

# FENG SHUI FOR YOUR WORKSPACE

“People don’t plan to fail; they fail to plan.” –Unknown

“Science is not the enemy of humanity but one of the deepest expressions of the human desire to realize that vision of infinite knowledge. Science shows us that the visible world is neither matter nor spirit; the visible world is the invisible organization of energy.”

–Heinz R. Pagels, physicist, 1939–1988



Feng shui is pronounced “fung schway.” It is one part of traditional Chinese medicine. The others are acupuncture, herbal medicine, exercise, astrology, and diet.

Feng shui means “wind and water.” In ancient China, it was thought the best place for a home was with the front of the home facing water and the back of the home set against a hillside (protected from high winds).



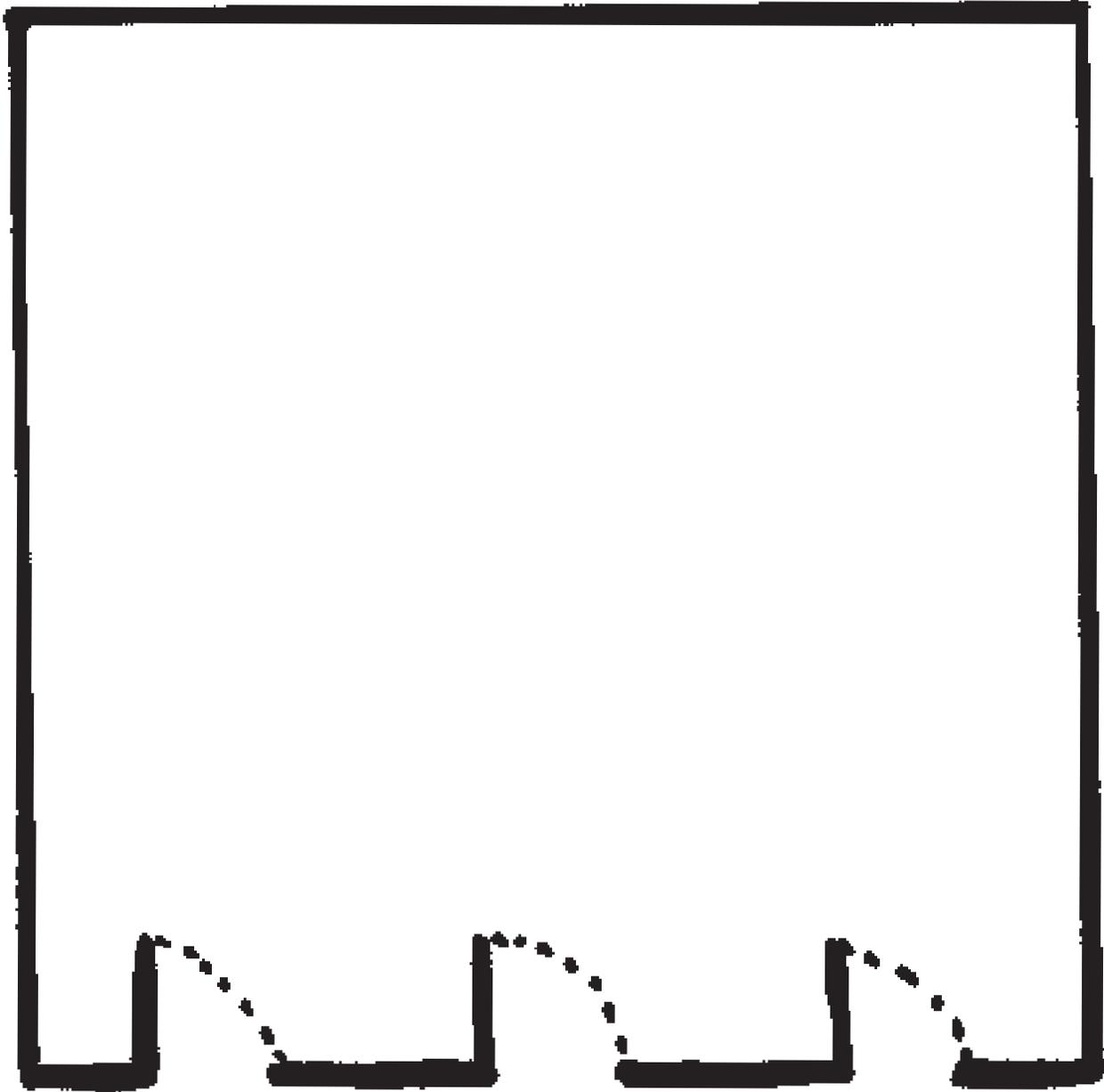
My goal in offering this workshop is to help you use basic feng shui principles to enhance all aspects of your work as an editor.

