



Erika Blumenfeld

According to Vastu philosophy, this Santa Fe kitchen is properly placed in the southeast of the home, which is the area in which the fire element is predominant.

## Vastu: Yantas considered more than artwork

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her door and her business picked up”

### Vastu vs. Feng Shui

Both Vastu and Feng Shui bring solutions to peoples' lives, work and home spaces through cures and remedies based on principles of space orientation, alignment and energy flow, Silverman says, but Vastu is thousands of years older — and more effective — than Feng Shui. “Each wants you to be happy, healthy and prosperous. From my research, Vastu gives the best results,” she says.

In the Vastu approach, each of the five elements has a predominant relationship to a certain sector of the home. The ideal placement of the kitchen is southeast, explains Silverman, because “subtle infrared rays that come in from the southeast are very nourishing.” The northeast is good for water, which is essential to life. “Water features such as fountains, ponds, and waterfalls belong in the northeast or northern corner of the home or property,” she says.

The southwest represents the earth element. “Earth is grounding and quieter, more secure. A master bedroom would ideally be situated here. And the northwest is the air element — perfect for the placement of a window to bring freshness into the home,” says Silverman. “The center of any room or building is the element of space. If it's open and not obstructed, it encourages expansiveness and supports health.”

Of course, you can't just pick rooms up and rearrange them according to optimal Vastu placement, so there are cures that Silverman relies on. “A yantra is a little cosmic diagram that generates specific life-supporting energies,” she says. “These can be placed throughout the space. I consider them beautiful artwork, but they can be placed behind framed artwork or in a cupboard.”

### Looking at ‘flow’

Carol Williamson found

Vastu to be just what she needed for her Glorieta home.

“You reach a point you don't know what to do next,” she says. “I felt like the energy was jammed in the house. Sherri was able to go right to the issues, address them and come up with solutions that really worked out. It was totally worthwhile.”

Clients find Silverman in a variety of ways, including word of mouth, from her book, via Internet searches on Vastu and through her Web site, [www.transcendencedesign.com](http://www.transcendencedesign.com).

Santa Fe resident Tami Carlson got interested in Vastu when she heard Silverman on KSFR 101.1 in December 2007. She and husband Geoff Towle had “been in tune with Feng Shui,” Carlson says, but didn't realize Vastu was so much older. “That appealed to us,” she says. Towle adds, “It's a lot like Feng Shui. The difference comes down to what you want to believe in.”

The couple had just moved into their new home when they enlisted Silverman's expertise. “We work from home and have two young kids, and we wanted to figure out how I could focus better while working,” Towle says. “We've gotten hold of the craziness around here using Vastu and Sherri's help.”

Carlson agrees. “We noticed a difference. We have a yantra in the kitchen and it really changes the energy,” she says. “Sherri also knows design and color really well. She encouraged us to go with what we really love.”

Jacqueline Antonius sought Silverman's input before opening her new salon, Lotus Beauty, on the corner of St. Francis Drive and Agua Fria Street a few months ago. Specializing in organic and chemical-free hair color, Antonius wanted the space to reflect a calm and healthy environment.

“Sherri looked at the space and helped me plan it,” she says. “We looked at flow, where the energy travels, where the entrance should be and where we should place our retail products. Each different part of the salon has a special pur-

### IF YOU GO

**What:** Talk and reading from *Vastu: Transcendental Home Design in Harmony with Nature* with Sherri Silverman; bookings to follow

**When:** 1 p.m. Saturday, April 12

**Where:** Casa Natura, 328 Sandoval St. (at Aztec Street)

**For more information:** Call 820-7634.

pose. I go to work and I feel serene and all my clients are happy. I've gotten great feedback.”

Antonius believes Silverman “really knows her stuff. I just trust her,” she says.

### ‘Feeling the space’

Silverman can consult from the initial design and placement of a home or business to creating solutions for existing spaces. She says has worked

on large and small projects in Santa Fe, Italy, Australia, Korea and the United Kingdom,

“Right now I am working on a remodel in Massachusetts and new construction in New England,” she says. “Clients send me the floor plans marked with cardinal directions with a compass. They sometimes send photos, and the issues and problems with the space and their lives.”

To do her work, Silverman relies on her intuition, sensitivity to beauty and on asking the right questions. “I'm not just following a checklist,” she says. “It's not mechanical. I'm feeling the space, and I'm listening to what people need. We're exposed to so many influences that are unsettling in a world that can be stressful. It pays to create a positive effect wherever we can.”

For more information on *Vastu and Transcendence Design*, visit [www.transcendencedesign.com](http://www.transcendencedesign.com) or contact Sherri Silverman at (505) 984-0108.

