

EVERYDAY FENG SHUI

Feng Shui by Maria

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Kitchens Give You Vital Feng Shui Energy

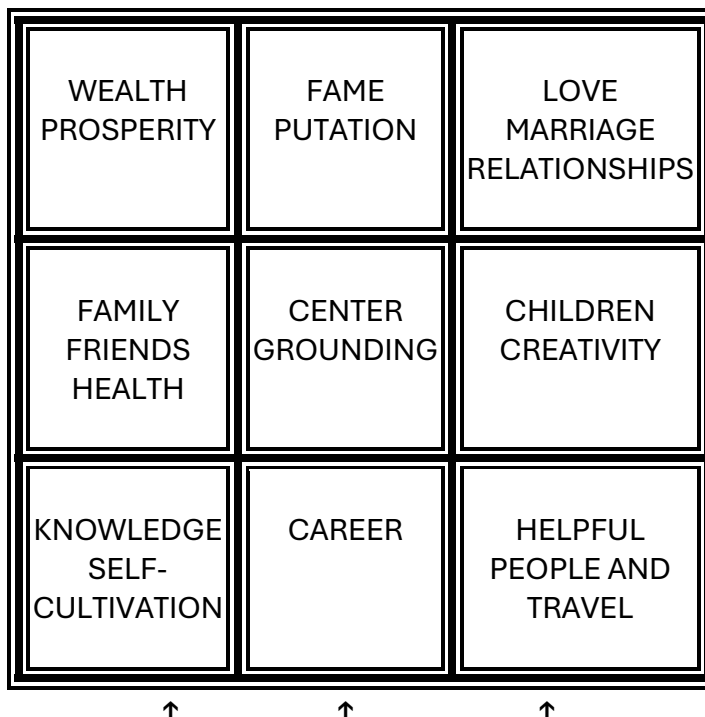
My daughter is moving into a new home, and is having the kitchen remodeled before moving in. Like us, her kitchen is in the Love, Marriage and Relationship area of her home. Being single, she is sure to incorporate Feng Shui principles to activate love energy and help her achieve her goal of finding her soulmate. What better way to nourish her Ch'i than to give her kitchen a facelift.

The kitchen is the hearth of the home. This is where families come together for nourishment. It is said that food and a warm kitchen are what makes a house a home. The kitchen, or “nourishment's birthplace,” is especially important when families gather to bake an abundance of sweets and cook meals to be shared with loved ones.

“To me the kitchen is the most special room in the house. It's a place for adventure, discovery, sharing and to come together to create something with family and friends.” Ted Allen

Kitchens and the Bagua:

The Feng Shui Bagua, is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, “The I Ching,” and literally means “eight trigrams” with the center for grounding. Check the location of your kitchen on the Bagua Map, and if it's an area you want to energize, be creative. The most auspicious location for kitchens is the center of the home. This is the centering and grounding area – a perfect place for the “hearth” or heart of the home. However, all other sectors can be enhanced and energized as well. Our kitchen is in the Love and Marriage Area, so I knew the red tile backsplash, we already loved, would be a perfect enhancement.



ENTRANCE QUADRANT

Kitchens should take on the qualities of the Bagua area they reside in. Review the Bagua diagram and locate where your kitchen is on the map. Here are some examples of using the Bagua enhancements for kitchens:

Kitchens in the Love Area

- * Enhance with items in shades of red, pink, or white, as in towels and floor mats.
- * Wherever possible, display a picture of yourself with your significant other, or romantic representation of couples
- * Keep items in pairs, such as two candles, vases, lovebirds etc.

Kitchens in Career Area

- * Items in items in black or very dark colors, glass/crystal items, items reflecting your work
- * Art depicting water scenes (the sink acts as a water feature)

Kitchens in Knowledge and Self Cultivation Area

- * Items in wood, the colors of blues, greens, or black and in the shape of columns or stripes
- * Healthy plants with rounded soft leaves and art depicting nature scenes

Kitchens in Friends/Family/Health Area

- * Fresh or artificial floral arrangements, art depicting vibrant flowers, Items in wood, colors of blues, greens
- * Photos of family, friends or representing perfect health

Kitchens in Wealth Area

- * Opulent items in the purple color spectrum, art representing wealth
- * Healthy, round leaf plants

