



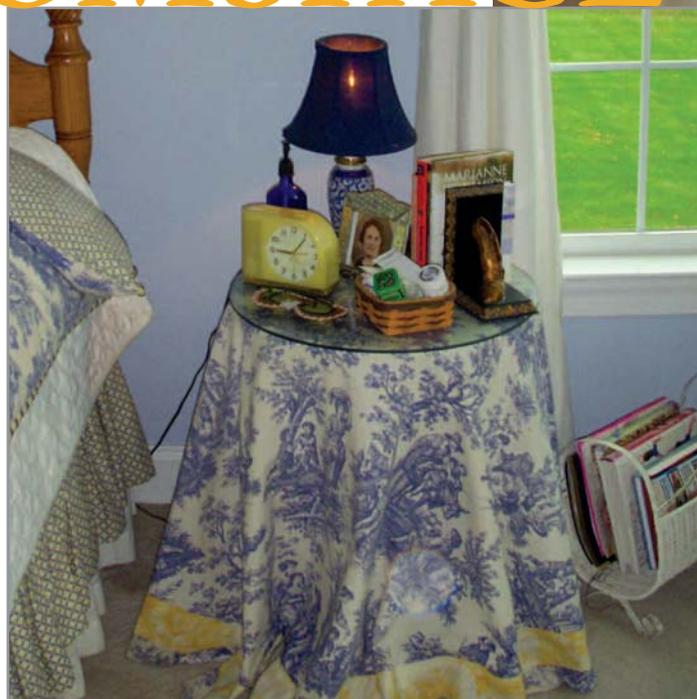
BY MIRIAM CASH

CREATE *YOUR* OWN MOMSPACE

BEGINNING & ENDING THE DAY – BESIDE THE BED

ONE OF MY momspaces, the many little niches around my home where I find some “me” time is my bedside table. Here, I find my small oasis of all good things to start and end my day.

On my husband’s side sits an antique oak washstand with many things atop. On my side sits a beautifully toile-draped table adorned with special photos and a softly lit lamp. Here for nighttime I keep my shea butter lip balm and lavender hand cream, a soothing and relaxing scent to calm the senses as I shift gears in the evening. I usually need a sip or two of water so I keep a water valet handy. My reading glasses and book light sit at the ready. My favorite reads, right before lights out, are my horoscope book and my inspirational reading such as *Inner Peace* by Paramahansa Yogananda and



another, Marianne Williamson’s, *The Age of Miracles*. These last two books I read a passage at a time, over and over and over again. I find inspiration daily from different snippets in different ways. My horoscope book, which I do not totally entrust with my life’s decisions day-to-day, can somehow guide me when I’m uncertain of my choices or clarify something I experienced that I didn’t understand. Give it the weight you want but it is a nice way to end the day. I don’t read it in the

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morning because I don't like to tempt fate. My Moon Glow alarm clock wakes me with a gentle glowing light that never progresses to a shrieking bell, selected by design for just that reason. A much more relaxing way to awaken!

CREATE AND MEDITATE

I have many momspaces around my home; little niches that I call my own, they are all me, just for me. They are my little air fresheners that help to rejuvenate me when I need it most.

Every woman needs her own vanity place to primp and pretend, create and recreate. A comfy poof upon which to sit near a table large enough for all of her accoutrements; her daily skincare and cosmetic experiments with an organizing tray for creating perfection daily. I have a great lighted magnifying mirror, a real necessity, but you must truly look past the details and only see the canvas as a whole. Be creative. Buy anything that looks fun and experiment and play. So many stores give money back guarantees on their products that if you buy a great color you'll know it. You'll also know it if you don't, and you can exchange for something new. Bring up a cup of spice tea, open a window for some fresh air and get creative.

Carve out a meditation spot. Your meditation momspace can be anywhere you want it to be. Mine is in my room near a bright window. I will sit cross-legged, ideally in the morning before I busy my mind, but truly any time I need a respite and a grounding back to me is good. Take a couple of deep cleansing breaths and just be. Fix your thoughts on a favorite away place, a sandy beach, a rocky bluff, the Shoe Department at Nordstrom, whatever brings you bliss. Focus, breathe and be there. This momspace is yours and yours alone. Pretty nice, huh?