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Our Mission

Our philosophy, on interior design, stems from the concept of repurposing what you already have. In this day and age of being conscious of our environment, let's try to reuse what we already have to help our home or office environment feel comfortable.

With this concept in mind, if you are not happy with your existing furnishings, ask yourself **"what can Stephens ID & Associates do to help me get comfortable in my surroundings?"** Is it changing the artwork, is it changing the paint color on the walls or reworking existing furnishings. Whatever the direction, we will work with your needs and ideas to make the most comfortable space for you and your family.

www.stephensID.com Check out a portion of our portfolio on our website.

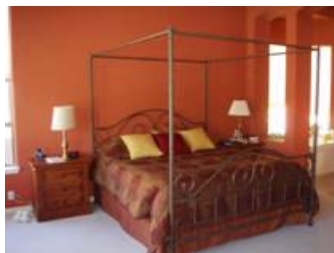
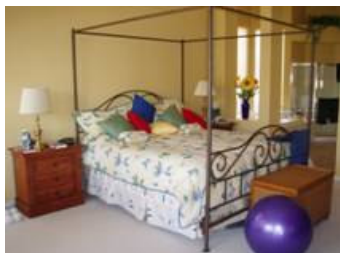
Green Design

"Give your home a check-up." – Karen Kingston, *Creating Sacred Space with Feng Shui*

Being aware of the environment is very important for each of our futures. Did you know that Dunn-Edwards has a line of low odor/ Zero-VOC paints? This paint is really great to use when a building is still occupied, especially for those with allergies.

When you begin to reevaluate your paint colors, keep in mind this EcoShield paint from Dunn-Edwards or Sherwin Williams Harmony paint. If you are looking for an extreme dark or bright paint tone this type of paint will not be available.

After Photos



This was a referred client; they had moved out here from the East Coast and were looking to spruce up their home. Amazing what a little color can do to a room. What is your goal in your home or office? Does it feel stagnant or heavy around your space? Do you think a little change in your space might make you look at life a little differently?

Quick Tip

With out of town guests coming in, make space for them and their suitcases. Clear out some of the clutter that you are holding onto so that they feel welcomed, but not "hey move on in."

How do you know it is clutter? Clutter is the "stuff" that begins to take over; piles of clothing, piles of paper, boxes, broken furniture or any used items. If it is something you have not used in 6 months to a year, if it is broken or if it makes you uneasy. It is clutter!

Do you have an organization you are interested in donating to. If you are not sure of an organization take a look at my website for locations in the Phoenix Valley that I like to work with. If you don't live in Arizona check out your local yellow pages or ask a neighbor what groups they donate to.

www.stephensID.com/donations

Quote to Ponder

"The hardest work you have to do is to learn to depend on your inner self because you have been taught to look always to someone else."

---Venice Bloodworth

**For a Design or
Feng Shui Consultation**

contact Amy Stephens:

Stephens ID & Associates

480-677-0855

Premiere Issue:

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Yoga Move

Keep on Breathing Deep

Observe your natural breathing pattern. Close your eyes for a moment and tune into your ribcage, notice the expansiveness & contraction.

Now inhale through the nose and allow your breath to deepen and allow the breath to move down into your belly, notice a rise and fall of the belly.

Deepen the breath and allow the belly to rise and lower ribs expand. Then exhale through the nose and empty slowly.

Inhale through the nose; belly, mid chest and bring the breath up behind the collar bones. Exhale again slowly out through the nose and allow the lungs to empty from the top down.

Allow the eyes to relax, the jaw to relax and the throat to soften. Be present to this beautiful flow of breath. Even notice the edges of the mouth turning upward. This is called a **smile**.

Keep on smiling and let the smile come from the beautiful breath within.