

# Feng Shui

## Tips: Feng Shui for the Kitchen

Feng shui masters spend their lives studying the discipline, aligning themselves with various approaches such as black hat sect, traditional, or intuitive feng shui. But you can make instant design improvements with our quick and easy feng shui tips for your kitchen:

### Layout

- The cook's back should never face the kitchen entrance. If the cook is unaware of who enters and exists, he or she could be startled, transferring negative Ch'i into the food. Place the cooktop on an island so the cook can face the door. If the cook's back must turn away from the entrance, hang a mirror on the backsplash or place a reflective object (like a tea kettle or a stainless steel utensil holder) on or beside the stove. This will allow the cook to remain aware of all activity.
- The stove should not be placed under a window. Wind currents could pull the good Ch'i out of your food.
- Elements of fire and water clash, leading to bad Ch'i. Design your kitchen with distance between the two—your stove should not be adjacent to your refrigerator or sink. If such a placement is unavoidable, add a nourishing wood element—like a plant, butcher block, or wooden spoon—to turn the opposition into a cyclical relationship.

### Organization

- Pay attention to your stove. Food nourishes you, affecting your ability to work and earn money, and the Ch'i of your cooking area will affect your meal. Keep the burners clean and use each one equally to illustrate the movement of good fortune in your life.
- Clutter crowds your kitchen's surfaces, causing frustration and inhibiting the cook's ability to prepare food. Keep all surfaces clear, storing all food and appliances not used on a daily basis out of sight.
- Apply the same order to your pantry and cabinets. Broken items, empty boxes and containers, and unused food should be donated or discarded.
- Keep trash and recycling centers out of sight. Garbage rarely signifies health and prosperity!
- Don't forget safety, an important component of feng shui. Knives should always be stored out of sight.
- Nourishment is as much a product of the cook as the food itself. The cook's focus and spirits are transferred to the food. Make every effort to structure your kitchen (and your life!) in a way that facilitates a relaxed, leisurely, and meditative cooking process.

## **Decorating**

- Plentiful food indicates prosperity. Hang pictures of fruits or vegetables on your kitchen's walls to increase the sensation of abundance. Mirrors by your eating area, stove, or preparation will "double" your food as well, increasing wealth and health.
- Surround yourself with meaningful things with positive Ch'i. Keep seashells gathered during a special family vacation on your windowsill, or display fresh flowers in an antique vase.
- Remember—negative feelings and events tarnish the quality of your life. As a "feng shui rule of thumb," surround yourself with whatever makes you comfortable and safe.
- Sharp corners can be both unsafe and uncomfortable. Choose rounded corners over squared ones for tables, countertops, and chairs. Select wood over pointed glass tables. Hide and protect existing corners with plants and cushions.
- When selecting your dining table, choose a softer, safer wood model over a pointed glass one. Oval and round tables are preferred over square and rectangular ones as they promote good Ch'i circulation.

Source: *The Western Guide to Feng Shui: Room By Room*, by Terah Kathryn Collins