



sta

set the  
atmosphere

# How To Set The Atmosphere For A Calm, Peaceful Home

Cultivate Serenity in Your Living Space  
After Abuse And Dysfunction

Davina Savage Law

[settheatmosphere.com](http://settheatmosphere.com)



# **DAVINA SAVAGE LAW**

FOUNDER OF SET THE ATMOSPHERE

This mompreneur shares how she used peace as a tool to overcome the effects of abuse and homelessness. These attainable steps help others set the atmosphere for their life. We've learn to seek success, and then you will have peace. Ms. Law suggests finding peace first to succeed.

**[settheatmosphere.com](http://settheatmosphere.com)**



# Introduction

In "How to Set The Atmosphere For A Calm Peaceful Home," discover transformative steps to cultivate tranquility after experiencing chaos and dysfunction. This guide offers practical strategies for healing and creating a nurturing environment, empowering you to reclaim your peace amidst life's challenges. Embrace the journey of self-discovery and make your home a sanctuary for renewal and serenity.

Today's climate in America is full of produced, unnecessary chaos. Raising a family alone is stressful enough, for outside entities like work, social media, and the political system create even more stress. The early mornings, late nights, pick-ups, drop-offs, lunch, "I need this, I need that," and everything else your family needs from you is taxing.

I remember the nights I prayed and cried myself to sleep. I remember the days when I did not know how I was going to pay rent or feed my son. Those memories are why I am writing this book for you. It is my responsibility to give back and share relevant knowledge.

There is good news!. Seeking peace was the answer for me. It helped me settle my mind and spirit enough to get the answers to change my life. I am sharing with you what I have practiced for the past sixteen years. My purpose here is to help you avoid suffering longer than you must. You can tap into this knowledge and grow now. Start today.

**[settheatmosphere.com](http://settheatmosphere.com)**

# WHAT IS PEACE?

Peace, by definition, is a state of tranquility or quiet. I love this definition because it leans towards moments instead of a constant state. We tend to elude the idea of peace because it has been projected that peace should be constant. However, life keeps giving you reasons otherwise. Peace seems so far away at the loss of a loved one, at the time of extreme pain, or when dysfunction seems to be the new norm.

How is one to enjoy peace when one's world is falling apart? I'm glad you asked. Peace is attainable. It takes focus and desire. It has to become such a priority that nothing else seems to matter. And because we have been taught to only look at the big things that matter or the fearful things that have consumed our minds, peace seems illogical. It is more "responsible" to care (worry) about the most important thing instead of peace. In those moments, peace seems like a cost you shouldn't spend. Worry is pointless because it does not get you answers.

I venture to offer you a solution for your disease. And I will tell you why. Finding peace could be the answer to the very thing that is troubling you. It's in the quietness of the mind and heart that you can tap into the spirit where the answer lies. The spirit's infinite intelligence knows just what to do at the right time. Therefore, seeking peace is wise.

I want to help you create moments of quietness and peace. It is imperative to create a chance to breathe, process and just be. Our society has taught us to do and earn. We celebrate overexertion and doing the most. Resting has been projected as lazy and needs to be earned. Yet, our minds and bodies are screaming to be relieved and settled.

Many don't try for peace because it seems out of reach. If you have never experienced it in your life, it will feel impossible, as if it is only for certain people. You have to be rich or a monk on a remote island just to experience a moment to yourself. Raising a child on your own with a list of to-dos and no break in sight will make one also think it's not happening.

How can I have peace when there is chaos in this country? How can I have peace when it seems like everything is falling apart? How can I have peace when I don't know how I am going to pay my bills? How can I take some time off to sit when I don't even have time to think?





I understand all these questions because I have been there. I was a single mother trying to repair my life, fight homelessness, deal with my mental health, end generational cycles, raise a happy little boy, build my business, and manage a home all at the same time. Whew! Just writing all of that down gave me a headache!

I'm here to tell you I overcame. I did all of that successfully by prioritizing my peace. I didn't want to live in dysfunction any longer. Peace was the necessary ingredient to my success. It was a priority. No one or thing was going to disturb me. Anything that came to disrupt my peace kindly exited.

So here I have written the ways for you to move toward peace. If I could do it, so can you.

# ONE

You have to want it. Ain't no two ways about it. You either want it or you don't. The dis-ease has to be so bad that you want to get as far away from it as you can. Talk is cheap, but action is proof. You have to want it so bad that you are willing to sacrifice people, places, or things for it.

It has to be a burning desire calling your name every day. You will have to fight for it because there will be such an urge to go back to what you knew before. The fighting, texting, explaining, pouting, sadness, and worry will always be there to welcome you back to your old self.



