

IFSA RESOURCE

KITCHEN DESIGN AND NUTRITIONAL CHI



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In ancient times, Feng Shui was practiced inwardly. However, several thousand years later, as life became more complex; Feng Shui began to be practiced outwardly as well.

Feng Shui is based on two fundamental premises and operates on two levels of practice. The first premise posits that a person's state of mind and energy can positively or negatively influence their environment. The second premise asserts that the condition of the environment, in turn, impacts an individual's internal state.

Feng Shui is not merely a design principle for determining the optimal placement of furniture such as beds, mirrors, and stoves; it is an art form that involves orienting, aligning, and harnessing positive energy. Mastering Feng Shui requires skill, intuition, and a deep understanding of compass directions and mathematical principles to interpret the floor plan and layout of a home, often referred to as the house's natal chart.

Feng Shui encompasses nearly the entire spectrum of human aspirations. The practice operates on multiple levels; it can be highly personalized when applied according to specific compass school formulas, or it can be broad and generalized. In ancient times, the method involved interpreting the terrain, including contours, shapes, topography, elevation, rivers, and waterways, while compass Feng Shui provides recommendations based on compass directions.

The most ideal situation, according to Feng Shui principles, is to identify the power areas first and design the entire house around them. To achieve the best design for your home, it is advisable to incorporate both Feng Shui and Vastu from the very beginning. The areas where you are likely to spend the most time are considered the most significant power areas. These spaces should be the focal point, with the rest of the house designed in relation to them.

The emphasis on the nutritional value of food, as is evident in the idea that we are shaped by what we breathe, eat, feel, and see. In this context, the fundamental energy of the universe, refers to the positive energy of the individual. When we concentrate on the energy we derive from nutritious food—essential for maintaining proper and harmonious Feng Shui in our living spaces—the focus shifts to the most important area in a home: the kitchen.

Kitchens are remnants of some of the earliest civilizations, with origins dating back over 5,000 years. A cook typically requires the fundamental elements of earth, fire, water, and metal. The kitchen serves as the source for everything that is grown and prepared. The properties of the soil are utilized to create earthenware vessels and utensils. Everything brought into the kitchen undergoes some form of transformation, and this process is part of a much larger cycle of energy—a cycle that encompasses not only the preparation and cooking of food but also the entire process of life itself.

In order to understand the world of Feng Shui and the art of cooking, it is essential to grasp the poetic logic of landscapes to live, cook, and eat in harmony with the dynamic rhythms of nature. The common expression, you are what you eat, conveys a truth that has been integral to our lifestyle and culture for centuries. Additionally, you can transform who you are and how you feel through your dietary choices. We engage in this process daily, often without conscious thought. The most common ingredients in Chinese cuisine include onions, ginseng, ginger root, garlic, carrots, and spinach. These are considered and you will find at least one of these ingredients in every meal consumed.



A fundamental principle of Feng Shui is the importance of clearly distinguishing between different functions within the home. This is especially crucial in the kitchen, where various energies co-exist. It is essential to demarcate the areas designated for each function. A stove or hob should be well-defined and positioned away from water sources. Additionally, a large window behind the sink is important, but it should not be located behind the stove. Colours such as browns and beiges are suitable for the kitchen, although I personally prefer shades of yellow. A darker brown tone for the flooring is also beneficial. Grouping all appliances that rely on water on one side is not only convenient from a plumbing perspective but also helps prevent a clash of elements.

Some important tips for designing a good kitchen are:

- Ensure that the stove is not positioned directly in line with the front door.
- Do not place the stove next to the fridge or sink, as this creates a direct clash between the water and fire elements. You may place a green plant or hang faceted crystals between them to serve as a moderator.
- If you live in a high-rise condominium or apartment building, ensure that the stove is not placed directly below the toilet.
- The stove should not be positioned facing the toilet or share a wall with it.
- Install bright lights to create a sense of spaciousness.
- Please keep the kitchen door closed as much as possible.
- For optimal energy and vitality, display malachite crystals or a carved malachite green dragon in a visible location in the kitchen.
- If your kitchen is located at the front of the house, consider getting creative by hanging sheer or beaded curtains over the kitchen door to provide a barrier for the kitchen and stove for blocking direct visibility from main door.

A well-designed and healthy kitchen not only produces nutritious food but also fosters a harmonious environment that supports its occupants and connects them with the energy of the space.