–Debra Isabel Huron

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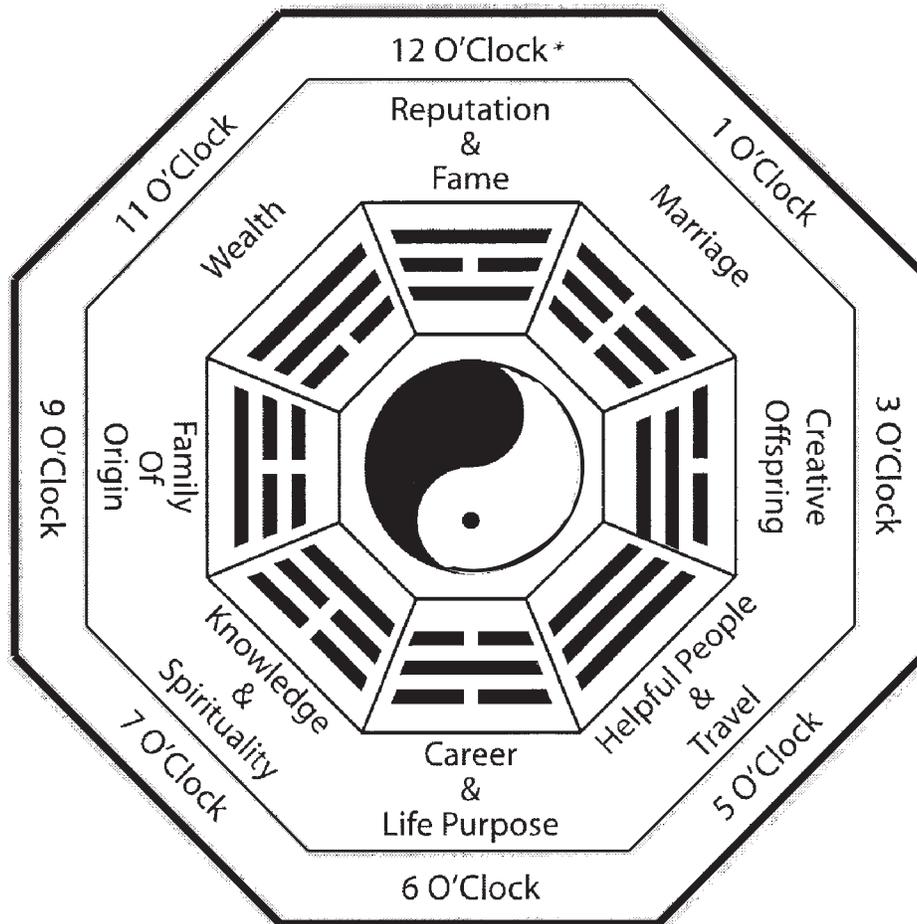
Draw the items you have in your current office.

Note the following:

- \* placement of your desk.
- \* location of major pieces of furniture
- \* location of plants (large and small)
- \* location of main pieces of artwork.