## Latest trends in wallcoverings

Wallpaper has exploded back into our lives. We are using it in every room in the home. Often just on a focal wall, but I have seen these exciting new patterns used on everything from furnishings to ceilings. There are two major trends in paper design showing equal popularity. The first is large, overblown patterns and motifs. Seen in color and black-and-white, these are gorgeous patterns that will evoke any mood you choose, from cheerful blossoms to dramatic geometrics. By changing the scale of familiar patterns, you create a modern twist on traditional style.

The second trend in wallcoverings is directly connected to the move toward adding texture — this is huge in all areas of fashion, including what we are putting on our walls. Specialty embossed wallcoverings Anaglypta (heavy paper) and Lincrusta (petroleum based) have been around for years, very popular in England, where they are holding up half the walls. Today's embossed wallpapers are lighter and easier to apply, but they still provide all the benefits.

Textured or embossed wallpaper is a perfect solution for covering small cracks and imperfections on walls that would show under a painted finish. Also, the texture adds dimension and architectural interest to new rooms. The patterns on these papers can emulate bead board, embossed tin, weaves and stucco. The papers are paintable, which provides you with the option of applying a solid color or accentuating the pattern with a rubbed finish.

Embossed paper is very versatile and durable. Apply it above a chair rail in the living or dining room, as a backsplash in the kitchen (varnish to protect); you can even cover a chest of drawers for an inspired decorative touch. It can be repainted for a whole new look. The nursery shown here could go



DEBBIE TRAVIS  
*House to Home*

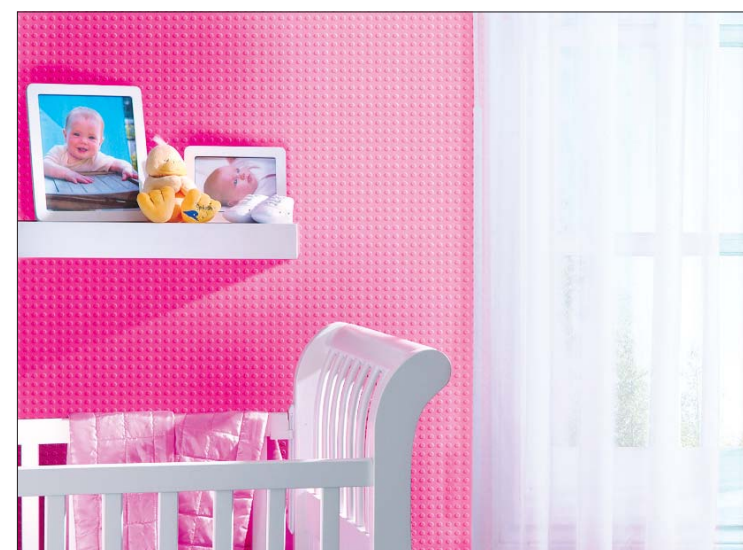
from pink to green as your baby grows into a young nature lover.

Undoubtedly, papering a room is more expensive than simply painting. The cost of a professional paper hanger for your beloved new paper can be the same as the actual price of the paper. Here's what you need to know to do it yourself — not so difficult with practice.

Walls should be properly prepared before you hang the paper so that it adheres well and can be removed easily when the time comes to decorate again. Wipe down walls to remove any dirt or grease, which will impede adherence. Sand walls if the surface paint is glossy. Fill cracks and nail holes and sand smooth. Prime over repairs. Apply a coat of wallpaper size; this step is most important so that the paper will come off without pulling plaster or drywall with it. New drywall or plaster walls require a sealer/prime coat, then size.

Measure the walls in three or four spots. You will discover that the height varies slightly. Cut your strips the maximum height plus 2 inches top and bottom for overlap. Match patterns before you cut. Use a plumb line as a guide for your first strip so that it is hanging straight. Don't use a corner as a guide. Start hanging your paper in the most inconspicuous place, such as behind a door, so that any mismatching will not be noticeable. Work with a buddy, and you'll have fun.

Contact Debbie Travis at [house2home@debbietravis.com](mailto:house2home@debbietravis.com).



House to Home

Paintable embossed wallpaper is available in modern design options like this cheerful dotted pattern painted pink for a happy nursery.

## THE NEW MEXICAN'S local mortgage rates

LENDER	30-YEAR RATE+PTS/APR	15-YEAR RATE+PTS/APR	ARMS RATE+PTS/APR	30-YR FHA/VA RATE+PTS/APR	15-YR FHA/VA RATE+PTS/APR	30-YR JBO RATE+PTS/APR	15-YR JBO RATE+PTS/APR	ADDITIONAL PROGRAMS
Quest Mortgage Corp	5.375+0+2	4.875+0+2	5.375+0+1	5.50+0+2	5.00+0+2	6.625+0+2	6.25+0+2	Great Service and Great Rates, Call Now.
505-984-8855	5.875+0+0	5.50+0+0	(5/1 ARM)	6.00+0+0	5.625+0+0	7.50+0+0	6.875+0+0	Also Reverse Mortgages.

