

Kitchen Feng Shui

Fire Element of Summer, Part I

... continued from page D8

Outdoor Kitchen Feng Shui

If you are cooking outdoors, try to place your grill in the Fire element area of the Bagua, which is the middle of your backyard, farthest away from the front door of the house. Placing the grill here “activates” the Fire element of that specific area, but it is just good common sense to place the grill away from your home. Place a solar light overhead or nearby so you can see what you are doing when cooking after sunset and remember to maintain your grill. It’s not only good feng shui, but it makes the food taste better.

Recently, one single Lafayette client felt challenged by cooking for herself. She said she rarely used her stove, and was struggling financially. Good stove feng shui is one piece of the puzzle to solve financial issues. I recommended at the very least that she boil water on her stove for daily tea. By doing this small act, she would begin to nourish herself and shift into abundance. Immediately she felt a change: she was less overwhelmed, was inspired to cook for herself, and she also invited friends over to cook together. By taking better care of herself, others wanted to take better care of her – all with a positive financial result.

Whether you are cooking up some grilled vegetables, salmon, sautéing a mushroom base sauce or stewing summer fruit for a pie, remember auspicious kitchen



Proper stove feng shui includes keeping the appliance spotless. A white kitchen shows off food vibrancy the best, as at this Moraga home. Photo provided

feng shui includes being nourished with freshly prepared seasonal food. When we honor ourselves by eating healthy food, we also can effectively honor others, and then the cycle completes with our community supporting us in return.

Next month’s Part II will focus on the fire element that rules the Fame and Reputation and Respect area of the Feng Shui Bagua (far middle area from the front door).

WEALTH & PROSPERITY "Gratitude" REAR LEFT <u>Wood</u> Blues, purple & reds	FAME & REPUTATION "Integrity" REAR MIDDLE <u>Fire</u> Reds	LOVE & MARRIAGE "Receptivity" REAR RIGHT <u>Earth</u> Reds, pinks, & whites
HEALTH & FAMILY "Strength" MIDDLE LEFT <u>Wood</u> Blues & Greens	CENTER "Earth" Yellow & earth tones	CREATIVITY & CHILDREN "Joy" MIDDLE RIGHT <u>Metal</u> White & Pastels
KNOWLEDGE & SELF CULTIVATION "Stillness" FRONT LEFT <u>Earth</u> Black, blues & greens	CAREER "Depth" FRONT MIDDLE <u>Water</u> Black & dark tones	HELPFUL PEOPLE & TRAVEL "Synchronicity" FRONT RIGHT <u>Metal</u> White, grey & black

“Front Door”



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