Plus, America loves drama. Most media is based on fear and lacks the intent to lull you into a space of distrust, hate of self, needing to purchase more products, and more things to be addicted to. You have to choose you and your household. You decide what you will believe. You have the right to choose no.

Our brains and bodies are so accustomed to the drama that peace can be uncomfortable at first. You become in awareness waiting for the ball to drop. You have to teach your body to feel safe with peace.

Peace is a priceless, precious jewel. Once you pay the price (sacrifice) for peace, it becomes just as valuable as breathing. It will become the most important part of your life. You will not want to function without it.

It's a choice you will have to make daily, maybe even hourly these days. There is drama everywhere you go. You have to make the choice to participate or not.

# TWO

Believe peace is possible. I can write 20 chapters on how, but if you don't believe it is possible, then you are destined to be stressed out. I can't help you.

Belief comes before knowing. Belief says it can. Belief says if others can do it, I can too. Belief also helps you take the necessary steps to get there. Belief says, "I'll try." Just because you haven't experienced it before doesn't mean it is impossible. Life can be a hot mess, and you can still believe in peace.

[settheatmosphere.com](http://settheatmosphere.com)

# THREE



Know you deserve a calm, peaceful home. If you grew up in chaos and dysfunction, one can conclude that's just how life is. It's not, though. Peace is a gift God is giving away. As a spiritual being, peace is within you, available to you. Just being a child of God automatically gives you right and permission to enjoy peace.

You don't have to earn peace. It's just there for you to enjoy it. It's there for the taking. You just have to tap in to it.

**[settheatmosphere.com](http://settheatmosphere.com)**

# FOUR



Everything happening in your life is leading you to peace. When the bible says, “All things work together for the good of those who love God. (Romans 8:38)” This is it. That job that has been getting on your last nerve is begging you to find peace. That issue with your relationship is shouting at you, “Look here!” Your inner spirit knows it is possible and is pulling you towards it. It will continue to unless you just outright say no.

We were created as spiritual beings having a human experience. Peace is an attribute of the spirit. Somewhere along your journey, you were disconnected from the spirit. You became more in your head (thinking) than operating from the spirit.

Your current circumstances are a call back to your original design. There is a welcome mat before you, inviting you to come back to yourself.

**[settheatmosphere.com](http://settheatmosphere.com)**

# FIVE

Leave chaos and say goodbye for good. This is the hard one. (Well, it was for me.) It's hard to leave the chaos because it is usually attached to either ones you love or the money you need to provide for your family. Your mind will tell you there is no other way. However, your spirit is saying, "Come."

You loooove them. They are your family. It's your mama. It's daddy. You're breaking up the family. Blood is thicker than water, they say, but you're drowning. You're drowning so much that you don't even know the last time you felt at ease. You're drowning so much that you don't even know yourself right now.

Your job. Your church. Your organization. They have become a place where you are slowly dying inside, but you can't give up the title because it is what you have based your entire identity on. Mr. Man. Sis. So & So. But, you literally have to drag yourself there or have a stiff drink after you leave. And it is not even paying the bills! It's no longer working for you.

Slowly dying = dis-ease. The less you do for yourself, the more you will feel dis-ease. The more you stay in the chaos, the longer it takes to heal from it. Choose you please.



# SIX

Do your inner work! This is the real work because you are the leader in the home. Everyone is following you. You set the temperature in the home. Everyone is looking to you for direction. If you are mad and upset, the rest of the house is going to respond to you. You set the mood.

You have to be the leader who demonstrates to the family what peace looks like. When you do your inner work, your disposition changes. Your words become calmer and sweeter. People will actually want to listen to you. Your touches will feel like love instead of hate. Your skin will look better. They will actually get to see you smile.

You don't want people walking on eggshells around you. When you are in dis-ease, you can become difficult to be around. I know you want to attract people, but your dis-ease is actually repelling them. Your family knows what a bad day looks like. They also know when you have been in a space longer than you calculate.

So, let's get started on the healing. Below is a series of questions to help you discover where your dis-ease lies. Take some time with a journal to answer these questions. I believe on the pages of your journal you will find the answers you need. You will also learn how to deal (or not to deal) with certain things going forward. You will learn a lot about yourself.

- How did you get here in the first place?
- Where did it begin?
- With whom did it begin?
- How long have you been there?
- Who is involved with your dis-ease?
- Did you start it or did they?
- Is it their responsibility or yours?
- What is the immediate answer?
- What is the possible answer that will take a little time to come about but is still worth pursuing?
- Who is involved in the answer?
- How much does the answer cost?
- Are you willing to pay the cost?
- If you can't afford the cost, what is an alternative?

