# **Zen Interiors**

Zen InteriorsZen InteriorsComing HomeSimply ZenZen StyleQuiet PlacesLiving with ZenZen.

Interieurs und G□rten.The Spiritual Home Carles Broto Vinny Lee Vinny Lee David Scott Jane

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the elements of zen are synonymous with harmony balance lack of clutter inner peace and calm this book shows how balancing formal design with a respect for nature is a vital element of contemporary design

open the door to a world of different cultures styles colors and textures and bring peace and comfort to your home

this inspiring guide shows how a traditional japanese approach can be adapted to produce a tranquil spiritually nourishing home or garden includes a resource section that lists architects designers and suppliers 125 full color photos

the zen home is tranquil light airy natural and balanced it is a spiritual home influenced by the eastern philosophy of zen the book draws together these elements and applies them to all areas of home decorating such as colour texture lighting flooring and furniture accompanied by 200 photographs and 10 easy to make projects including a beautiful bamboo indoor fountain textured cushions and gossamer screen this beautifully photographed book provides all you need to achieve calm and peaceful living spaces

lee provides inspirational ideas for finding and creating personal sanctuaries inside and outside the home soothing places to relax the mind and refresh the spirit 240 color photos

room by room readers will discover simple and effective ways to translate the elements of zen into modern living there are also specially designed meditations to help one become more in tune with the environment as well as fresh ideas for presenting food to enhance its particular characteristics 200 full color photos

offers inspiration to those looking for advice and reassurance in the ways of tranquility and calm to combat the stress of high speed hi tech metropolitan living sumptuous photography reveals all the elements that contribute to the different philosophies vinny lee is a respected writer on interiors books including mood indigo for pavilion books the spiritual home is a beautiful tactile book which will incite even the most sturdy reader to stroke the page it explains how to bring peace and tranquility to your living space the book explores the different ways in which an environment can be shaped to create a place of relaxation in which to nurture your soul the first step of this creative process is to open the door to a world of different cultures styles colours and

textures inspiration found in the vastu shastra a hindu text which describes how to order your home in order to reap spiritual benefits will inspire the reader to use red the colour of agni the god of appetite and fire in the dining room photographs of calm japanese influenced space introduce the concept of design incorporating the five elements a visual exploration of a simply decorated home bala

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