

**Melissa Unger shares some of her key founding concepts with visitors to
SEYMOUR+ SPACE
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A visit to SEYMOUR+ is not just about having a tech free or silent experience, but rather about a removal of distractions that then allows you to notice your thoughts with the intent of harnessing them, and eventually quieting them in order to access your intuition. These subconscious inner states are free from social constructs, judgements and learned codes that impact and inadvertently alter your behavior and identity. We already know the answers, deep down we already know what to do, what is right for us. It's society and other external influences that keep us from trusting our instincts and intuition.

Connecting with yourself at this primal point is a conduit to the most authentic you. This inventory taking and creative self-expression helps to 'unknot knots' and aids you in regaining perspective. Aren't all obstructions in life after all just a loss of perspective?

It is as important to nurture your mental health, your consciousness, as it is to nurture your body and physical health. SEYMOUR+ is in essence a *spa for your mind*, a haven for your mental health, an anchor for your balance and well-being. Taking time to self-explore is not self-indulgent, it is necessary. Self-absorption is toxic; self-exploration is salutary. Understanding one's self can only elevate. The more you know yourself and understand the reasons behind your pain, fears, blocks, unhappiness, the more you are able to dissipate them and see clearly.

The process of the space is one of self exploration.

SEYMOUR+ is a haven for your mind where you can disconnect in order to reconnect with yourself. *Just you, and a pencil and paper*. Creativity/creative process is another way of saying uninhibited/unfettered expression. It is way to externalize inner experience and bring your subconscious thoughts to consciousness. Consciousness as defined by 'inner space'.

I want to help people to rediscover and explore their own intuitive abilities. This can offer a new and expanded view of life in which objective and subjective, (outer and inner) are better understood as equal aspects of the human experience.

