



Feng Shui and Kitchen Design

A Feng Shui home is designed to capture positive energy, promote emotional balance and encourage interaction in the living areas. A functional and harmonious kitchen design will foster feelings of comfort, harmony, strength and happiness. The kitchen is associated with health, abundance and energy – strong foundations for a harmonious life. It is here that we connect with energies that nourish us – physical (food), financial (money) and emotional (family), thereby making the kitchen one of the most important rooms in the home.

The ideal location for the kitchen is at the back of the home. It should be easily accessible from other frequently used rooms so that when you are working in the kitchen you are included in whatever is going on elsewhere.

When the kitchen is located at the front of the home, you may want to redirect some of the attention from the busy kitchen. Place something that is eye-catching across or near the kitchen to refocus attention elsewhere. Some people like to close off the kitchen entrance with louvered doors or beaded curtains if the energy flow is too active.

Often referred to as the ‘heart of the home’, it is easy to understand that when the kitchen is unbalanced, the impact can affect the entire family. Generally the ‘communication centre’ for family and guests, it makes sense that a pleasant, nourishing and fragrant atmosphere will encourage better conversation.

Lighting is an important factor to consider when balancing and adding energy in the kitchen. Open your window coverings to bring nature’s beauty into your home. The sight of trees, gardens, grass and blue sky encourage peace and tranquility. In addition to natural lighting proven to improve your emotional state, several levels of proper lighting will create a warm and pleasing atmosphere. Dark corners attract stagnant energy.

Use full-spectrum bulbs rather than fluorescent lighting to create a bright and evenly well-lit kitchen. A bright light directly above the cooking area lifts the Chi and opens up your higher energy centres, making it easier for you to be creative and therefore profitable. Add under- or over-cupboard lighting such as rope lights to achieve a particularly lovely effect. Improve the air quality in your kitchen with a salt crystal lamp, which produces powerful negative ions essential for your health and well-being.

Integrate the various elements, colours, shapes and materials. You will feel more comfortable in a kitchen that emphasizes friendly, light, open and expansive aspects, and this positive effect will flourish in the food that you prepare.

Choose kitchen colours that blend and feel good together, supporting those who use the kitchen and the food that is prepared there. White (purity and clarity) is a good colour for kitchen walls. Creamy pastel tones, subtle beige or a soft yellow create a warm and friendly atmosphere. Too much red (fire) in the kitchen may cause stress and restlessness. How much red you can use in your kitchen really depends on how light, dynamic and yang the overall appearance is.

Wood or cork flooring is ideal in the kitchen. The exception is when the kitchen is located in an Earth or Metal zone, in which case ceramic flooring would be more appropriate.

The ideal position of the stove, which symbolizes wealth, is in the kitchen’s ‘command position’ – from where you have a good view of the room and entrance. Placing the stove in a central island allows the cook to see the entire room, including the entranceway.

If the cook’s back is to the entrance to the kitchen, hang a mirror on the wall behind the stove to get a better view and feel more in control. The mirror optically doubles the number of burners (as well as the amount of the food prepared), which symbolizes an increase of potential prosperity. When it is not possible to hang a mirror, hang cheerful-sounding wind chimes by the kitchen entrance to serve as an acoustic guardian and keep something reflective on or right beside the stove. If the stove is too close to the door, the in-flowing Chi may be too strong. Hang a crystal or a mobile between the entrance and stove to help moderate the energy flow.

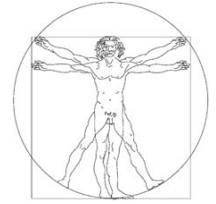
Problems with the stove can indicate problems with money or limitations to your ability to bring home a good income. Make sure the stove is in good working order and is kept clean. To activate all of your potential, use all four burners on the stovetop equally, rotating their use rather than repeatedly using specific burners.

It is important to keep the stove’s fire energy strong, so you may need to reduce the water element and increase the wood element around and near the stove. When fire energy (stove and microwave) is beside or directly across from water energy (refrigerator, dishwasher and sink), a conflict occurs, which in effect weakens the energy of the kitchen. If it is not possible to separate these two energies, the conflict between the fire energy of the stove and the water energy can be resolved by adding the wood element (ie., green colour, plant, wood, natural fibre) between the two conflicting energies.

