

Feng Shui

Dr. Lisa's Breakfast Nook: Design with Feng Shui Principle

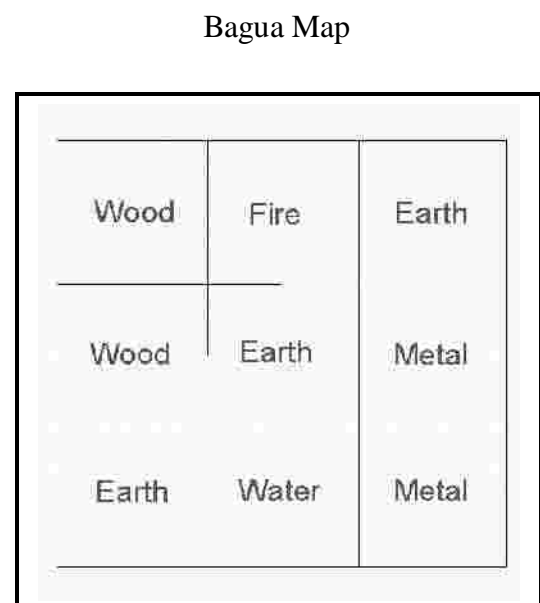
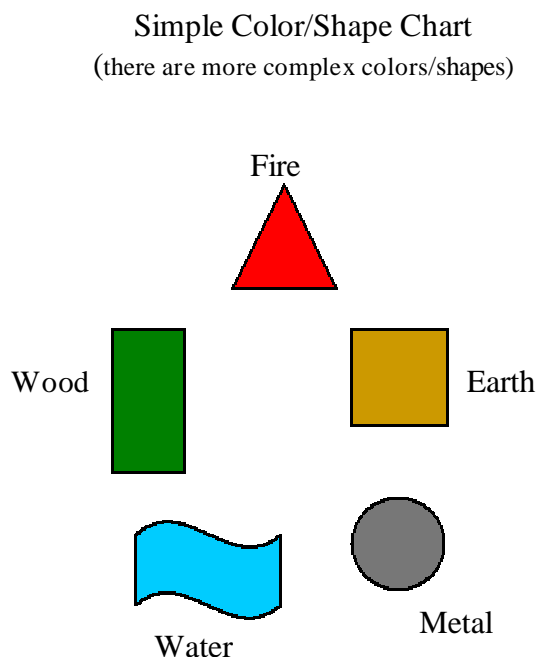
Feng Shui originates in China and has over 3000 years of history. Feng Shui is very complex. To make it simple, it explains the flow of energy in nature. The nature elements which Feng Shui applies are Wood, Fire, Earth, Metal, and Water. Those elements are placed in nine sections. Those nine sections in a map is called Bagua map. Each section in the Bagua map has its represented colors, shapes, and life events. By applying the colors, shapes, textures, or objects of the element, we can enhance the flow of energy in living spaces. Chi, the Chinese word for energy, is the basics of living and living environments.



As the symbol of Feng Shui shows balance and harmony are important factors. White area represents Yang. Black area represents Yin. Yang represents masculine, sun, or activity while Yin represents feminine, moon, or resting. Our lives are all interconnected such as Yang part has Yin inside and vice versa, and constantly moving.

The Bagua map can be complicated if one gets into deeper meaning. For Dr. Lisa's breakfast nook, a Bagua map with simple five elements is used.

The shapes and colors of the five elements, Wood, Fire, Earth, Metal, and Water represent are drawn below. The Bagua map shows placement of the five elements.



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*Home Esteem designs with Feng Shui concepts. Home Esteem does not compel the client to spend money to follow strictly the Feng Shui principle. It is important for Home Esteem that the client's home environment is a financially affordable design rather than to spend more money because of "good" Feng Shui than the client can afford. For this reason, Home Esteem presents designs that range from the least modification to more construction involved. Thus, the client can select within her range.

Current Breakfast Nook

Current breakfast nook: Positive energy flow

The wide opening and the south window enhance Chi flow: **plenty daylight and air movement.**

Current breakfast nook: Modification suggestions (suggestions in bold)

Currently, the cabinets do not have doors: **They need doors to hold energy.** (Do not squeeze things in there.)

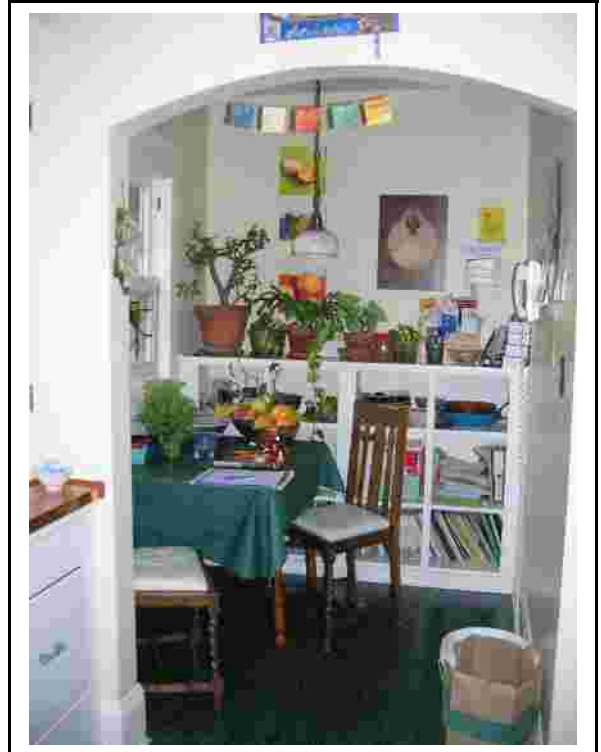
Almost all are squared shapes. **Need round shapes to balance.**

Remove a table that occupies space and is used for placing things. The table is Yang. **Replace with a counter** that is Yin.

