

Published November 29th, 2017

Feng Shui

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Change your holiday table up with fresh, sometimes nontraditional colors and let it guide your inspiration like with this lovely table in Lafayette, complete with soft candlelight. Photos provided

Nothing says chaos and creates uneasy meals more than piles of stuff all over the dining room table, so clear the clutter and tidy up.

Take an inventory of the color of the room and review the color palette of your textiles, everything from rugs to place settings. Is it time to invest in new linens? Have you wanted to paint the dining room? What colors will create warmth and comfort for your home? Yellow is one color that can stimulate your appetite and it may just require changing up the colors of the flowers you place to update the space. Maintain a balance of colors in the dining room so the space won't be too bright or overly dull. One key indicator is the amount of natural light your dining room gets. If you have a lot of sunlight, the hue you pick for the walls can be more dramatic but if not, lighten the space up with a hue that is pale and light.

Place a mirror on one wall of the dining room to reflect the abundance of the meals and company enjoyed there. This will also function like a window and reflect the greenery of the outdoors. If your dining room is on the small side, a large rectangular mirror will enhance and open up the space. If possible, keep the dining room near to the kitchen and both the dining room and kitchen should be on the same floor.

Choose an oval/circular or square/rectangular dining table. From a general Feng Shui perspective, a round or oval table is considered better than a square or a rectangular one - the flowing shape contributes to a more even distribution of energy. In simpler terms, sitting at a round or oval table will make everyone feel more welcome, at ease and equal in their relation to each other. The first criteria to consider, however, is your dining room size and shape. If your space is asking for a square or rectangular shape and you insist on having a round table, you will not be creating a good feng shui dining room. Each dining room is unique and requires some common sense. Make sure that the dining table is of high quality wood. Avoid glass dining tables. The dining table must be big enough to provide space for everyone and the dining chairs should be cushy, comfortable, and even in number.

Always keep something on the dining table. For example, you can place fruits like apples to help develop friendship, or pears attract positive abundant energy, peaches aid in good health and oranges symbolize protection and prosperity. Fresh flowers on the dining room table are always a wise choice. Make sure to discard the arrangement once the blooms wane (no stinky water). Avoid using dried flowers as they imply deterioration or "dead" chi.

Choose softer lighting to create a warm environment and deepen the emotional contact of the family. Add soy candles to your dining room table and buffet to create a soft glow and an intimate atmosphere that will attract a special occasion chi to the celebration.

Don't worry so much about making it "perfect" and just relax and trust your instincts. Move things around and then move them back if it doesn't feel right. Take the time to try different ideas and colors and remember to stand back and view your creations as a guest for a moment. If when you enter the room you feel drawn in, cozy, intimate and you have also ignited anticipation, you will be well on your way to accomplishing a holiday-worthy dining room for yourself as well as all of your guests to enjoy.

The dining room is most certainly reserved for the most special people and occasions of our lives, so this holiday season you can use sound feng shui design in this room to help create an intimate well-planned area that invites serenity, but also ignites abundance and good health.

Much like our kitchens, we spend so much more time in our dining rooms during the fall. You can breathe life into your dining room by first cleaning it thoroughly. Once this area is "space cleared" it's much easier to have creative ideas flow. Discard things you no longer need, clear the dining room table of junk, and set about creating an intimate and warm area to host your family and friends this holiday season.

Make sure that the dining room is inviting, calm, well ventilated, comfortable, and appetizing. Be polite and gentle to family members while dining (this, in no way, means that you can yell at them elsewhere); be gentle and polite always. Be relaxed, calm, happy and stress-free while dining; in fact, be this way always.



Nontraditional fall colors and place settings attract prosperity.



Mirrors reflect natural light and attract amplification of abundance when placed correctly.

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION LI Fire South Red Summer	RELATIONSHIPS Kun Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

The Bagua Map: Front Door

Mandala Feng Shui



SPACE AS MEDICINE

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