

Use Feng Shui to energize your kitchen

By Pat Heydlauff

The kitchen is often referred to as the heart or the center of the home, yet little thought is given to properly energizing it for nourishment and nurturing of self, the family and friends. Nourishment and nurturing is what the kitchen should be all about but in today's homes it is more about appliances, gadgets, countertops and decor.

Since the kitchen is the one room in the house where everyone in the family gathers at least once if not three times per day, it is critical that it is filled with positive energy. In fact, enough energy needs to be in the kitchen to nurture and nourish the family throughout the entire day with enough left over for homework, family interaction and couple ness at the end of the day. If the day doesn't begin with positive nourishing energy in the kitchen and then gets a refueling again at dinner time, just where else are family members going to obtain their daily energy needs; at school, at work, at a neighbors house?

Balancing the existing energy and adding additional positive energy to the kitchen is really an easy process. Just as in other rooms in your home, you always begin by un-cluttering; in this case you un-clutter the countertops. Simply put, remove everything you possibly can from the top of the counters so there is ample area for food preparation. Leave only essential appliances and items that are used daily on the counter such as a coffee pot, toaster, salt and pepper shakers etc. Put everything else into drawers and cupboards including knives, small appliances and the stacks of "stuff" that regularly seem to accumulate in a kitchen. Cookbooks should be given a place of honor on a special bookshelf very near the kitchen work area if possible as they bring very good energy into the kitchen. In fact, a small bookshelf with your favorite cookbooks can be kept on the countertop but only if you have enough counter space.

Ideally for positive energy balance, your main kitchen appliances (the stove or burner plates and the refrigerator or the sink) should never be directly across from each. The

stove symbolizes the fire element and heat while the sink and refrigerator symbolize water and cold therefore causing a constant energy struggle between the elements. If your kitchen has this design flaw built in simply place a beautiful shiny pot or tea kettle on your stove to reflect the wet and cold energy right back to the sink or the refrigerator. You can even use a pretty mirror or anything you love that is shiny to perform this task. This simple step not only balances the energy in the kitchen but will also protect you from the negative energy of being startled by someone unexpectedly walking up behind you if your back is facing a door while working at the stove. We can't always choose the design of our kitchens but we certainly can balance it.

There are also a number of things you can do to positively energize your kitchen for nourishing and nurturing the body. A few options follow.

1. always have a bowl of fresh fruit on the counter, besides being good for you to eat it represents abundance for good health and wealth
2. keep live plants, especially herbs in the kitchen, they are great for cooking and represent positive health energy
3. burn a food fragranced candle such as apple pie spice, cinnamon or cranberry if you have safe space to do so, it will provide positive "memories" energy which is always uplifting

Besides the master bedroom, the kitchen is the next most important room in the house from the viewpoint of positive energy. In the bedroom your body must rest so you can be re-energized for the new day. In the kitchen, you provide that body nourishing energy so you can perform the functions you need to for that new day. The better the nourishing energy is in the kitchen the better you and your family will perform your daily tasks and the more each of you will enjoy your food.

Remember these few simple steps. Un-clutter your kitchen, balance the energy that flows between your appliances and use some of the many ways in which you can improve your kitchen's positive energy

In store presentation are available to clubs, organizations, societies and homeowners groups. Pat Heydlauff, author and public speaker is the “Feng Shui/energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork, home décor and Feng Shui gifts featured in her store. For Feng Shui consultations, classes and energy design work in the home or office call her now at (561) 799-3443, email her at balancingenergy@bellsouth.net or visit her website, www.energy-by-design.com . She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”.

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"Everything you say, think and do matters."

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