

# Feng Shui for the Office

Feng Shui (pronounced “fung shway”) is an ancient Chinese art whose name translates from the Chinese as “wind and water”. Feng Shui is a means of arranging the basic elements of life—and all the things that you surround yourself with on a daily basis—to create the optimal and harmonious flow of vital life energy, just like the flow of water and wind. It is vital to have a good flow of clear, vibrant energy in your workplace and Feng Shui is an organized system of knowledge that shows us how to enhance that energy flow. Here are some Feng Shui tips for offices that can be used to enhance your workplace.

## Position and shape of the desk

Keep your desk in the commanding position. The commanding position means a position of power, where you have a direct view of the door, a pleasant view out the window and a wall behind you for stability. (Just do not sit directly in line with the doorway as this is in the path of negative energy.) The shape of your desk can affect your mood and level of productivity in the workplace. Rounded curves encourage the flow of creativity. A kidney-shaped desk follows the natural curves of the human body and is said to give you a subconscious feeling of inner alignment.

## Plants

The most powerful Chi (energy) is in the living, so it is desirable to include plants when possible and, since the green color spurs creativity and new ideas, it adds a creative element to the office. The practice of keeping plants helps to have positive Chi flow in corners which otherwise are neglected spaces devoid of any energy. Green plants also act as a filtering system, reducing toxins and circulating stagnant air.

## Lighting

The best light is natural daylight, so move your desk close to a window; however, never have your desk directly in front of window or fluorescent lights that cast a glare, which cause eyestrain and exhaustion. Improve your mood and energy by replacing fluorescent lights with warm lights that don't cast a glare.

## Clutter Removal

Clutter has Chi (energy) of its own and when items are not used daily or are left where they do not belong, their accumulated Chi can interfere with the flow of energy in your office and life. The more clutter you have, the more sluggish the flow of energy becomes. Although cleaning up your clutter seems daunting, think of it as one of the most effective feng shui energy shifts you can experience.

## Colors

Making use of Feng Shui colors can help you achieve balance in your office. Different colors have different properties. Some colors can help people feel grounded and secure. Blues, purples or reds are supposed to enhance the wealth and prosperity area of your office. Yin colors (blues, black, purples) are the colors that bring about healing and relaxation. Yang colors (reds, brown, gold) provide you the enthusiasm or the positive energy required to do something or be motivated.

Whether you believe its power or not, there are a number of benefits in experimenting with Feng Shui - you are more conscious of how your environment influences your state of mind, an uncluttered work space helps you think more clearly and productively, the guidelines help you

stay organized, and any form of simplification reduces stress. Make a few small changes based on Feng Shui design and you will start to sense a better energy in your work environment.

***There is a wealth of information on this topic. Some sources to get started:***

[www.thespiritualfengshui.com](http://www.thespiritualfengshui.com)

[www.fengshui.About.com](http://www.fengshui.About.com)

[www.Suite101.com](http://www.Suite101.com). *Search for 'office feng shui'*

[www.fengshuipalace.com/fs101](http://www.fengshuipalace.com/fs101)

[www.ggredecorating.com](http://www.ggredecorating.com) – feng shui consultant in Sarasota

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