## THE FENG SHUI ENERGY MAP

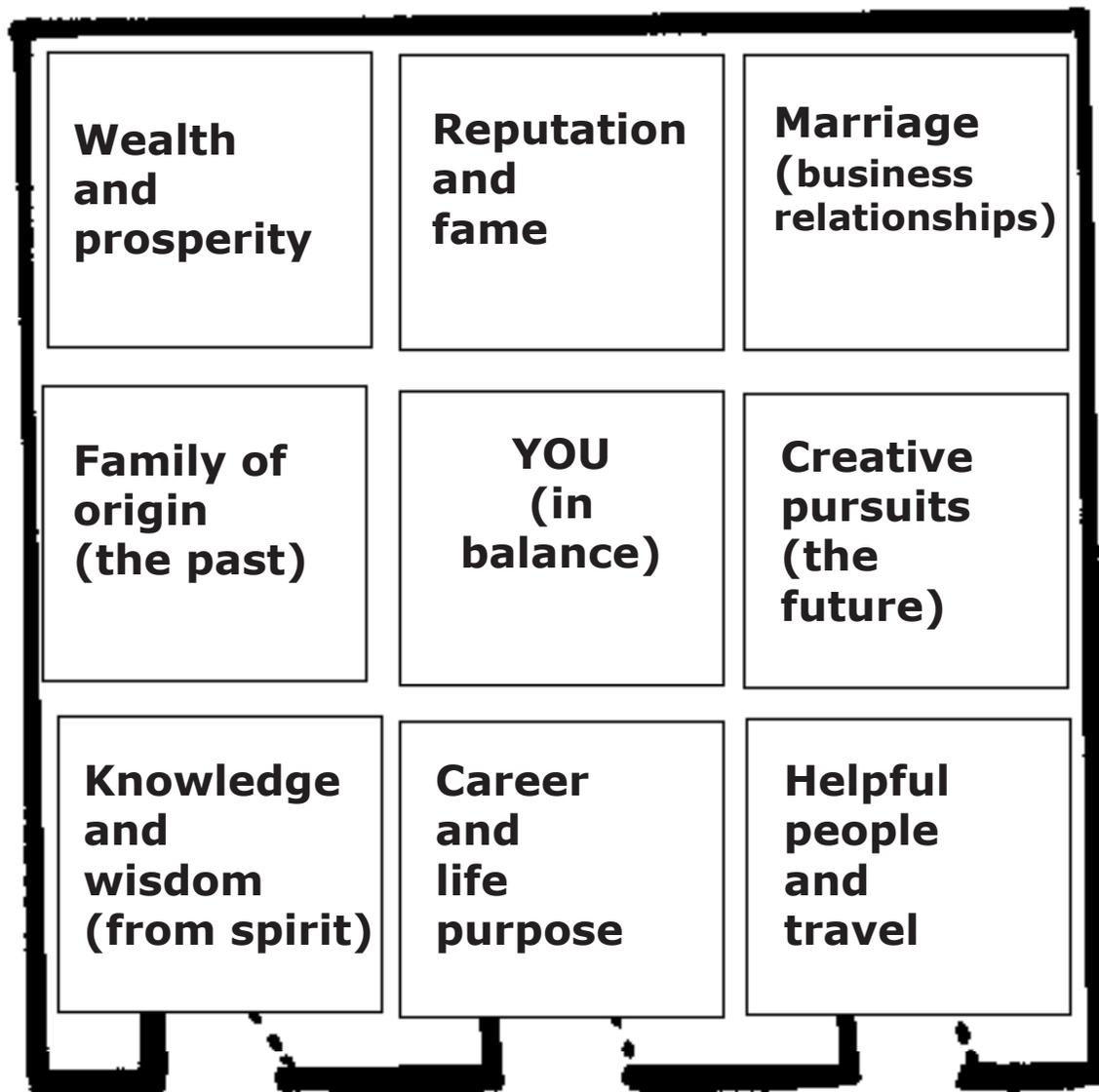
Just as the Chinese mapped inner energy flow patterns (meridians), the Feng Shui bagua divides each space in a home or room into zones that correspond to key aspects of your life. Have you noticed that the rainbow always has the colour red at the bottom, shifting from orange to yellow to green to blue to indigo and finally to purple at the top? This pattern never varies because the different colours carry different wavelengths or frequencies of energy. The red that anchors the bottom of the light spectrum has the longest wavelengths, while indigo has the shortest. Similarly, the energy in our buildings always breaks down into predictable energy patterns that are represented by the bagua energy map. The bagua tells us which elements have an energetic affinity to which parts of your home and property.



*Bagua literally means 8 trigrams. They come from the I Ching, the classic book of Chinese philosophy.*

*\* The clock references are intended to help you position the zone in a place. They do not convey the Chinese hours associated with each gua.*

From: **Feng Shui with Attitude! Jump-start Your Joy** by Ingrid Binder Hauck, 2009, page 10. Used with permission.



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