# SIX cont'd

Don't be surprised if some unwanted memory comes up that you have suppressed for many years. Maybe you realize you chose the wrong career or need to move away from your neighborhood of comfort. Maybe you need to address a situation with a person who you know is not ready to deal with the situation. Maybe the person is the situation.

Whatever IT is, you have to deal with it to enjoy peace. You will only be triggered over and over until you heal from the experience. The memory will pop up when you least expect it. Trying to suppress it will only cause the pain to hide in your body to later surface as a disease.

Think about it. You have lost enough sleep. It has affected your relationships, probably even your money. You are the most uncomfortable you have ever been. You know you can't keep on with the way things are, so deal with it, love. Peace is on the other side. Don't let anybody or anything get in the way of your peace.

Your life, body, lineage, and purpose need you. Healing is the most important integral part of enjoying peace.

Healing takes the pain away, leaving you with valuable life lessons you wouldn't have learned if you didn't decide to heal. You wouldn't walk around with a broken leg forever because you know it would impede your steps and slow you down. You would go to the doctor to get the help you need. Do the same for your heart.

Not healing keeps you from enjoying life on a long-term basis. Not healing keeps the inner turmoil brewing. Which can grow into some physical health issue or cause a huge blowout with a family member. See a therapist or get a life coach. If you don't trust others, I understand that, too. Hit the library or buy books based on your specific need. Don't stay stuck.

Please see a doctor or therapist to address any chronic or overwhelming feelings of distress.





## SEVEN

Create a peaceful corner in your home. You may have noticed that I am mentioning the physical home last. People make the house a home. The lack of peace is more about how you are responding to life and less about the house. Unless the house needs some serious repairs. If that is the case, go ahead and get the repairs done. If it is costing you sleep or getting your pressure up, no dollar is too much. Honey, get a part-time job to pay for it if you have to.

A coat of paint can make a room look brand new and make you feel better at the same time. One time, I painted my whole apartment just to change the vibe of an old, stinky place. I even added a mural on the wall to hide the ugly walls. Get creative to change the mood. Add flowers and plants to clean the air. Make it cheerful with bright yellow, orange, and red colors. Shades of blue are calming and relaxing. You can also add those colors with pillows and new bedding. Study feng shui for more peaceful decorating tips.

A peaceful corner may be a prayer closet, a she shed, or a man cave. It could be a space in the yard under a tree. Wherever it is, make it yours. Place some soft furniture for you to sit on. I highly recommend it be a space just big enough for one person, so everyone can have their own private time there.

Remove any painful reminders from your home. If it changes your mood in any negative way, it needs to go. Memories are powerful! They can last forever.

Spend at least 20 - 30 minutes a day to decompress, meditate, or just to sit with yourself in the mornings and evenings. This is especially necessary if you have little ones. Let this time replace TV or social media. Let the children do it too! Within a few weeks, you will notice a difference internally. You will feel the house being calmer because everyone will have quiet time to themselves.

# EIGHT



For good measure, make it a requirement in the home. Everyone has to participate. Even the dog. Establish rules for peace and quiet, and how to handle discord in the house. Make sure they are visible until everyone gets it. Create times of the week for no devices, TVs, and sound.

Check visitors at the door. Don't let any energy vampires in your house. I can't tell you how important this is to keeping the peace in your home. Honey, it's hard enough with the kids! Some people don't want peace. They don't want to play right. Talk to them on the phone! Ya feel me?

Learn and teach peaceful dialogue. Have a family meeting to discuss touchy subjects. Handle it like you would a meeting at work or church. Set an agenda. Communicate guidelines on when someone can speak. Encourage respect. Have a plan for when things go sideways. Create a safe word to use whenever someone is feeling uncomfortable and needs a time-out.

Disagreements will happen. Your family will not always get along. That is natural. Having ways to handle conflict keeps a safe space for everyone to live together.

**[settheatmosphere.com](http://settheatmosphere.com)**

# Conclusion

There is nothing like a peaceful, quiet home. I believe peace is the one thing everyone is looking for. No one enjoys discord but a miserable person, a fool. Make sure that is not you! Make sure the fool is not invited to your space. Again, protect your peace with all you have. When you get it, you don't want to lose it.

Peace is a choice.

[settheatmosphere.com](http://settheatmosphere.com)

# **Empowering African American Families**

**Certified Life/Parent Coach  
Certified Mediator  
Event Producer**

**404.436.1669**

**[dlaw@settheatmosphere.com](mailto:dlaw@settheatmosphere.com)**

**[settheatmosphere.com](http://settheatmosphere.com)**



**Davina Savage Law**

## **Need an action plan?**

**Book a free 30 minute consultation**

**[CLICK HERE](#)**