



Harmony And Well Being At The Workplace- The Feng Shui Way!!



Does Your Office Support You-energetically?

You may never have asked yourself this question, but you should. Whether you work in the corner office of a multi-storey commercial building, a cubicle in a medical center or from your home; Your workspace should provide you with supportive energy that helps you focus and increase your productivity.

Feng Shui can help you build vibrant, conducive and successful energies in your office space. Energies that can enhance your professional relationships & networking, business & career growth, professional development, reputation, overcoming challenges, etc. As the saying goes-Feng Shui can bring you health, wealth and happiness!

Demystifying Feng Shui:

Feng Shui is an ancient art and science developed over 3,000 years ago in China. It is a system of arranging our surroundings so that we can live in harmony with them, ensuring health and good fortune. Feng Shui literally means 'wind and water' and is centered on universal 'life force' or 'energy' known as 'chi' or 'qi'. Feng Shui is based on the Taoist vision and understanding of nature, particularly on the idea that the land is alive and filled with Chi, or energy. Feng Shui helps in harnessing, channelizing and balancing this energy within any space (office, home or garden), such that it is in harmony with nature.

The principles of Feng Shui, presented simply, can be easily understood by western readers as they are based on sound common sense. It is not particularly mysterious or magical-it makes sense that if you live in the country you will get more fresh air and be healthier than if you live in a crowded inner city. Learning about

Feng Shui will help you think clearly about where and how to live and to identify changes that you can make to help you feel at ease at work and at home.

Some Common Misconceptions About Feng Shui

Feng Shui cannot be used to harm people in a negative way. However there are common misconceptions that people have about the practice of Feng Shui, some of which are listed below:

- ▶ It is associated with black magic or tantric practices. It can be strongly negative and can have grave consequences.
- ▶ It is only based on the geography, climate, position and topography of China (like Vastu is for India) and it will not work universally.
- ▶ It can be used randomly, as and where we want.
- ▶ It does not have any rules or principles for placement of Feng Shui objects.
- ▶ It cannot be used by someone who already follows Vastu for their property.
- ▶ It cannot be used in conjunction with other holistic practices.
- ▶ Feng Shui objects must not be bought but rather only received as a gift-especially Buddhas and bamboos.
- ▶ Feng Shui can be learned in a short span and intuition for energy reading can be developed easily.

Importance of Feng Shui at the Workplace:

Feng Shui is a practice that can help you design your environment so that it brings out the best in you and others at the workplace. We often think of incorporating Feng Shui to gain a sense of peace and harmony where we live, but what about our working environment?



Rathi Prabhu

About the Author...

Rathi Prabhu is a Feng Shui and Vastu expert who has completed her Diploma and PG Masters in both Feng Shui and Vastu. She is also an Usui and Karuna Reiki-master/teacher, Holistic expert and Tarot reader and is currently pursuing Alternative Medicine. She has professional experience since 2007 and is the visiting consultant at Feng Shui Vastu Shop-Bangalore for Vaastu and Feng Shui for homes, businesses and offices. She provides blueprint/layout based analysis for spaces- on appointment basis at Bangalore and email based consultation for those outside Bangalore and also provides Consultation for Health, wealth, happiness, prosperity, marriage, love, career, money and personal issues. She can be reached at thefengshuigiftshop@gmail.com, facebookpage: Feng Shui Vaastu Shop



Many of these suggestions are basic and do not take much time, effort or finances to implement them. All you need is an open mind, a strong will and belief that these would work!

With added responsibility and the need for people to wear several hats at work, a 9 to 5 work schedule is a thing of the past. Increased hours are needed just to keep up with the pressures of fast paced technology and social media. Remote employees often find themselves putting in more time at home than if they were physically in the office. From a Feng Shui perspective, environmental conditions such as poor air quality, fluorescent or other harsh lighting, noise, and even work stations that do not have an ergonomic set up, all play a huge part in creating stress. Peace of mind and feelings of safety are just as important at work as they are at home. All these aspects can be taken care of by Feng Shui.

Cleansing Negativity From Your WorkSpace:

Whenever the energy in an environment becomes inactive (or stale), it will be reflected on those who work-they will constantly feel tired, depressed or in a bad mood. It can affect all the aspects of work including productivity and professional relationships.

Ensuring positive energy is important since we and the environment we work in are connected and affect each other. To ensure harmony and wellbeing, a good flow of clear, vibrant energy in the workplace, is essential. Basic Feng Shui tips can be incorporated to remove the negative energy and replace stagnant with positive energy.

One simple way of doing this is to examine the types of objects, their placement and how they affect those in the room. According to the principles of Feng Shui, the energy created by the objects and people in a room affects actions and thoughts either negatively or positively. If the energy created is negative, it can be detrimental to success.

Tips That Could Help Cleanse Energies And Maintain Cordial Relations Within Office Spaces Are As Follows

Though we can use various objects to remove negative energy, here are some simple tips that could act as a first step or initiation to incorporating Feng Shui in your workplace or even your individual cubicles. Many of these suggestions are basic and do not take much time, effort or finances to implement them. All you need is an open mind, a strong will and belief that these would work!

- ✓ Clear all clutter in your workstation, cubicle, cupboards and maintain clean premises. Clutter prevents free flow of energy and results in accumulation of negative energy.
- ✓ Enhance the entrance as this is one of the most positive and auspicious regions.
- ✓ Maintain a balance of colours in the interiors-not too dark and not too bright. Colours have energy of their own. Pleasing colours help uplift one's mood. Flashes of bright colours, used in a limited way at the workplace will keep the energy vibrant.
- ✓ Introduce elements from nature-plants, water bodies, metal objects etc. Potted plants, especially those with rounded leaves are better than cut or dried flowers that have no life left in them.
- ✓ Do not display negative motifs or paintings that depict war, violence, losses, unhappiness, loneliness, etc. at the work place. The 'not so positive energy' of these images can impact you.
- ✓ Design the seating keeping in mind the following:
 - Do not face a blank wall
 - Do not sit with your back to a door or window-you will never be able to relax and concentrate if someone were to come up behind you, with you knowing they were there.



- Do not face a toilet; sit under a beam or next to something that over-shadows you.
- ✓ Simple objects like an energized crystal, Himalayan salt lamp or Feng Shui Bamboo can be used to absorb the negative EMF (electro-magnetic radiation) from electronic gadgets.
- ✓ Ensure that pictures or forms of a single animal, bird, person etc. are not displayed.
- ✓ Carry pocket charms/symbols for specific purposes in your desk or wallet.
- ✓ Display hills or mountain sceneries behind you for career stability.

Concluding Remarks:

Today's business environment is characterised by weak growth (and hence job prospects), mergers & acquisitions and right-sizing. It has become tougher to remain positive and excited at our workplace.

It has put a lot of people on the edge and, that stress, shows up in our work relationships. While Feng Shui might not be the first thing that comes to your mind for improving your workplace relationships, it is certainly an indirect way to create harmony and goodwill.

There is nothing to lose but a lot to gain if Feng Shui is used (even with some help of experts). It can be used to help you achieve your goals with a positive perspective. It should be supplemented with an attitude of remaining optimistic even when under work stress.

Follow the maxim: Be unto others what you want them to be to you. Along with energy flows, our beliefs, thoughts and actions also play a significant role in influencing our fortune.

References:

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www.wikipedia.com
 Feng Shui by Richard Craze

Image Source: <http://www.gallerytranhsondau.com>

