

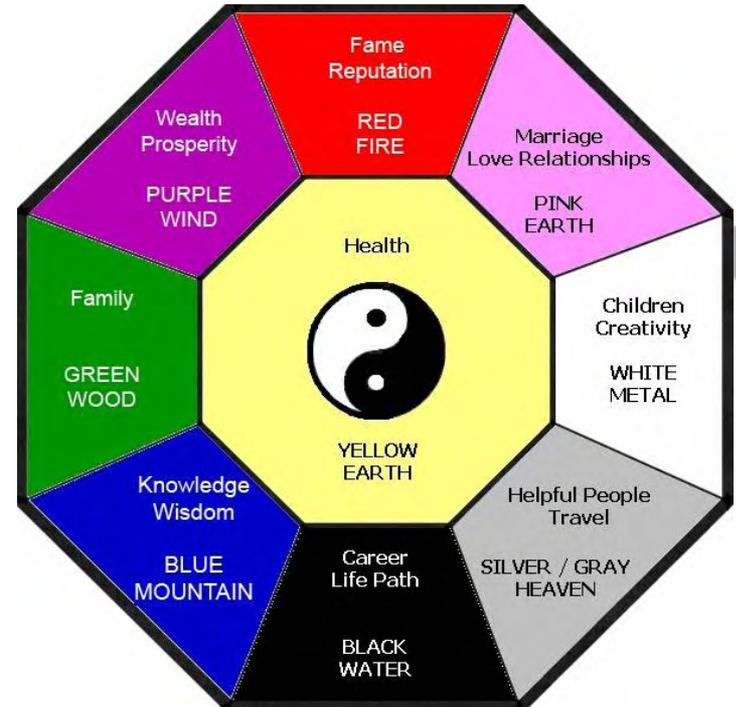
Enhance Your Office Using Feng Shui and Flow Concepts

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Introduction

- Why consider flow concepts in life and work?
- How did we come to think about these concepts?

Why Feng Shui in the Office?

- Promote a harmonious work environment
- Increase productivity
- Reduce Stress
- Promote financial abundance
- Create an energizing work environment

Feng Shui Overview

Feng Shui is a design system based on the flow of energy (chi, or Qi) through your home or any environment. Feng Shui is about “correct flow,” enhancing your environment to promote health, work, relationships, and finances.

Feng Shui Overview

“Its basic premise is that invisible energy fields (Qi) are created by the way we place our furniture...every environment has its own metabolism, with its unique flow of energy. These energy fields have a profound effect on shaping all aspects of our lives, including finances, relationships, and health.”

(Santo Pietro, 2002, p. 4)

Key Components of Feng Shui

1. Setting Intentions to Achieve Goals
2. Clearing the Clutter
3. Energy Map - The Bagua
4. Feng Shui Cures

Setting Intentions - Paying Attention

“You must be purposeful about where you put your attention. Attention involves focusing. Place what you want to create in the foreground of your mind. By placing your dreams, goals, and desires in full view within your environment, you are forced to focus on them.” (Barrett, 2003, p. 57)

Clear the Clutter!!!

Clutter pulls your energy down. You may experience it as feeling overwhelmed, exhausted, frustrated, confused, or depressed. In Feng Shui terms, clutter creates stagnant energy that keeps you trapped. “Healthy energy is moving energy” (Barrett, 2003, p. 65).

Energy Map - Bagua

The tool used in Feng Shui is the Bagua, pronounced “baa-gwa,” which is an energy map of a space. *Ba* means eight, and *gwa* means area; the Bagua is an eight-sided map which is an accurate description of the way energy lays out in a space (Ayres and Coverdale, 2007, p. 5)

The Bagua: Nine areas

1. Career/Life Path
2. Knowledge/Wisdom
3. Family
4. Wealth/Abundance/Prosperity
5. Fame/Reputation/Success
6. Relationships/harmonious work environment
7. Children/Creativity
8. Benefactors/Helpful People/Travel
9. Center - well-being/health/balance

The Bagua

“The Bagua is essentially a map that you superimpose on the layout of a house, apartment, office, or room. It indicates the location of nine energy centers (the center relates to health). Think of the bagua as a game board for life. When you use the correct colors, symbols, and energizers in your chosen areas, you win!” (Barrett, 2003, p. 110).

