

**W**omen's Edge  
HEALTH ENHANCEMENT GUIDE™



# Energy for Everything

*Rejuvenation for the Mind,  
Body, and Soul*



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**PREVENTION**  
Health Books®  
for *Women*

## THE FENG SHUI CUBICLE

Feng shui is the Chinese art of placement. Its tenet is that the placement of objects in an environment has a profound effect on the inhabitants. Feng shui has been around for 3,000 to 5,000 years in China, and it's becoming more popular here in the West. We can apply feng shui to our work cubicles to maximize our energy, productivity, and prosperity at work.

Feng shui is based on the same theory as acupuncture: a balance of the five elements—water, earth, fire, wood, and metal. “It involves the flow of energy, called chi, in and outside the environment,” says Michelle Sayres, a feng shui and real estate consultant in Greenbrae, California.

In an office or cubicle, the ideal place for a desk is facing the door, catty-corner to a corner of the room. “You want to be able to see everyone who enters the doorway, giving you maximum control, authority, and concentration,” says Sayres. If you can't face the entrance, place a mirror in such a way that you can see the door. “This restores your power,” she explains.

In addition, you want to represent water in your working space in some way because water is the element for career. “You can have a little desktop fountain in your office space,” says Sayres. “The sound of the fountain is soothing, too; just make sure the pump isn't too loud and the water isn't making a gushing sound, which can be distracting.”

“An aquarium is also a great addition to your work space because the fish symbolize prosperity,” says Sayres. But it's critical to keep your fish tank clean and your fish healthy. If a tank has algae, it has a negative effect.

“Water can also be represented figuratively in a free-form shape,” says Sayres. Any free-form object will work to symbolize water. You can use a shiny black rock to represent water, because black is the color for water. “You can also use something silver, or a mirror, which has the reflective quality of water,” Sayres says.

There's an ideal place for the water symbol in your office or cubicle. “In feng shui, we use a map called a *bagua*,” says Sayres. You take the space you're working with and divide it into 9 smaller squares, 3 by 3. As you're looking into the

space, look at the 3 squares that are closest to you. The one on the left is knowledge, the one on the right is helpful people and travel, and the one in the center is career. “Ideally, you want to have the fountain in the career third—the center imaginary square on the wall with a door or entrance,” says Sayres.

The water symbol will also provide a constant reminder of your career goals. “Feng shui is the unique combination of psychology, design, and intention,” says Sayres. So if you put something on your desk to represent water and, therefore, career, every time you see the item, whether you realize it or not, it will enhance your career. “It's one more way to condition your subconscious to what you want to achieve,” she explains.

Wood is the element for wealth, and plants represent wood, so a plant is also an excellent addition to your work space, says Sayres. Any type or size plant will do, although rounded leaves are preferable. If your back is to the door, a standing plant at the entrance to your office or cubicle can provide protection, so you feel enclosed. “I like to use orchids,” Sayres says. But as with the fish tank, if the plant is not clean and alive, its effect is negative. “A clean, good-quality silk plant is far superior to a semi-dead, live plant,” she notes. “While some of this may seem like common sense, it's so often overlooked. Remember, feng shui is a process: Don't expect immediate results, but be happy if you receive them.”

