

Feng Shui in the dining room

Many are looking for a little more harmony and peace in their life. While you may have a hectic business life and job, you want peace and comfort when you return home. While part of this will come just by being home and away from the work world, you can help it along by making your home more harmonious. Many do this through Feng Shui, the Chinese belief that you can fill your home with happiness and find good fortune through the way your home is furnished and decorated.

If your family uses the dining room for meals, here are some things to consider to Feng Shui this room, to make it a space of calm and encourage healthy digestion of the meals you are going to take in:

Table Shape – If you are newly purchasing the items for your dining room, you should look more towards round or octagonal tables. If you have a cornered table, sitting near the corner is considered bad luck, and may be passed on to those sitting there.

Table Size – If you have a large table for family gatherings, but there are only two or three of you the rest of the time, you should not sit far across the table from each other. Instead you should all sit together at one end of the table and decorate the rest of the space with things like flowers.

Chairs - Are your chairs comfortable? You should be able to enjoy your meal without having your body go through discomfort that will take away from the positive experience. Test chairs before you buy them. If you already have chairs that are uncomfortable you need to purchase cushions that make them easier to work with.

Lighting – Creating a positive environment in your dining room also includes having positive lighting. You don't want the space to feel like a dungeon, creating a negative and sad experience for those at the meal.

Décor – A dining room while being about eating is also a room in your home that needs décor. There are some items of décor that can bring more happiness to your dining experience. When it comes to the walls, you can put up a mirror, which will reflect the food on the table, and encourage more food to always appear. Putting pictures of fruit on the wall is also a good idea. Oranges and grapes are believed to bring good luck, and also aid digestion. You should also soften the corners of the room with plants, as corners are bad luck, but plants can make it look more rounded.