

Mental Health Rehab

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Feng Shui your Office to Create Success Energy

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Does your office support you energetically? Are the colors on the walls conducive to productivity? Is the entrance to your office clutter free, and welcoming? Does it reflect a successful business?

Whether you work in the corner office of a multi-story commercial building, a cubicle in a medical center or the corner bedroom of your home, you want your workspace to provide your supportive energy for focusing, productivity and generating income.

A Productive Office

It used to be that an office only needed a desk and chair, something to write with, a telephone and perhaps a typewriter. Today the technological and electronic needs are vast. Global communication systems, webinar internet seminars, instant messaging and multi-tasking are just a few of the necessities and activities of a 21st century productive office.

With all of the high-tech requirements, often overlooked are the more subtle supportive energy requirements that provide a balanced atmosphere allowing you to stay focused, productive and in-control of your time. A productive office contains a balanced amount of both worlds. Integrating some basic Feng Shui principles and personal design preferences with your high-tech requirements will create an office that is less stressful and more productive

5 Feng Shui Principles that create a Balanced Office

- Energize the entrance to your office by eliminating any clutter, having it well lit, removing wastebaskets from that area and making sure the door can completely swing open. This is not only the entrance to your productivity but also the entrance to new clients and new business.
- If your office is in your home make sure the entrance to your home is also welcoming, the plantings pruned and colorful flowers greet clients and energy. Do this even if clients never come to your home. Positive energy needs to enter to provide your business growth.
- Paint office walls colors that provide supportive energy for the work being done in the office. For example:

- o Medical or dental office walls should be light shades of blue or green because those are very

calming colors. Since patients are already uncomfortable and nervous upon arrival, the best energy for them is calming energy.

o Sales, marketing and professional offices should be a soft terra cotta or earth tone color which is conducive to building good relationships with clients.

o High-tech electronic multi-tasking offices can be balanced with soft green on the walls and wood furniture.

o If you are in a home office and cannot seem to get motivated, paint the walls white and surround yourself with less wood and more metal objects.

- Use art and wall décor to further enhance the purpose of the office, that of focus, productivity and generating income. Family pictures in an office can be very distracting, limit them to either a small grouping or a collage in one frame. Use motivational art and posters that energize success, teamwork and a winning attitude. Frame them in silver or gold on west and northwest walls.

- For meetings with clients, staff members and in board rooms, use a round or an oval table. The complete energy of the oval or round table is conducive to negotiating, sales, problem solving and conducting productive meetings. If you need to be “in charge” when sitting at this table, be sure to sit in the power position which is opposite the door.

By balancing your office for supportive energy and aligning your personal design tastes with the type of work you do, you have the formula for improved focus, productivity and more success. By creating balance, you have also eliminated many of the energy drainers in your workplace and reduced stress.

Ideally an office should support you, your goals and objectives as well as what you need to accomplish on a given day. A balanced and properly energized office leads to a calmer, in-control more successful you.

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