Remember to incorporate all five senses in your kitchen design. In addition to the obvious – how the kitchen **looks** – integrate **sound** (music) to transform the mood in the kitchen; **taste** (strong, flavourful foods represent Yang; mild, bland foods represent Yin) to complement the ambiance; **smell** (pleasant food or other welcoming aromas) to stimulate a feeling of greetings, cleanliness and freshness; and **touch** (textures and temperature) to add to the enjoyment of the kitchen. *Above all, enjoy your kitchen!*

Matters of Health

Winter



...Survival Tips to Feed your Soul

We are doing the official 'cleanup for winter' in my yard. Because this job is really big and I do find it a bit sad, I try several things to get out of some of it – like hiring someone else. This year I have convinced my boyfriend that he *loves yard work*, and he doesn't have one of his own after all. So surely he wants to tend mine.

In between clients, I have been in and out helping where I feel certain things 'require' my control – or control freakishness as he – lovingly – points out.

This yard clean-up is my transition time. Don't get me wrong. I love winter. But I need to go there gently.

Autumn. The coming of winter. This is a time of introspection. A nesting instinct becomes prevalent in our society. We try and stay closer to home. We are aware of everything at this time of year.

The darkness. The cold. The basic instinct to survive. And this is where we need to feed our inner selves. With good music, cozy environment, wholesome food, and loving exchanges with our family members. In confinement the going can get tough – why make it tougher by focusing on frustrations that just won't matter by the spring.

At this time of year, aside from a really good yard clean, food becomes very important. What we feed ourselves is critical to how we feel in body, mind and spirit. Food and mood. Also – we don't want to fall ill at this time of year. This is the time of year – for many reasons – to eat seasonal and close to the earth. Root veggies, and earthy veggies rule over cold summer fruits and vegetables that grow early in the season. Warm and creamy soups (I make some to live for...), chilies with warm sprouted grain bagels and 'better butter', mashies with warmed miso gravy and a side of roasted onions. I always keep some fruits such as blueberries, kiwis, peaches and raspberries in my freezer for my fruity drink...but I don't go crazy trying to get my six or more servings daily for the next five or six months. Green powders are a given for a lot of reasons. And I have some dynamite recipes for both smoothies and fruitzies to sustain us every season. But remember at this time of year we should be thinking building up, breaking down and warming foods. Also – the water you drink should ideally be warm or room temperature.

This is the time of year where several biological things are happening to our bodies. We need to honour and respect that. Our body's many amazing mechanisms need to be strong to do what it biologically needs to do in the winter. Everything slows down. Fasting is a no-no. Detoxing – unless you have a pressing reason to do so...should be avoided until the spring. Nurture, nurture, nurture. And let your body slow down to rebuild.

Keep your body in a solid PH level of around 7.0 or more with certain food choices. Disease is not viable in an alkaline environment. There are some foods as I mentioned that should be consumed more in the winter. I have a wonderful list of alkaline foods versus acid forming foods that break it down nicely. But with food combining, food rotating and eating whole, natural foods that are sustaining, you are giving your body the winter nutrients it requires. Every season has its own set of requirements. But it doesn't have to be complicated. In fact, in some cases if you eat what just feels right –

ensuring the quality and nutrients are there – you are probably eating what your seasonal biological clock tells you is correct anyway.

In short, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts. Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

Find a balance and check your PH weekly with litmus paper. You should get instructions on how to use the paper properly.

Go online and dig out some winter recipes. There are some great cookbooks available. One of our favorites is *GRUB...ideas for an urban organic kitchen* by Anna Lappe and Bryant Terry.

Also – using your cook books, meal plan and make your grocery lists from there. I do this once every two weeks with my boyfriend – when he isn't doing yard work. Soft music, candles, a glass of wine and we find it engaging and relaxing to design our meals. There is something intimate and even sexy about food and cooking. Especially in the winter.

