

## **Feng Shui in the Kitchen**

By Michelle Hess

According to feng shui wisdom, the kitchen is one of the most important areas of the home. Not only is it where we nurture our health, but it can greatly influence our prosperity. If we are well nourished, we are stronger, and better able to support ourselves and earn a living. Keep the kitchen clean and uncluttered, and surround yourself with images of abundance and well-being. For example, a bowl of fresh fruit and healthy plants are uplifting, but sharp knives need to be hidden away. The kitchen should enhance the energy of the cook, who will have a positive influence on the energy of the food prepared.

The wealth and health energy generator of the home is the kitchen stove. Make sure the stove is clean, inside and out. Each burner represents wealth-generating potential. If a burner is broken, the stove's ability to attract wealth is reduced, and you need to repair it. Leaving pans on the burners long after you have finished also reduces the stove's energetic effectiveness, especially if it is a tea kettle. The kettle holds water which can put out the "fire" of the stove, and therefore its strength.

Pay attention to other hot/cold and water/fire conflicts in the kitchen. A sink, refrigerator or dishwasher too close to the stove can diminish its energy. To minimize the "dampening" effect of water, place a live or silk plant between them and the stove, or something green or blue, such as bowls, dish towels or potholders. If space permits, a picture of flowers or trees works well here.

Whether you cook at home or eat out, the kitchen is the health and wealth heart of the home. By attending to the energy aspects of your kitchen you can create a space that will benefit your prosperity and your well-being.

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