The pendant is not at the center above the table. **Remove the pendant and replace with a ceiling mount light.** (The design concept does not include the pendant. If the pendant is a sentimental item, the design changes accordingly.)

Objects, plants, decorations do not have their purpose of being there. **Clear clutter.**

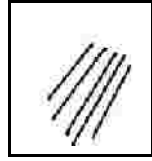
Trash/recycle can and bag should not be placed at the entrance of the nook. **Create a place to hide a trash/recycle can(s).**



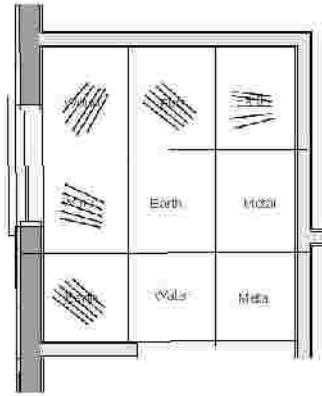
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Design areas

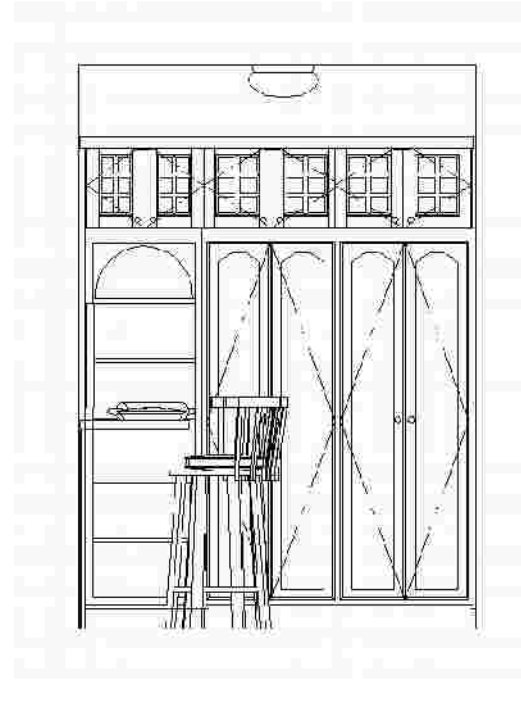
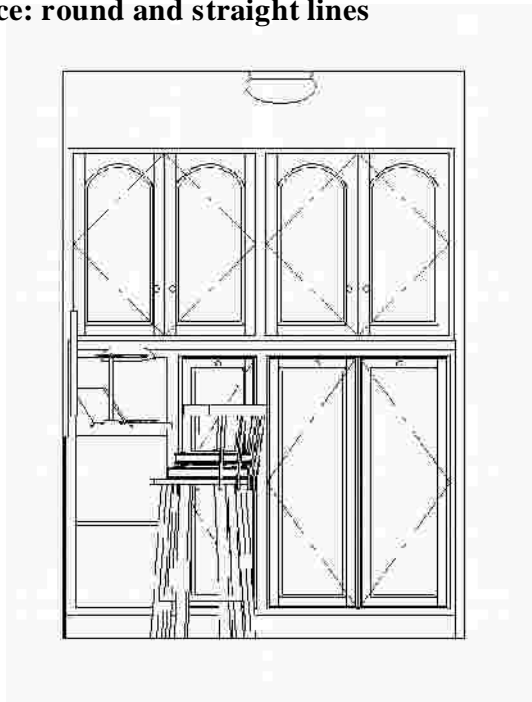
Based on the current placement of the cabinet, window, and wiring, the design areas are shown with lines.



Design areas shown with the lines



Balance: round and straight lines

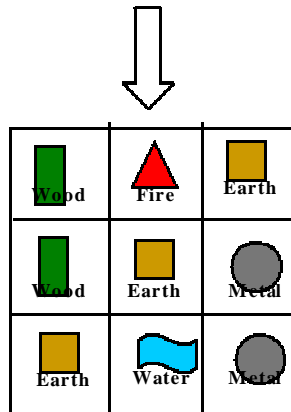



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West Wall


Least Modification (1)


Elements examined are at west wall




 Tall cabinet/bookcase

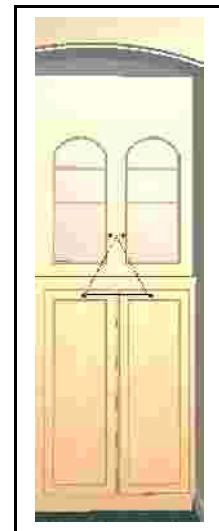
 To compensate the glass (Water) against Fire, lights (Fire) are used. (Inside the cabinets and/or ceiling mount)
Lights inside the cabinets
Placement of knobs create a triangle (Fire element)

 Brown color
Horizontal shelves Triangle and red support Earth
Earth (center): Light from the ceiling support Earth

 North wall color: light shady cream/dark rose gray/gloss surface preferred

 Doorway remains. Subtle round doorway (Metal)
(Water and Metal go well together: Metal supports Water)

Triangle created by lines



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