

# FENG SHUI YOUR WORK AREA (AND YOUR LIFE)!

Have you heard about this different form of decorating? Feng Shui (pronounced “fung shway”) is the ancient Chinese art of placement. Over 6000 years old, the words literally translated mean “wind” (Feng) over “water” (Shui), and address the relationship between human beings and their environments, while offering keen insight and practical methods to sustain harmonious balance in places where we live and work.

Feng Shui promotes balance, efficiency, and comfort in all that we do...allowing our environments to work with us, and support our hopes and dreams. One of the primary tools used with Feng Shui is the “bagua.” The bagua is a Feng Shui road map, dividing your home/work area into 9 sections that correspond to the 9 main areas of your life. The graphic below is a representation of the bagua.

Your door or cubicle opening will be placed along this side of the bagua.

To understand where each area of the bagua relates to your home/work area, do the following: Stand at the opening (the entrance you use most frequently to get into your home/work area). Then, hold the above picture in front of you. The area you’re standing in will either be (1) skills & knowledge; (2) career; or (3) helpful people. Go around the bagua and see how it corresponds to each area in your home/office.

Once you’ve identified each area, use the quick tips below to add elements that will “enhance” these areas. (Note: These things will work both at home or in the office. Just use your best judgment when placing things of a personal nature in your work area.)

- Health. This area holds your

physical energies. This is the only area that touches the other eight areas of life. Things to add - color yellow and earth tones; earth; laughter; squares/flat objects; religious objects. Things to remove - color green; wood; columnar shapes.



- Career. This area corresponds to feeling as if you are in the flow of life. If your work is taking its toll, or you feel like you are wasting your time, some revisions to this part of your home/work area can offer some help. Things to add - color black; water; mirrors; good career symbols (such as awards, certificates, etc.); glass. Things to remove - color yellow; earth; square objects.
- Skills and Knowledge: This is the wisdom area. Use this area to gain wisdom about anything - from the night class you are taking to the inner work necessary to really bring about significant life changes. Things to add - color blue; lighting; meditation items; metal. Things to remove - clutter; unclear items; unwise symbols.
- Family. This is the part of your home, office (or desk) that holds the energy of all your past, including your relationship with your family. It’s the energetic foundation upon which your life is built. Things to add - the colors green or black; wood; plants. Things to remove - color white; metal; round objects.
- Prosperity. Prosperity refers to more than just money: it’s about feeling as if you have it all. It is about having faith that you are always somehow taken care of and never lacking for anything. Things to add - the colors purple, red, or green; symbols of wealth or “having it all”; jewels; healthy plants; moving water. Things to remove - clutter; broken items; dead/withering plants; trashcan.
- Fame and Reputation. This area is the perfect place to start cultivating others’ respect. It’s about having the courage to start something new or to change. Making improvements to this area can also literally make you famous! Things to add - red; something representing fire; electrically powered objects; triangular/pointy objects; sun/stars; pictures of famous people. Things to remove - color black; water; symbols of poor/bad reputation (such as a review or evaluation).
- Relationships and Love. This area is all about your relationships, and helps you to attract love energy. Things to add - color pink; matching pairs; sensual items; round items. Things to remove - old relationship stuff; single items;

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