



15 practical & purposeful WAYS TO

create your ideal space,
clearly communicate
your brand message,
& attract more of
what you want
personally & professionally

Written by & for women in business

Brought to you by: *Lisa Hromada*™

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Create Your Ideal Space

Article courtesy of: Carole J. Hyder

Creating a Peaceful Office Using Feng Shui Principles

Whether an executive corporate office, a small single-person home-office, or anything in-between, the work environment can usually benefit from the application of a few Feng Shui principles. For many people, they spend more time in their office than they do in their own homes. Therefore, it's important to create a space that is comfortable, conducive to clarity, and yet peaceful. Implementing Feng Shui suggestions can help bring this about.

Feng Shui operates on the fundamental belief that a space mirrors the condition of the occupant's life. If an office is aesthetically pleasing and generally well-organized, then it's generally agreed that the person who works in that space is going to have similar characteristics. Yet, far too many people struggle with a common issue that affects offices big and small---and that is clutter. Being overwhelmed with files, papers, and projects is a direct line to feeling unproductive, inefficient, and uninspired. It's hard to feel in control when every horizontal space is covered with stacks of things. A leader will lose their vision and an employee will lose their motivation and both become less and less at peace with themselves and find creativity hard to come by. The Feng Shui model sees clutter as a direct hindrance to moving forward for the main reason that a person's horizons become smaller and smaller. The way to overcome the clutter problem is to spend nine minutes each day clearing off a small area. You must trust the results that will accrue by taking this simple action on a daily basis. Soon your own office will reflect a person who peacefully works their job in an atmosphere of organization and efficiency.

Another issue that disrupts serenity in an office is when the desk is positioned so that a person must be seated with their back to the door. From a Feng Shui standpoint, it is always better to have a view of the door without having to turn around. First, there's the possibility of being startled by someone coming from behind. Being startled while trying to work is counter-productive, but waiting to be startled is equally disruptive. Second, a bigger Feng Shui metaphor at play is that of being caught off guard in many ways besides just sitting in the office, like suddenly being hit with a health crisis, or unexpectedly being dumped in a relationship, or not anticipating a job loss. It is always better to take control of the space in order to see who or what is coming in the door, both literally and figuratively. If there's no option to turn the desk around (like the cubicle dilemma), place a small mirror on your computer monitor or on the wall so that you can see the door over your shoulder.

To feel supported, use a high-backed chair. It will help you make good decisions and feel empowered. Watch those open book shelves so they don't become overwhelming. Put doors on the front if need be to help quiet the space. Keep plants watered, so they can give off a message of vitality and growth. If it's a time problem to do so, then give them away, and use beautiful silk ones to get the same effect. Be selective about the artwork on the office walls. Make sure it inspires and uplifts you during the course of your workday.

Integrating a few small Feng Shui suggestions can make a huge difference in the physical look of your office. But more importantly they can make a positive change in your own outlook, providing you the inner Feng Shui you need to feel balanced, focused and at peace.

Carole J. Hyder, an **HPSS Global International speaker**, has accomplished success as a Feng Shui consultant, speaker, teacher, author and trainer. She has published two books: *Wind and Water: Your Personal Feng Shui Journey and Living Feng Shui: Personal Stories* as well as produced two DVDs: *The Science of Feng Shui: How and Why Feng Shui Works and Listening to Your Language*. Additionally, she has developed a six-part training program, *The Wind and Water School of Feng Shui*, which is licensed by the Minnesota Office of Higher Education. Carole appears monthly on the KARE 11 Showcase Minnesota TV show presenting various Feng Shui topics. Visit Carole at <http://www.carolehyder.com> ~ carole@carolehyder.com © Copyright 2009 Carole J. Hyder. All Rights Reserved.