

# The importance of beauty and harmony around us

by Violeta Burja

The harmony of our living environment has an incredible influence on our well-being, especially on our mental health, which is confirmed by many studies. We always sense the energy of the place we visit or live in. Some places make us feel wonderful, uplifting, serene and safe, and others feel uncomfortable, chaotic, awkward, and even dangerous. If our surroundings are beautiful, there will be positive vibrations and good energy that will make us happy and uplift our spirits. Being in a state of happiness further increases our creativity, our optimism, and our passion for life. And these are all the vital attributes of a healthy, peaceful, and fulfilling existence.

Aesthetics (a branch of philosophy that deals with the concepts of beauty and artistic taste) of being has been applied by people of ancient times, using their knowledge of natural elements to create harmony in their world, whether by architecture, art, interior design or something else. Each era had its own esthetic laws, according to its taste, preferences, perception of the world. Today, we have our own styles and trends, but history nevertheless serves as an inspiration for creators in a wide variety of fields.

Creating a beautiful setting in our home or workplace does not require a diploma in art or interior design. Nor does it necessarily entail hiring an interior designer or tons of money. Much can be done by us alone, and on a small budget. First, we need to decide the purpose of the space and choose the style or theme. Colors, materials, furniture, and accessories are the main factors that turn space into a beautiful, inspiring environment. We choose those that give our space not only a beautiful appearance and functionality, but also create the vibration and overall feeling that we want. To ensure a healthy flow of energy, we need to keep the place neat and tidy, decluttered and allow a lot of light and fresh air in.



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Our home is the place that represents our shelter and sanctuary, where we spend a lot of time, rest, also work, live with our loved ones, invite our friends, and make memories. Let it be beautiful and harmonious, generating an abundance of happiness, positivity, and peace.

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