

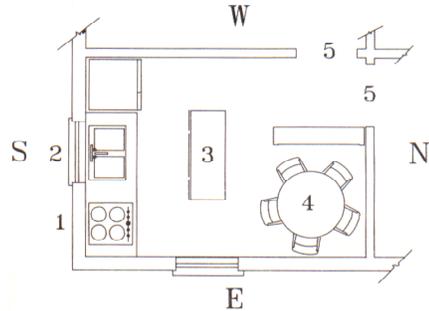
The capital's feng shui expert

FENG SHUI LONDON | JAN CISEK

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FENG SHUI YOUR KITCHEN | Jan Cisek for Olivers' Talks | 20 January 2009

FENG SHUI = intention + energy/chi + ritual



FENG SHUI KITCHEN – check list

1. Positioning of the kitchen (not facing the front door, no toilet next to it, ideally in the south/east part of the house)
2. **Lighting** (spotlights, no fluorescent strip lighting)
3. **Space** (tables, worktops)
4. Stove (gas with many burners, electric, microwave oven) position (power), vent
5. **Water** (filter www.freshwaterfilter.com)
6. Stove vs sink (fire quarrels with water)
7. Cycle of cooking (fridge > sink > pots > stove)
8. Fridge/larder (full), fridge – notice board
9. Colours (warm, pastel, yellows, green, off white, avoid blue)
10. **Flowers** (money plant, lemon balm)
11. Herbs (spices)
12. Hub / heart of your home
13. **Juicer** (life force)
14. Bless the food (especially if it's not organic)
15. **Tools in good order** (knives /ceramic/ should be sharp, no aluminium pots, use glass or stainless steel)
16. Avoid sharp corners
17. No broken/chipped cups, etc
18. Prismatic/ rainbow crystal/ maker
19. **Check for geopathic stress (GS) and electromagnetic radiation** / Install Helios3 neutraliser (www.helios3.com)
20. Salt

THE BAGUA – Energetic matrix for space harmonization

<p> blessings, wealth</p> <p>WIND</p> <p>S.E.; 4; green, red, purple; hip, thigh.</p>	<p> fame, status, enlightenment</p> <p>FIRE</p> <p>S.; 9; red; eye, heart.</p>	<p> relationships, marriage</p> <p>EARTH</p> <p>S.W.; 2; yellow pink; abdomen</p>
<p> family, elders, teachers</p> <p>THUNDER</p> <p>E.; 3; green; feet, throat</p>	<p> health</p> <p>(TAI CHI)</p> <p>centre; 5; yellow; hara.</p>	<p> offspring, creativity</p> <p>LAKE</p> <p>W.; 7; white; mouth, chest</p>
<p> knowledge, introspection</p> <p>MOUNTAIN</p> <p>N.E.; 8; black, blue, yellow; hands, legs.</p>	<p> career, path</p> <p>WATER</p> <p>N.; 1; black; ear, kidney.</p>	<p> helpful friends, travel</p> <p>HEAVEN</p> <p>N.W.; 6; white, silver; lungs, head</p>
door	door	door