Kitchens in Fame Area

- * Items in the colors red and inspirational sayings
- * Art representing the fire element such as suns, sunsets (the stove and lighting also bring in the fire element)

Kitchens in Children and Creativity Area

- * Photos of children or items made by children (great place for children's art on refrigerator)
- * Items in metal and the colors of white and pastels, whimsical art

Kitchens in Helpful People and Travel Area

- * Art pertaining to spiritual guides, mentors, helpful people or desired travel locations
- * Items in metal and colors of white, black or grey (most kitchens have metal appliances)

Kitchens in Center Area

- * This is an auspicious location for kitchens because food preparation is associated with the hearth.
- * Items and art in ceramics, the colors yellow, earth tones, and rectangle shapes

Kitchens and the Elements:

Kitchens are inherently related to the wood element because of food, but need to be balanced combining with the remaining elements: fire, water, earth and metal.

Fire: Our kitchen is located in a Fire Element area (back right corner) so we enhanced with the red tile and accessories. We even have a red toaster next to a red blender.

Water: We balanced the fire with water through our black appliances.

Earth: The water was balanced with earth through all the rectangles in the cabinets and saffron colored pendant lights above the sink.

Wood: The earth was balanced by the all the quarter sawn oak cabinets and hardwood floors. Plus all the wonderful food.

Metal: The wood was in turn balanced by metal in the cream colored granite counters. The result: It all feels wonderful!

Have fun with it:

In my home, the Love, Marriage, and Relationships area is in the kitchen and deck immediately outside the kitchen window. The window ledge above the sink has numerous small pictures of my husband and I in red frames, a set of lovebirds, a few shells we collected on trips together, and a pair of bud vases where I always keep two fresh pink or red flowers. Looking out on the deck, I can see a wicker table with red cushions, a red flower arrangement on the table, and a mobile of two red lovebirds. As I cook, I can feel the warmth of our relationship. I consider my husband my best friend!

Feng Shui at Work

Three of my clients have their kitchens in the center of their home. The ceramic tiles and gold colors they chose for enhancement give the space a warm, nurturing feeling. Each is unique, yet each aids my clients to be centered and grounded.

A client's kitchen is in the Knowledge and Self Cultivation area. When she remodeled, she added beautiful black counters, upgraded her appliances, installed warm cherry wood cabinets and enhanced it with soft blue and green striped rugs, towels and accents. She added her affirmations and just got a promotion at work into a role she created for herself.

Before her move, my daughter's kitchen was in the Health, Family and Friend's area, which she had painted a soft turquoise green and hung floral pictures with hummingbirds. It always felt nourishing and uplifting.

One of the best ways to honor and love yourself is to give yourself the gift of a warm, well-balanced, and decluttered kitchen. When you take time to give yourself little gifts, it becomes much easier to receive them from other people.

Affirmations:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. That's why all enhancements need to be made with intentionality; written or stated affirmations expressed as if they have already happened are very important. Examples of affirmations for kitchens:

"The kitchen remodel has gone smoothly, efficiently and within budget." *"This kitchen nourishes every part of me."*
"I love cooking in this kitchen with my soulmate."

Whether you're entertaining a kitchen remodel or just making enhancements. Take time to appreciate the blessings and nourishment your kitchen gives you. **Bon Appetit!!!**

My book is now available for purchase on my website, and at Bookshop Benicia.

Come enjoy Tea and Feng Shui at Diana's Bakery on May 24 from 2-4:30. My personally signed books will be included with the price of admission. Reservations are required – call 707-334-5277

For questions or home consultations email at mtmccull@aol.com and put "Feng Shui" on the subject line, or visit my website at www.fengshuibymaria.com, (where you can read past columns), or Facebook "Feng Shui by Maria", where I post pictures as examples to enhancements.

* **Check out my BLOG** – Just go to the website and click on "Blog": You can view many pictures and, I will respond to your questions quickly.

Until then...Blessings!

Maria McCullough is the owner / founder of *Feng Shui by Maria*

(www.fengshuibymaria.com) and is a speaker and educator with over 20 years of experience, and now author of the book, *"Empower Your Life Through Feng Shui – An Easy Eight Step Guide to achieving Your Goals."* She is a

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