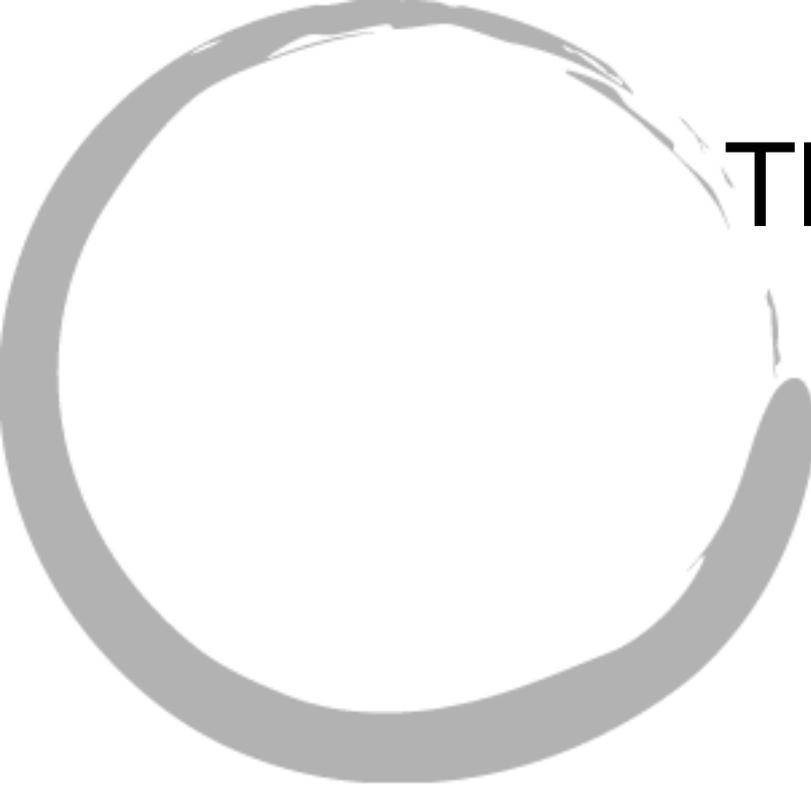
Feng Shui in the Office Environment

“The office is the place to express your creativity and talent, and hopefully, earn a fabulous living. Decorating and energizing your office properly is important; create an environment that supports, empowers, and motivates you continually”

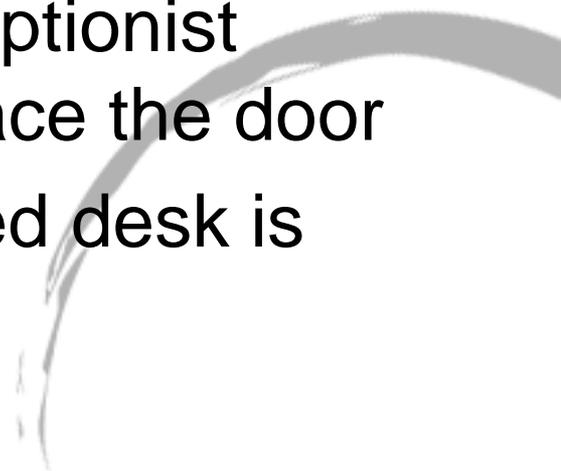
(Barrett, 2003, p. 236)

Feng Shui at the OISS

- We considered flow of people, work, and energy through the office
- We focused on fame and reputation, financial corners, overall balance
- We wanted to create a space that reflected our goals and aspirations



