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Linda Thompson
A Non-financial Life Planning
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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.

Premiere Issue:

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Green Design

"The Earth does not belong to us. We belong to the Earth!" I recently saw this on a Bumper sticker

How does that quote resonate with you?

The longer I am here on this beautiful Earth, the more I experience what she gives to us. Oxygen, sunshine, rain (which we really need here in Arizona), snow (when I lived in Missouri I got to see this), wildlife, humans, construction, growth. This morning when I left a yoga class I observed a major dust cloud and just stood behind a building to be blocked from this wild mess of dirt whirling around. Mother Earth showing off her powerful wind force.

Next time you decide you need to do some remodeling, please take a moment to review what sustainable products are out there on the market now. If you live in Arizona go to **AKA Green** if you are outside of the Valley then contact me and I will give you some names of these beautiful product lines.



Before and After Photos



I met this client at a networking group. As she and her fiancé were looking to join their two homes together we combined her taste and sense of creativity into this powder room. We took down the large mirror over the back of the toilet and over the sink and did this fabulous tissue paper treatment all over the walls and the ceiling. Same amount of lighting and so much more warmth created in this room, which happens to be in the center of the home. What does the center of your home look like? If it doesn't make you smile, then give us a call and we will bring more balance in your life and home. How do you feel in your home? www.stephensid.com

Open Your Heart...

What does it mean to
Open Your Heart?

To a surgeon...
It is a medical procedure.

To a yogini...
It is to create softness
around the heart.

As we are in the month of
February noted for the famous
Valentine's Day.
Soften around your heart, with
those you work with,
those you live with
and those you love dearly.

Think about this;
Sit or stand tall
Shrug your shoulders
Then let your shoulder blades
draw down your back supporting
behind your heart.
Without collapsing your shoulders
feel the lift of your collar bones
and take a deep breath in and ...
Soften.

Then notice that beautiful smile
on your face, and in your eyes.
Learn to smile from your eyes!

Soften, let go
Smile!
Love!

Calendar of Events

- February 23, 2006** 10-11 am Topic: Realtor Resource: One Day Move In website www.PRLC-AZ.com
- March 30, 2006** 6:30-8:30 pm Topic: CHAKRA POWER
Balancing Your Chakras with Gems & Energy
- September 15-17, 2006** Weekend Yoga Retreat Payson, AZ.

**Quote to Ponder
For Singles**

The belief that relationship equals pain is entirely learned, and proceeds not from inner truth, but external influence from a world that has forgotten how to live and love.
-- Alan Cohen

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