

FALL/
WINTER
2020/21

Sunshine Coast Life



HOLISTIC HOME

The art of creating a
tranquil living space

Growing Strong: Sunshine Coast Garlic and Blaks Botanicals

Like Air to Breathe: Harmony still moves Nikki Weber

Keeping the Music Alive: Coast performers go into action virtually

COAST HOMES

A Holistic Home



Janine Pilmer shares the art of creating a tranquil living space

STORY AND PHOTOS BY
CHRISTINA SYMONS

THERE ARE CERTAIN HOMES you see – or step into – and immediately feel calm and peaceful, but do you ever wonder why they feel that way? Is it the personality of the inhabitants, the architecture, the interior design or furnishings? Or is it something less tangible, perhaps even spiritual that is setting the tone?

As an architect, yoga/ meditation teacher and holistic living advocate, Janine Pilmer is no stranger to passionate conversations around creating tranquil living and working spaces. She has helped envision many of them, including her own, which is currently a rental property she shares with husband, artist Lucas Kratochwil, in Roberts Creek. ➤



JANINE PILMER WORKS IN HER HOME OFFICE OPPOSITE HER LIGHT-FILLED LIVING, YOGA, AND MEDITATION SPACE IN ROBERTS CREEK.



ABOVE: NATURAL MATERIALS AND COLOUR PALETTE SET THE TONE FOR A RELAXED, NUANCED AND INVITING CHILL OUT ZONE.

LEFT: A SPECIAL CORNER OF THE HOME FOR MEDITATION AND JOURNALING.

RIGHT: A VIEW TO THE OFFICE.



ALONG WITH HER FORMAL ARCHITECTURAL training, Janine is inspired by 5,000-year-old Vedic wisdom, including *vastu* (a Sanskrit word meaning dwelling or house) and yoga principles which she learned and applied as an architect and yogi, while living and working in an ashram temple in India.

“What’s beautiful about this ancient body of knowledge is that it’s very profound and spiritual,” notes Janine, who explains that *vastu* for the home is a sister science to yoga for the body. “Everything is sacred – it’s about a total connection between the way we live in our homes, nature and the universe.”

Constantly evolving, Janine is currently in the process of weaving her *vastu* design, wellness and Vedic learnings and sharing what she has gleaned through her design work, consultations and workshops. Here, she invites us into her own home to explain the holistic principles she has applied to her living space. ➔



TOP: THIS BEAUTIFUL DINING VIGNETTE WELCOMES FRIENDS.

ABOVE: THE NORTH-EAST CORNER ROOM, INTENTIONAL, AIRY AND CLUTTER-FREE.



ALIGN

“Everything is made of energy and when we align our built environment with the forces of nature, then harmony and the frequency of energy is enhanced in our home,” notes Janine. “For example, we always place our bed so that our heads are not facing north, because that position has too strong of magnetic energy and it is said that you won’t sleep well.”

Conversely, the north-east corner of a home is considered a sacred spot in the vastu tradition, open to inward positive flow. So, in this case, Janine and Lucas keep the special north-east corner open and free to allow positive energy in.

CLEAR

Janine’s home is modest in possessions and abundant in airiness. By allowing space, she offers room in her home for ease. Divesting of clutter, moving furniture a few inches from the walls, clearing or emptying drawers and organizing possessions (while letting some go) are practical tips to consider to add a sense of spaciousness to our homes.

“Everything we have in our homes has an energetic impact,” notes Janine. “Too many things can block the positive flow.”

UPLIFT

Once we clear, we can start to elevate our living space by honouring the sacred in us and in our surroundings, including nature as it speaks to you.

Janine does this by being intentional in how she organizes her space, choosing organic materials and simple colour palettes while bringing in natural objects from the outdoors.

“Think of how you want to feel in your home – calm, rested, creative, etc. – and create spaces and arrange objects to support the depth, power and direction of the life you want,” notes Janine.

Colour palette is personal, with the goal of balance and harmony, she says. It doesn’t always mean choosing off-white! She admits that some people are naturally very colourful, and the goal is simply to discover and express each of our unique essences. Janine often asks clients to select a few garments that they love to wear as keys to discovering their ideal colour palette.

While her home is bathed in white, creams and natural woods, hits of black and tones of grey punctuate as accents. Natural materials, linen, cotton, wood and clay dominate, even down to the choice of pure beeswax candles. She also loves to support local makers, infusing her home with practical artistry and craft.

“In my home, I like to create a very open, calm, serene and grounded space,” she notes. Janine’s design approach illustrates that how we arrange our home is sacred and if we honour it, it will honour us back. ➤



TOP: JANINE BRINGS CUTTINGS, BRANCHES AND HERBS INDOORS.
MIDDLE: HANDMADE ACCENTS BY LOCAL MAKERS (BETH HAWTHORN CERAMICS).
BOTTOM: SAGE SMUDGE FOR CLEANSING.



“To honour is to bring awareness,” she notes. “It simply makes us more present.”

The arrangement of her sacred north-east corner is a good example of this. Having a special spot to hold mementos, to meditate, journal, read, or whatever is special to you, gives your home another avenue for connection. Janine uses her space to house an altar, which can simply be a collection of photos, a candle, or any items that ground you.

“Let one space in your house be the soul of your home,” says Janine. “Practice gratitude here and you will connect to what’s most important for you.”

LIVE

According to Janine, when you live consciously and mindfully, you create a higher vibrational space and in this way Janine’s home has become an extension of her family’s core values.

“Home is our temple,” says Janine. “And we have certain house principles to support our values.”

In Janine and Lucas’ home these principles include: no gossiping, no violence, a vegan lifestyle and no complaining!

“If you walk into a home where people are shouting all the time, you can feel it,” contends Janine. “Here, we are so grateful for our peaceful space we take time to nurture it, like we do our bodies and our minds.”

In-home rituals such as smudging, diffusing essential oils, practicing meditation or yoga, dancing, laughing and singing can all add sweet vibes to a space.

“Now that many of us are spending a lot of time working, socializing and studying at home, there are even more reasons to take care of our living space,” says Janine. “What you bring into your home is a reflection of your state of mind.”

Janine and Lucas also make it a practice to spend Sundays freshening and preparing their home for the coming week, attending to any clutter and doing deep cleaning, a shift in energy to clear the path for vibrant days ahead. They do daily household chores in the evening, things that do not excite the mind, so they can rest easy and wake up in a space that is tidy and fresh.

“We also clean in a way that is supportive of how we want to feel in our home, using simple natural cleaning products, such as white vinegar,” notes Janine.

Janine and Lucas’ space is clearly a special kind of sanctuary – one that has been created to suit their lifestyle, wellness practices, sense of service and circle of community.

“For me, what I believe is key is authenticity,” says Janine. “If our home is a coherent reflection of our authentic selves we can all feel at peace and at home in our living spaces.”

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