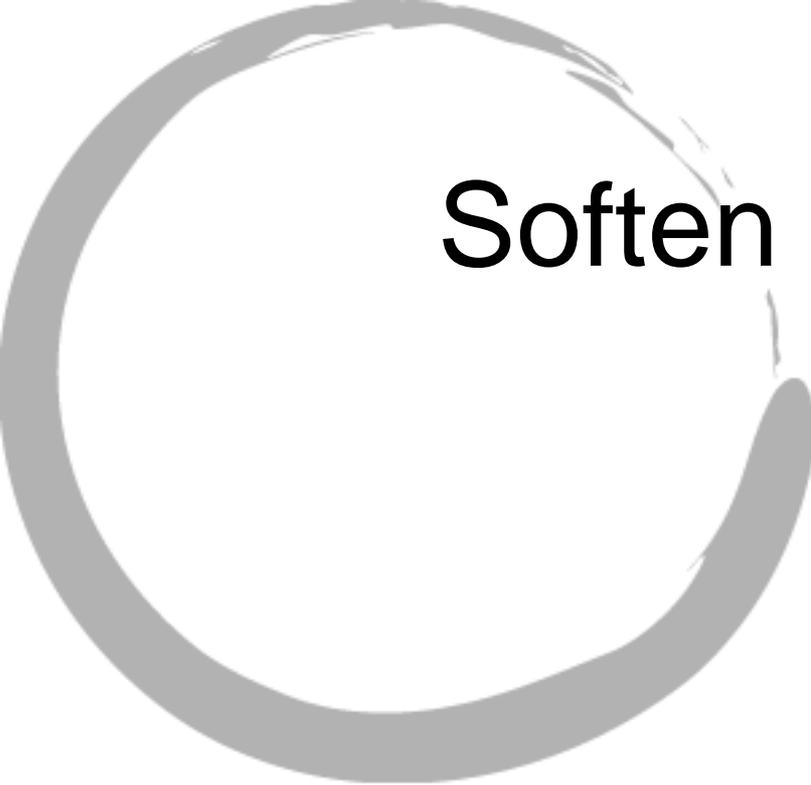
The Entrance

- The entrance offers the first impression of your office
 - The entrance should be welcoming, free of obstructions
 - The receptionist should face the door
 - A rounded desk is ideal
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The Desk

“Your desk is the key to your productivity and success”

- A sizeable, neatly arranged desk represents power and confidence
- A desk with rounded corners, oval, or kidney shaped is preferable; a u-shaped desk also works well
- Your desk should face the door; this is the “power position,” securing a view of the room and the door.
- Don’t have your back to the door



Soften Sharp Edges

- Soften sharp edges and corners with tapestries or plants
 - Sharp corners “cut” energy, can create frustration, ill-ease
 - Clean out file cabinets, bookshelves, credenzas; keep things in their proper place
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Organization

“Organization tops the list for achieving productivity, and a clutter-free environment is key if you desire a clear vision for your career (or office). Clutter creates undue stress and impedes your success.... Design the reputation you desire”
(Barrett, 2003, p. 236).

Use of Feng Shui Concepts at OISS

- Use of tapestries to soften cement walls
- Plants - bamboo and flowering plants to energize space
- Full-spectrum lights - for a space with few windows

Use of Feng Shui Concepts at OISS

- Rounded desk for receptionist, desks all oriented to face doors
- Use of color, music (Bose stereo, int'l music), and art to feature international focus
- Use of bamboo, chimes, and plants to energize bagua areas
- Created bookshelves to organize international resources

Feng Shui Cures

- Bright Objects (light, lamps, spotlights, crystal balls, mirrors)
- Sound (windchimes, music, bells)
- Life Force (plants, bird feeders, aquarium)
- Bamboo
- Color (bagua colors or rainbows)
- Power/Energy (electrical objects, waterfalls, stereos)
- Weight (heavy objects, rocks, statues)
- Others (artwork, elemental shapes, water animals, symbolic objects)

Final Feng Shui Suggestions

- Hang an inspirational picture across from your desk
- Display indicators of personal and professional success in red frames (certificates of excellence, college diplomas)
- Computers emit electromagnetic fields; a radiation screen and a plant next to the computer will help
- Create an office that emanates success and confidence
- Place a water fountain and/or bamboo in the wealth or career area

Final Feng Shui Suggestions

- Most people spend eight or more hours per day in their offices; invest time, energy, and love in your office, and you will be rewarded
- Invest in desks and tables with rounded corners
- Clear the clutter from your office and your desk
- Your chair should provide comfort and support
- Add vibrant colors, personal items, and living energy (such as plants) to your environment

Conclusion

Your house (or office) serves as a mirror for your thoughts, passions, morals, beliefs, hobbies, and much more....As you change the outer template of your home (or office) to encourage your unique dreams and goals, your inner life shifts...When your intention for your life surrounds you, it tends to materialize in a better and faster way.”

(Barrett, 2003, p. 22)

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