

Kitchen Feng Shui

Fire Element of Summer, Part I

By Michele Duffy



Artwork and accessories are a great way to express the Fire element of summer like in this Orinda bathroom. Photos provided

Good kitchen feng shui is especially important to fuel all of our passionate adventures of exploring in life. Good feng shui for the kitchen begins with clean and tidy counters, floors, the refrigerator and especially the stove to prepare your foodie masterpieces.

The energetic importance of your kitchen stove directly relates to the Fire element. The stove is one of the most powerful tools in our homes. Without the ability to cook and provide needed nourishment, our lives would be drained of the fuel we need to live fully.

The stove in feng shui is referred to as the third of the Three Pillars (front entrance, master bedroom, stove) or power areas of the home. In feng shui, the stove represents nourishment of self, family and friends, but also how you are nourished in turn by them and your community. Hence, the stove relates energetically to the home's finances.

Feng shui recommends that you use your stove daily. As you use your stove, you keep a continuous stream of nourishing energy flowing. Also, keep the stove spotless. See if you notice a shift in how people support and help you in return and in all the ways that lead to an income increase.

Ideally the stove should be placed in the "commanding position" of the kitchen, located on a center island with the cook facing the door to easily see who is entering the room. This stove placement creates the conditions for you to be energetically more "in command" of the way others treat you and your ability to sustain healthy home finances. Don't worry if your stove is nestled in between counters; feng shui "cures" can easily adjust for less than optimal stove placement.

White is the preferred color for a kitchen since it shows off our colorful food the best, but depending on the location of your kitchen, other colors can work nicely, too. Place fresh flowers or a fresh bowl of oranges (abundance and protection) on your kitchen counter to welcome the wealth gods into your home.

Essential kitchen feng shui also includes proper lighting, so you can see what it is you are cooking or preparing. Puck lighting under cabinets can direct light to food preparation areas, cutting-edge crystal chandeliers illuminate and recessed lighting with dimmers all lend themselves to create atmosphere with form and function in mind.

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This Lafayette home uses red summery hues to activate the Fire element.