

Published October 8th, 2014

Dining Room Feng Shui

By Michele Duffy



Autumn Mums, which symbolize health and gratitude, adorn this Lafayette home entranceway. Photos Michele Duffy

front of a TV while you take a meal and encourage the family to sit together each night so that everyone eats consciously, get face time with all family members, and most importantly reconnects with one another. No matter how intense our lives are when we come together in the evening we are practicing good feng shui.

Dining rooms are reserved for our most intimate gatherings with family and friends, and you can reflect the importance of that feng shui principle by including different levels of lighting to create an inviting atmosphere and festive ambiance. Different levels of lighting can include low lights, like candles on the table or sideboards, and a dimmer for the ceiling lighting over the dining room table. Dimmers are very inexpensive to install and allow so much flexibility for various dining experiences, whether for everyday family dining or a romantic dinner for two.

The dining room walls can be painted in a wide variety of lively colors to enhance the celebratory energy we create in our dining rooms, but use color to "activate" the Five Elements (Water, Wood, Fire, Earth and Metal) of the area of the home where the dining room is located. For example, if the dining room is in the Wealth & Abundance/Prosperity area, which is governed by Wood, a soft green on the walls would simultaneously activate that area of the Bagua (see diagram).

Good feng shui also includes the enhanced symbolism from the visuals surrounding us. Dining room art might include personal photos that make good conversation pieces, or our favorite whimsical artists' work, or a large mirror to magnify the happy energy we feel blessed with.

For the table, many festive fall decorative options include pumpkins in all their shapes, colors and sizes, apples, gourds and yellow Mums, which symbolize health and gratitude. Apples are symbolic of relationship luck and harmonious family energy. Remember, good feng shui includes removing and changing out seasonal decorations immediately when that holiday or season is over, so let the present moment guide your choices.

Arrange the dining room decor to reflect the harvest and remind you of all of the bounty in

your life. Use feng shui this autumn to make your home a sanctuary that reflects your highest hopes and dreams. Fall is the perfect time to turn our attention to making the home cozy in preparation for winter. When we consciously align ourselves and are homes with the cycles of nature we find more balance and harmony in our lives.



Fall dining room flora decorations at this Moraga Country Club home.



Autumnal dining room table decor.



A well lit, appropriate dining room feng shui furniture placement in Lafayette.



Reach the reporter at: info@lamorindaweekly.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA