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Feng Shui for the Work Place

Many of us work in offices, in our cars, or out of our homes. Sometimes our spaces are ugly, dirty, unorganized, and just make us feel unhappy. Think of an office where when you entered, you felt as though everything there ran correctly. The people/person must be very professional and must take their work seriously. Also imagine a workplace where there are unorganized papers everywhere, where unfinished lunch items are visible and not stored away. Think of a workplace where it's difficult for people/person to maneuver to their desks or assigned work spaces. One can't help but to think the people/person are inefficient and uninspired employees. The work environment is a very important place for us to feel happy, comfortable, professional, and efficient. Let these basic principles of Feng Shui guide you to a better business.

Because Feng Shui is an intricate art, it can get quite complicated. Feng Shui involves the study of the environment and the optimal way to arrange everything in our material world to reflect the nature of ourselves and our surrounding areas. The origin of Feng Shui comes from ancient studies of Taoism in China. Old school Feng Shui connected one's flow and energy levels to one's prosperity and had very complex charts and diagrams with very strict religious disciplines attached to it. Modern schools are more related to psychology than religion. They connect the subconscious to the conscious with the idea that something small which bothers a person will add up and make that person





subconsciously feel uncomfortable. In a workplace that has a negative impact on productivity. All the subtle feelings, the things one is subconsciously attached to, create the atmosphere, tensions, strengths and even decisions one makes over time.

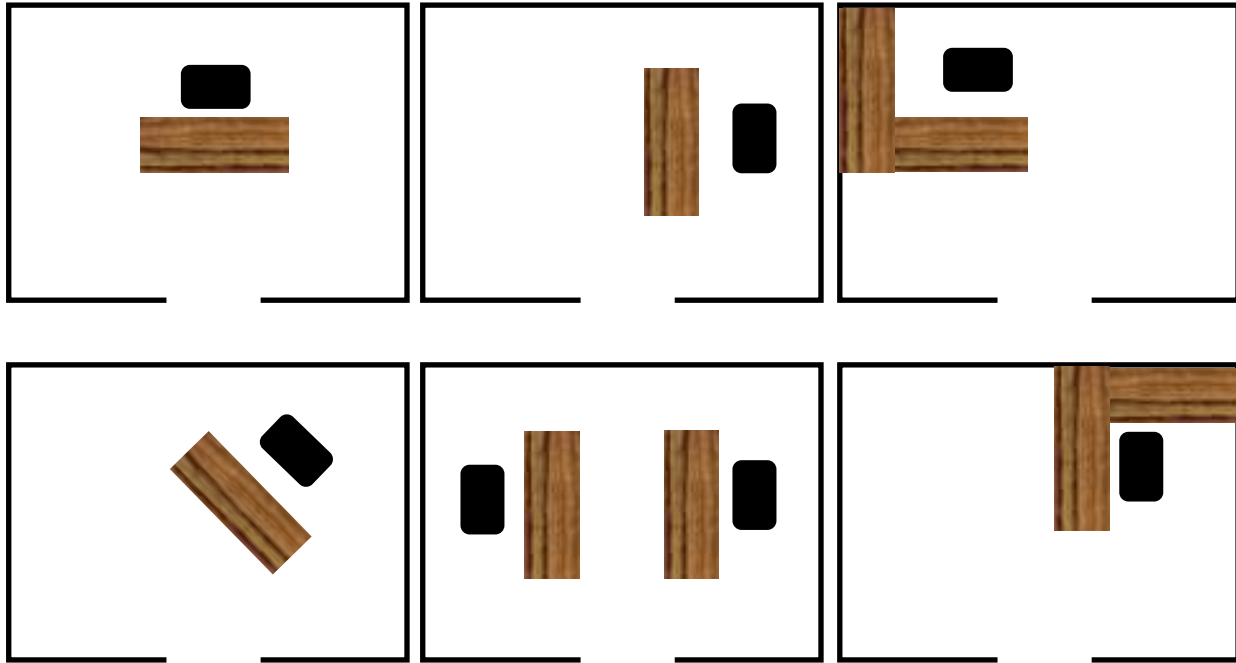
Making the decision to have a better workplace is also a decision to better the company culture. If you work at home, bring your family aboard. If you have an office, bring your employees aboard. Everyone needs to be a part of the movement to tidy the environment and therefore their minds. If one person in particular is notably messy, unorganized, or brings a negative attitude to work, they too need to make the decision to change for the company. You will notice the places for improvement more and more as the rest of the environment offers good Feng Shui for comparison and any persistent areas of disorder will keep the whole environment bogged down.

The first piece to bringing harmony to your workplace will be placing the desks or work areas appropriately. Keep in mind the goal of making everyone feel comfortable and important. Employees have to be stimulated enough to be interested in work, and relaxed enough to produce work at their optimal level. Arrange the desks or work spaces in ways that make the space flow well. You don't want anyone to be placed directly under intense lighting, as though in the spotlight. Also don't place employees back to back or have anyone's back facing a doorway. Make employees feel important and respected by avoiding work spaces which create a subtle sense of vulnerability. The most classic Feng Shui desk position (first in chart below) would be in the middle of the room facing towards the door. L-shaped desks are nice places to nestle and feel safe, but U-shaped desks and small rooms with enclosed walls make one feel closed in or trapped.





Below are some good examples of desk arrangements inside a room:



Don't feel limited to these arrangements. Give each person a throne and a view of their kingdom. They want to see all who enter it and move easily from one part to another. Another note on that would be about cubicles and dividing walls. Use these only to help the flow and security of your work force. More often than not a maze of dividing walls and cubicles support a mindset of quiet, slow, independent working rather than open, collaborative, and efficient working.

After you have arranged the key furniture (such as desks and dividing walls) in the ways described above, choose the placement of smaller pieces in the work area. This includes all of your office supplies; such as a desktop printer, the computer, writing utensils, a water cooler, and so on. The best way to make decisions is to give everything more attention than you did before. You need to treat all the things in your environment, in many ways, like living creatures. The idea is that we do attach



personalities to our things and that we tie our memories and sensory perception to our subconscious view of the world. You wouldn't find a house plant on its side under a desk, or a cat folded in half under a keyboard. Minimalism is sometimes a result of Feng Shui because of this principle, but not a rule. People may find that everything evokes chaos and unhappiness so strip their offices down because they don't own anything which they truly appreciate or want because of the personality or memories their things give them. Then, just like living creatures, we want to give all of our things a home where they can easily be "visited" and "seen" and then returned when they are not in use. This is where you may find some costs to good Feng Shui as you purchase sorting bins, office caddies, filing cabinets, and decorate with things which DO make you feel good. Give all your things "elbow room" and make use of your whole space so everything has a great place to reside. Finish off by giving these things respect. Don't abuse your post-its, or hit your computer. Clean them and repair them as needed as you would groom or keep a family pet healthy.

The next and most difficult part is to train your own mind to organize yourself and coworkers accordingly. The habits of putting everything back in its place and treating items with respect can take time and perhaps patience on your part. One thing you can do is make cleaning supplies available and have friendly competitions for the "neatest desk". If you work by yourself, perhaps a good way to begin your Mondays is by sitting quietly in your office for ten minutes and envision that perfect workplace in order to continually motivate yourself to improve your Feng Shui and make for a better work experience.

Finally, remember that you are the ruler of this kingdom and thus the most important part of the change for a better environment. Feng Shui roots come from an ancient practice which intends to penetrate into your daily life and bring out the complete balance, harmony, and moral practice. So remember to organize your work day and actions in the same way you have with your new work





kingdom. Take an hour especially to eat lunch, keep your work schedule... well... scheduled, and give each meeting and project time and focus. Keeping your day tidy keeps your mind tidy and enables you to produce quality work and relationships.

Feng Shui is a continuing cycle of working on oneself and the environmental changes needed to foster that change. Continue to assess the needs of your environment and of yourself and employees to continue to improve overall business. Allowing everyone to be part of the changes and decision makes it even more effective. One thing many people don't realize is that there are Feng Shui consultants all over the country who can assess your environment for you and help make decisions. If it becomes too cumbersome for you to handle alone, or you are unsure of your decisions, look one up in your area for a full assessment.

The following is a website that can provide you with more information on how to Feng Shui your work space:

<http://www.thespiritualfengshui.com/office-feng-shui.php>

