type is in conflict with the new use that you are trying cultivate.

And so if can dedicate a meditation space or a prayer room or whatever it is that you're doing, then you are helping yourself by A, saying, hey, this is important to me.

I value this enough to dedicate space for it. You're carving that out. You're planting a flag and saying, this is one of my values. And so that sets up a positive feedback loop.

Even if you don't go into that space, just seeing it out of the corner of your eye or knowing in the back of mind that it's there available to you. keeps you in an optimistic frame of mind because you now say, you know what?

Things that are valuable to me, things that important to, me things, that feed me are possible for me. Yeah, maybe I didn't do it today, but I have the ability to do, it if I wanted to life works for, I, have options.

This is a very positive reference frame, of reference to live from. Yes. And so every little step you take in the direction of your dreams is going to set up that positive feedback loop.

So there's so many different layers of why dedicating space to an activity is helpful. You know, that's one of them is the association. The other one is just the positive feedback loop of doing that.

the other is setting the intention of planting that flag and saying, this is important to me. But then there is also, I'm going to get a little bit sort of metaphysical here.

So I sense that you and your audience might be receptive to that, Um, you know, whatever is physical, there's also an energetic blueprint underneath of that.

There's a non-physical reality underneath the physical reality. And I know from my own experience, well, actually there is a lot of science behind it to prove this.

People give off a charge, you know, when you get into a group, they say environment is stronger than will. You know? If you cast a sinner among saints, those they'll soon be a saint.

If he cast to say among sinners, there'll be soon a center, like the, the power of the environment and the people you associate with are going to have an impact.

And they're going. Your like a tuning fork, your, get your vibration, and you're gonna start to resonate at the frequency of people. So you want to. connect yourself with people that are also going in the same direction as you hope to because that's going to help you.

It's gonna give you a lift. Like in Tour de France, when they're riding their bicycles, they pack up or they get in a line because the ones behind don't have to pedal as hard because they ones in front are breaking the wind and overcoming that wind resistance.

And so they can go further. The geese fly in V and they take turns in-front because They can fly further than if you're just flying by themselves. But when they take that V formation and it's the same thing with us, you know, we can sort of draft off of each other.

When you go to a sports stadium, You might not be particularly interested in sports, but suddenly when you have 10,000 people, they're going, wow. You get caught up in the energy and you feel it for a minute.

Because it you just, get it through osmosis. One person yawns, one person laughs. you laugh. And so that's what it's like when you dedicate space to your activity.

Every time you go in there, you charge it up with that intention, with flavor, that vibration. And then the next time, one day maybe you're thinking, just not in the mood today.

But if you force yourself to step into the room, the vibration will give you a little lift and help you get over that hurdle and that resistance point.

You're setting yourself up for success. So that's a deeper sort of metaphysical vibrational way that we can look at that. As well. Yeah. So it goes in all of the, again, going, I don't want 10% homes.

I want a hundred percent homes for a 100% of you. And so the spiritual practice of, or some sort of inner development, you know, You could be an atheist, but you could do some sorts of self-awareness or breath work.

or journaling, there's so many things that you could do for personal development and, and inner awareness and self-growth. This is a human, a basic human need.

We look at Maslow's, the hierarchy of human needs pyramid, right? Let's look every level, not just our physical needs, but let's go look our love and belonging, our personal, development, or creative expression.

in our self-actualization and say, hey, what do you like to do, Dr. Elizabeth, for creative expression? Let's make sure that you have some dedicated space, a zone somewhere in your home that's going to support you and allow you to that thing so that can feed yourself.

Because one of the first things that happens when life gets busy Demands of family, demands of job, whatever it is that pulls on our time.

How to Connect with Taylor Stewart

The first things that get sacrificed are our creative expression activities. Sometimes our physical fitness activities,

our personal development activities or hobbies.

All these things just get pushed to the side. It's okay. You know, we make priorities. There's only so much time in the day and we have to find our own way.

But what happens is sometimes 10 years goes by and someone wakes up one day, and they go, Oh my God, I'm drowning. I am suffocating. And it's because they're starving because I haven't fed that piece of them.

So with conscious home design, what I want to do. is create space to nurture those things in the home. Because if you don't have it in your home, you have to leave it up to chance that maybe you'll find it outside of the house.

Maybe you will, but maybe it won't. The home is your best chance of success to create it. It's the environment where you've got the most control. And so create the opportunity for creative expression.

Create the opportunities for love and connection in different ways. We can talk about relationships in a minute if we have time. major piece, but creating the opportunity for those things.

So even if you say, well, I used to play the cello three hours a day back before I was married and had this job and it had kids and all this stuff. And now, you know, if only have 10 minutes.

Well, the. Cello is locked in the closet in its case. You're not going to get it out. Years will go by before you without you playing the CELLO. But if you have a little zone, a room, music room or even just an alcove where it's set up with just a dust cover over it, then if all you had this 10 minutes, well, you can just step over tickle.

You can do a few scales. you Can play one song. And yes, it is not three hours like back when back in the day, but it something and it keeps that spark alive.

and one day in future when you half time you will spend more time and that. way, rather than having like the pendulum from starving for so long, suddenly there's a crisis and you have to, the penguin has to swing back.

Transitions in life happen. It's, it's part of life, but with conscious home design, those transitions can be more gentle. They don't have be so reactive and so violent.

This, this swings of having to make up for lost time. We're trying to keep those things alive, keep you fed so that your life just works for you rather than, well, I'm just going to bear it for a while and not, and do without, on the star of myself.

And then in folks on, we don't want that. We want about, you want harmony consistently, even if, if even as there's ebb and flow, does that make sense?

It's like, it's a gentle way of living rather then, then then binge and purge and satisfaction and deprivation. I love it. Taylor Stewart, I'm sure our audience is, you're just spitting all these gold nuggets, and I am sure that they're going to want to connect with you.

Tell us how we can do that. Oh, sure. Yeah. Well, you could read the book, obviously, of course, that's the easy thing. But you can pick my brain if you want, if want to do a consultation just with anything that is going on in your home, whether it's just working with your existing place or if your thinking about renovating or building something new about projects all over the country, coast to coast, top to bottom.

and I'm happy to have a consultation with someone. So there's a contact me form on my website. You can also get a copy of the book and the workbook there.

you can get it a physical copy or a digital download if you want, whatever is your preference. And all that is at consciousHomedesign.com. Oh geez, Taylor Stewart, thank you so much for being on the show.

If you haven't heard it yet today, I appreciate you. The soul in me honors the soul you if you want to see more episodes like this, please subscribe or click here.

And friends, if this spoke to you, leave a comment below. We would love to hear from you