Another great option is to order your organic groceries to be delivered. The service I use is Small Potatoes Urban Delivery – or – SPUD. Get in touch with them at www.spud.ca and check out their site. If you tell them I sent you, you receive a discount on your order. For organics, this is really cost effective, seasonal and local, and really fun. I forgot what I ordered in my bin...so when it arrived I had a blast going through it.

And for your natural medicine cabinet? Make sure you stock up on ginger, licorice, elderberry and honey bush teas, echinacea in tincture form, vitamin C with zinc lozenges, licorice and cinnamon sticks, oregano oil, mint oils, arnica, and lots of dried organic herbs such as basil, thyme, and rosemary. And keep an abundance of garlic and onions around. Don't forget your EFA's, and your complexes of B vitamins and Minerals. Vitamin A, C, E (the ACE plan) and an extra vitamin D (400 mg) for a little sunlight insurance. And to finish off your winter supply list, good wines, natural candles, warm socks and polar fleece jams, a few yoga DVD's such as Kundalini yoga and a new toothbrush. A funky and silly one.

And check in with your Natural Health Practitioner periodically. If all this advice can keep you well this winter, I might get lonely!

Margo Laing, RHN, NCP is a Certified Holistic Breast Health Specialist, Registered Holistic Nutritionist and Natural Health Practitioner. Margo has been a natural health writer for about 15 years, with a strong interest in children's health and cancer prevention. Her goal? To assist those with imbalances by using her gentle 'warrior makeovers' involving body, mind and spirit. Margo can be reached at margolaing@shaw.ca

"The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath."

~ Margo

You Asked About It ...

Q. It is not easy to 'hang' a crystal in the Health area in our home. Can I just place it on top of the cupboard?

A. The best way to place a crystal in the home is to hang it - it acts like a disco ball with the energy. If there simply isn't anywhere to hang one in the entire health area on any floor, then boost the area with a punch of a building colour or a building element. Crystals can be hung inside cupboards as a 'next best' solution. If you are going to sit the crystal on the top of the cupboard, the effect would be minimized. Remember also that all your areas need to be balanced before your health area will be truly balanced.

Online Product Specials

40mm Feng Shui Crystal

In Feng Shui, crystals are used to add new energy to a space and to redirect energy in a more beneficial direction, protecting you from chaotic and negative energy. They possess healing qualities and harness the positive energy of nature.



Our beautiful Swarovski crystals are the brightest and the best, and we give them added energy power with 9 inches (or multiple) of red string. In Feng Shui, red is the colour of power and 9 is the perfect number – the number of completion. We are sending you the energy of the crystal along with the positive energy of red and the number 9.

A Feng Shui essential, crystals are effective to energize any area of your space – in particular any area that is experiencing a home layout problem. This 40mm crystal (1½ inch diameter) is perfect in rooms that need stronger energy or have high ceilings. One of the most important uses of a 40mm Crystal is to energize the centre (health zone) of your home to promote good health.

Energize your home with this beautiful 'light cure' when:

- Your front door and back door line-up directly across from one another: you are losing energy as it rushes in the front and straight out the back door – hang a 40mm crystal in between the 2 doors to slow down and redirect the energy.
- Your stairs lead directly out of the front door: you are losing too much energy out of your home as gravity pushes it down the stairs and straight out the front door – hang a 40mm crystal midway between the bottom of the stairs and the front door.
- Your home is a bi-level style where your stairs go up and down from the front door: there is insufficient energy going either upstairs or downstairs – hang a crystal between the stairs and the front door.

SAVE \$5 [Order](#) your 40mm Crystals today - Special Price \$29.95

'Call for Writers'



Feng Shui Market invites you to share your expertise with our newsletter readers and viewers. This is your opportunity to submit mental, physical and spiritual energy content that promotes the growth of personal energy. Submissions will be published both within the newsletter and on the Feng Shui Market website.

[Contact us](#) by email to submit your topic and a brief outline of content (100 words).

Submission requirements:

Final articles should be 650 - 750 words in length; if you have used any reference material it is vital to include proper credits; end the article with a 30 word bio, including your name, Company, email, website. Deadlines will be provided.

Upcoming Events

Have you got an important event that you want others to hear about? [Click Here](#), send an email to info@fengshuimarket.ca or call us at 403.295.7336 for more information about an effective way to get the word out about your 'Upcoming Event'.

