

*Feng Shui***Kitchen feng shui for the fall**

By Michele Duffy



Kitchens should be clean and tidy and also flooded with lots of natural light, or at least fantastic lighting options.

Photo Michele Duffy

Kitchens are gathering places to create, nourish and feed ourselves, our families and our friends – but especially with fall in full swing, the kitchen shifts to being the work horse of the season.

Your kitchen should not be a downer when you are in it for a meal or even a snack. In fact, it should be where you spend your happiest moments and where you find the joy of being a family. Good food, cooking and a warm kitchen makes the house a home, so kitchen feng shui should be top of mind during this bounty of the fall harvest.

The feng shui symbology of the kitchen is unique and multilayered, revolving around increasing positive energy in the kitchen to generate household prosperity, happiness and good health. Food brings people together for nourishment, celebration and connection. Creating a bright, well-lit and welcoming kitchen with that loving vibrational will enhance the meals you create there and

amplify the health and happiness results you want.

The kitchen is associated with the fire element because the hearth of the home or stove is located there. Because the kitchen and, in particular, the stove help create nourishment that allows us to have energy to work and prosper, the kitchen and stove relate directly to the home's finances.

Good stove feng shui includes maintaining and repairing any broken burners, cleaning your stove cooktop daily and keeping it spotless, as well as using all of the burners and rotating them daily. The stove, ideally, should be placed in the “commanding” position, in the middle of a center island, if there is room, to promote being in control of one's own finances.

Many people do not realize many obvious kitchen feng shui tips; if your kitchen is at odds with this list, you might possibly need a professional to help.

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