### Weekly Mortgage News

McLean, VA — Freddie Mac (NYSE:FRE) today released the results of its Primary Mortgage Market Survey® (PMMS®) in which the 30-year fixed-rate mortgage (FRM) averaged 5.88 percent with an average 0.5 point for the week ending April 3, 2008, up from last week when it averaged 5.85 percent. Last year at this time, the 30-year FRM averaged 6.17 percent.

The 15-year FRM this week averaged 5.42 percent with an average 0.5 point, up from last week when it averaged 5.34 percent. A year ago at this time, the 15-year FRM averaged 5.87 percent.

Five-year Treasury-indexed hybrid adjustable-rate mortgages (ARMs) averaged 5.59 percent this week, with an average 0.6 point, down from last week when it averaged 5.67 percent. A year ago, the 5-

year ARM averaged 5.92 percent. One-year Treasury-indexed ARMs averaged 5.19 percent this week with an average 0.5 point, down from last week when it was 5.24 percent. At this time last year, the 1-year ARM averaged 5.44 percent.

“While prime, conforming rates still remain at historically low levels, long-term mortgage rates did drift slightly upwards this week on signs that the economy may have a little more strength than what financial markets forecasted,” said Frank Nothaft, Freddie Mac vice president and chief economist.

“For instance, consumer spending in the fourth quarter of 2007 was revised upwards in the final estimate of Gross Domestic Product (GDP). More recently, February's personal income growth was the

strongest since July 2007, and the ISM manufacturing index rose unexpectedly in March. Strong economic growth can lead to an up-tick in inflation fears, which tends to place upward pressure on mortgage rates; however, fears of economic recession, too, are putting pressure on the markets.

“Housing, however, still continues to be a drag on the economy. In 2007, residential fixed investment shaved nearly a full percentage point off of GDP, the most since 1980. In February, median existing house prices (excluding condominiums and co-ops) were 16.0 percent below the peak in June 2007 and median new home prices were 7.0 percent below the record set in March 2007. Moreover, new construction of one-family homes was 61.5 percent below its all-time recent peak in January 2006.”

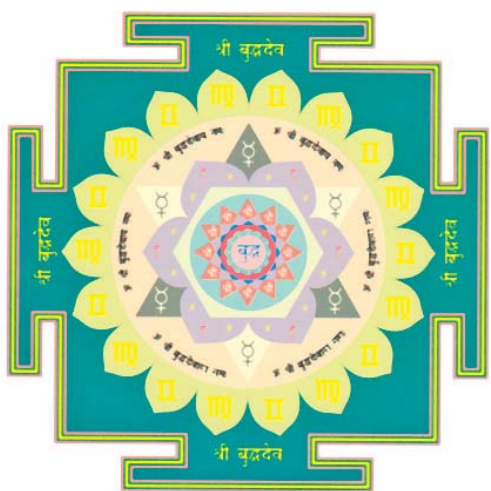
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### National Mortgage Rates

Loan	Rate%	APR%
30yr fixed	5.74	5.87
30yr fixed jumbo	6.78	6.92
15yr fixed	5.30	5.50
15yr fixed jumbo	6.44	6.68
5/1 ARM	5.58	6.18
5/1 ARM jumbo	6.27	6.55

Source: [www.iMortgageGuide.com](http://www.iMortgageGuide.com)

A yantra, Sherri Silverman says, is ‘a little cosmic diagram that generates specific life-supporting energies.’ Above: yantra is for Mercury, ‘planetary lord of the north.’



Courtesy Transcendence Design

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Consumers: To report any inaccuracies email info@iMortgageGuide.com. Information is current as of April 4, 2008 and believed to be accurate but can not be guaranteed and can change without notice. Credit history, FICO Score and other factors may affect program terms. Rates based on \$165,000 single family loan. Jumbo rates (loans over \$417,000) based on a \$417,000 loan. Minimum downpayment requirements, and other restrictions, may apply. Closing costs may vary. Contact each company for details. R = refinance program only. Pts = points include origination and discount fees. Lock = rate lock period. 30 - 60 day lock unless specified. APR = Annual Percentage Rate and is calculated by each company — includes costs to obtain loan and private mortgage insurance if required. ARM (p/m) = Adjustable Rate Mortgage program. Copyright 2008 iMortgageGuide.com LLC