Feng Shui Market Workshop Registration

Register today for **Energy and the Language of Colour**. Previously a half-day workshop, this amazing workshop has been expanded into a full day. Due to such a high demand and limited space, we will be hosting this workshop on two separate days.

Energy and the Language of Colour

presented by Patti Alty

Learn basic colour theory using the colour wheel as your guide to understanding primary, complementary and tertiary colours. You will receive an introduction to our 7 Chakra energy centres, exploring our Chakras through meditation and colour awareness. Learn how to use the energy of colours to heal and create change in our lives. Discover the secrets to utilizing colour theory in Feng Shui and effectively use colour in your environment to transform and restore balance.

Prerequisite: None required, except the desire to learn something new and exciting with a great group of participants.

Workshop registration includes:

Energy and the Language of Colour booklet, written by Patti Alty

Colour Wheel (comprehensive visual representation of colour theory)



Instructor: Patti Alty

Patti Alty combines her expertise and in-depth understanding as a COLOUR WORKS™ Practitioner, Reiki Master, Life Mentor™, and Feng Shui Practitioner (one of the first graduates of the Mount Royal Feng Shui Practitioner's Certification Program) to provide a unique therapy of colour and energy.

Patti is the owner of Synergy Designs and specializes in Feng Shui for the home, space clearing, colour selection and declutter. Her intuitive colour bottle readings reveal to her clients what their soul wishes them to know and Patti has authored an excellent meditation to assist you to connect with your higher self.

Saturday, October 27, 2007

9:00 am to 4:00 pm

Sorry, Registration Closed

Don't miss out on the next class!

Our pre-Christmas present for you – EARLY REGISTRATION – yes, the early bird does get the worm!

Saturday, **November 24, 2007**

9:00 am to 4:00 pm

Early Registration until November 3, 2007

\$150.00

After November 3, 2007

\$175.00

Space is limited so [Register Now!](#)

FENG SHUI PRACTITIONER CERTIFICATE CALENDAR

2007
Fall Semester

Balancing Energy with Feng Shui CRN 90402	Wed., Sept 12, 19, 26, Oct 3
Feng Shui and Spirituality CRN 91031	Sat., Sept 15
Feng Shui and Spirituality CRN 90645	Sat., Dec 1
Feng Shui for your Garden CRN 90585	Sat., Sept 22
Residential Decorating with Feng Shui CRN 90519	Sat., Sept 29
Residential Decorating with Feng Shui CRN 90368	Sat., Nov 3
Clearing Clutter with Feng Shui CRN 90403	Wed., Oct 10, 17, 24, 31
Clearing Clutter with Feng Shui CRN 90772	Thu., Oct 11, 18, 25, Nov 1
Feng Shui for Retailers CRN 90509	Sat., Oct 13
Feng Shui for the Workplace CRN 90644	Wed., Nov 7, 14
Practical Feng Shui Consulting CRN 90455*	Wed., Nov 21, 28
Practical Feng Shui Consulting CRN 90751*	Sat., Nov 24
Practical Feng Shui Consulting CRN 90687*	Sun., Dec 2

* *Practical Feng Shui Consulting* is the last of the 8 courses in the Mt. Royal Certificate program. It is recommended that students register early to receive pre-course work instructions.

[Click here to view more information about Feng Shui classes](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at mtroyal.ca Click on My MRC



FENG SHUI ZONE

DISTANCE LEARNING FENG SHUI CERTIFICATE PROGRAM

Access to learning is often difficult or impossible when we attempt to coordinate our busy lives and distant locations with our ongoing desire for life long learning.

The world has become a smaller place with the evolution of the Internet and e-mail and Distance Learning has opened the doors for many people who are unable to attend classroom studies.

- Students enjoy the flexibility to study at their own pace from wherever they are located.
- Instructor / Student contact is provided through Jill Ethier with unlimited phone and e-mail access to students.
- The course structure includes supplied texts and module notes, assignments, book reports and a Feng Shui Practicum.

[For additional information, click here](#)

Feng Shui Market & Publishing

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