

# Feng Shui at Work

By Michelle Luongo

Feng Shui is an ancient Chinese art and practice based on the study of the dynamic flow of energy in our environment and how it affects us as human beings. For hundreds of years, the Chinese have used Feng Shui to create more balance and harmony to their lives. Everything about Feng Shui is designed to maximize the flow of "chi", or energy through yourself and the environment. The benefits of this in the office are obvious. The Five Elements are omnipresent throughout the practice; Wood, Fire, Earth, Metal and Water. **The very name "Feng Shui" means "Wind and Water".**

For years, researchers have been providing insight on how various work environments can have an impact on employee morale. Feng Shui offers several benefits for the office environment, whether you have the big corner office; work out of your home or in a cubicle setting. It's based on the principle that through specific positioning of elements and by altering or manipulating your surroundings you can attract or unlock positive energy. By following some basic principles, you may improve your productivity and career prospects as well as enhance your success, creativity, and wealth.

Feng Shui begins with clearing the clutter. A cluttered office indicates a cluttered mind, as well as a reflection of a clogged intestinal system, so those weeks-old piles in your in-box will make you feel overwhelmed and unable to get out from the mountain of work. To our subconscious mind, clutter triggers images of stagnation, stuck energy and places where life doesn't move. This usually represents the things we are resisting and where we don't want to put our attention. Clutter is also items in your space, which are no longer necessary. Stacks of old newspapers, books & magazines you've already read, periodicals that you haven't had time to read & probably never will.



Put it away, find a home for it, make decisions about it, and address it! Once you move that dead energy, you will be surprised how things move in your life!

Everything that comes into your workspace enters through your front door, bringing with it positive and negative energy. In Feng Shui, the front entrance is called the "Mouth of Chi". This opening might be the front door of the store where you work, the door to your office, or the opening to your cubicle. It is through the Mouth of Chi that good fortune, blessings, and opportunities come to you. What other people see when they enter your space is a reflection of who you are. The image you project and the impression others have of your space affects the energy coming into your space, whether that impression is favorable or unfavorable. Keep the doorway free and clear of clutter. Leave some open spaces. Cramping too much furniture or accessories into your workspace can lead to a feeling of being overwhelmed and tense. Assess what you need and get rid of everything else.



By far, the greatest priority is to be able to see the entrance to your area from your desk. Having the ability to identify anyone behind you is a basic human desire. At work, your desk is as important as your bed is at home. Place your desk so that you can see the door with your back against a wall, the "power position". This will prevent surprises, thus reducing tension and allowing you to concentrate more fully. If you work in a cubicle setting, or if your desk must face away from the door, place a mirror in front of your desk so you can see a reflection of the door. Now that you've eliminated the clutter and created your "power" position, add decorations to attract positive chi. With the five elements in mind, invite soothing colors into your office that complements the area and your personal style.

Adding color is the primary way you can improve your environment, especially when you're facing space limitations. To create a soothing workplace, bring in soft blues, natural greens and powerful purple. These are good color choices, promoting mental strength and health.

Sitting under fluorescent lights is a challenge for any office and you should try to eliminate any glare shining on your face. You can replace the fluorescent tubes with full-spectrum bulbs that offer a healthier, warmer light.

If this is not possible, bring in floor or desk lamps, which can offer soothing relief for your eyes and eliminate fatigue.

Bring in plants to enhance natural energy and creativity. Any sharp corners, especially those facing you, should be covered with decorative photos or green, leafy plants. To increase a flowing energy and stimulate prosperity, set up a mini waterfall or fountain. By and large, turning a stagnant office space into a flourishing environment can help increase your concentration, influence business dealings and awaken dormant vibrant energy.

***Use your imagination. If you're going to spend the majority of your day at work, you can at least make it more enjoyable.***

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