**Bringing the Outside in**

*"Look deep into nature, and then you will understand everything better."\**

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Hello readers! For those of you who are new to my books, you will discover that I always like to include a bonus Chapter on a related and supportive subject. The one could not squeeze inside the covers of the book so you have it here as a free download to enjoy. I have chosen the topic of **'Bringing Nature In'** as it nicely bridges the gap between interior design and the design of your outside spaces. It is also a topic very close to my heart as we have designed our own home to intentionally blur the boundaries between outside and in. I absolutely love nature and the changing seasons and the fact that our home actively embraces them and feels every part of the world outside makes me happy and joyous.

So, I want you to picture waking up to a glorious morning, with the gentle rustle of leaves, the soft caress of a breeze, and the soothing chorus of birdsong. You may think that you need to step outside to experience this natural phenomenon, but what if you could have it all within the cozy confines of your home? Hang on tight as we embark on a journey that blurs the boundaries between your interior sanctuary and the great outdoors. It's a journey of bringing the outside, inside.

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## **The Indoor Jungle**

Let's begin by embarking on this marvelous journey with a simple yet profoundly transformative concept: the indoor jungle. We're talking about houseplants, those vibrant green companions that breathe life into your living spaces. These aren't just decorative elements; they are living, breathing elements of nature, and they have the remarkable superpower to turn your home into a sanctuary of vitality and tranquility.

Imagine the towering elegance of a fiddle-leaf fig tree, its broad, glossy leaves reaching skyward like a natural work of art, commanding attention and awe. Or perhaps the lush, trailing vines of a pothos, cascading gracefully from a hanging planter, creating a living tapestry that dances with every gentle breeze. These wondrous plants, alongside their botanical companions like the resilient snake plant or the delicate peace lily, become your silent allies in the quest to bring nature indoors.

As you embark on this journey of greenery, you're not just selecting plants; you're choosing life, vitality, and serenity. These green wonders oxygenate your spaces, purify the air, and infuse every room with a touch of Mother Nature's beauty. There is a perfect leafy companion to suit everyone's unique space, lifestyle, and design vision. The transformation is immediate, and as you nurture these living gems, you'll find your home becoming a thriving, oxygen-rich oasis, where the beauty of the natural world seamlessly merges with your daily life.

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## **A Breath of Fresh Air**

If you're yearning to take your indoor-outdoor connection to new heights, then the concept of an indoor courtyard is a design innovation that will capture your heart. It's not just an architectural feature; it's an invitation to immerse yourself in a symphony of natural elements within the comfort of your own home.

Imagine this: you step through your front door and find yourself transported to your very own oasis—a central atrium that beckons with the promise of serenity and renewal. Here, the boundaries between inside and outside blur into a harmonious dance. Your eyes are greeted by the lush tapestry of verdant foliage, as graceful palms sway gently in the breeze and vibrant flowers bloom in a riot of colors.

As you venture deeper into this tranquil haven, the gentle trickle of water serenades your senses. It could be a bubbling fountain, a meandering stream, or a Zen-like koi pond. The soothing sounds of water, paired with the earthy fragrance of damp soil, create an atmosphere of pure relaxation.

Nooks and alcoves nestled among the greenery invite you to unwind. Picture a cozy reading corner bathed in the dappled sunlight filtering through the leaves, or a cushioned bench where you can lose yourself in contemplation. The possibilities are endless, limited only by your imagination.

An indoor courtyard is not just a design choice; it's a sanctuary where you can retreat from the hustle and bustle of the outside world. It bathes your home in natural light, imbuing every corner with a sense of vitality. The indoor courtyard is a testament to the art of bringing the outdoors inside, offering a constant reminder of the beauty and tranquility of the natural world.

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## **The Garden Room**

For those with a deep yearning for a profound communion with the natural world, I introduce to you the captivating concept of the garden room. It's a space that boldly defies the conventional boundaries of your home, offering a harmonious blend of indoor comfort and the great outdoors. What makes it truly enchanting? Retractable glass walls or fold-back doors that effortlessly bridge the gap between inside and outside. This is not merely a room; it's an experience—a sensory delight that beckons you to embrace the wonders of nature.

The possibilities for your garden room are as boundless as the blue sky above. Perhaps you envision a sun-drenched reading nook, where you can lose yourself in the pages of a captivating novel, surrounded by the lush greenery and the symphony of birdsong. Or, it could be an alfresco dining haven, where every meal becomes an opportunity to savor the flavors of nature, with the gentle rustle of leaves as your background melody.

For those in search of inner peace and serenity, your garden room can transform into a tranquil meditation sanctuary or yoga studio. Imagine the sound of a trickling water feature, the scent of fragrant blossoms, and the soft, filtered light of the sun creating an ambiance of sheer bliss. Here, you can disconnect from the chaos of the modern world and find solace in the embrace of Mother Nature.

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## **Bridging the Gap: Uniting Nature and Design**

To create a seamless connection between your interior and exterior spaces, it's not just about architectural features; it's also about the finer details that resonate with the beauty of the natural world. Your decor choices, color palettes, and material selections are the artistic brushstrokes that complete the canvas of your design vision. They serve as the bridge, the harmonious thread, that ties together the interior and exterior realms of your home.

**The Palette of Nature**

Begin by embracing the palette of nature. Imagine earthy tones that mimic the richness of the soil—the deep browns and warm terracottas. These hues not only ground your space but also evoke a sense of stability and calm. Complement them with the verdant greens of the outdoors, drawing inspiration from the lush leaves and swaying branches of your houseplants. These earthy, leafy shades instantly evoke a sense of harmony with the natural world.

**Textures that Echo the Elements**

Texture too plays a pivotal role in creating the tactile experience of nature within your home. Incorporate natural wood textures in your furnishings and decor elements. The grainy warmth of wood not only adds visual interest but also mimics the feel of tree bark, connecting you to the great outdoors. Smooth stones and pebbles, reminiscent of riverbeds, can be woven into your design, bringing the grounding energy of nature indoors.

**Bringing the Outside, In**

Consider bringing elements from your garden into your interior design. Delicate floral patterns in your upholstery, curtains, wallpaper, or wall mural echo the intricate beauty of blossoms. Arrange botanical prints or nature-inspired artwork on your walls, creating a visual window to the natural world. By curating a decor scheme that pays homage to the beauty of nature, you create a visual and sensory experience that seamlessly blends the boundaries between inside and outside.

Bridging the gap between your interior and exterior spaces isn't just about architecture—it's about crafting an atmosphere that invites the natural world to dance with your design. The choices you make in color, texture, and decor will elevate your home into a sanctuary where nature's beauty is not just admired but lived and cherished, reminding you with every glance that the great outdoors is simply an integral part of your daily life.

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*\*Albert Einstein, (1954) "Albert Einstein: The Human Side"*