



## Feng Shui for the Office

*Integrating Feng Shui principles for the office environment is all about creating a workspace that is both supportive and inspirational. Simple changes to the design and layout of your office can help balance and harmonize the flow of natural energies in your workspace, creating a sense of accomplishment and well-being.*

If it is important to get the energy moving in your home, it is important to get the energy moving in your office also.  
– Debra Ford, *In the Feng Shui Zone*

If you're feeling 'stuck' in your work environment, perhaps it's time to look at how the energy is flowing in your workspace.

First, take a good look at what is in your environment. Clutter is often the number one culprit. Eliminating clutter will create space for new opportunities and promote a smooth flow of positive Chi, enabling you to think more clearly and productively. Take the following test to determine if this is an area of concern (adapted from *The Office Clutter Cure*):

<b>3-Minute Desk Test</b>						
<b>How to score:</b>						
For each of the statements below, find the column at right that best describes you, and enter the number you see there in the blank. Then add up the numbers in all the columns and total them for your score.		Always	Nearly Always	Sometimes	Almost Never	Never
		5	4	3	2	1
My desk is clear and unobstructed						
I can find anything I need on it, in seconds						
In my absence, others can find what they need						
All the paperwork on my desk is current						
I have no excess duplicates of anything						
All fileables are filed						
There's lots of room in my office for new projects						
I use everything I have on, in and around my desk						
All broken or inoperable things are gone						
Everything on my bulletin board is fresh and current						
I feel totally in control at my work station						
SUB-TOTALS						
GRAND TOTAL		=				
50-40	39-30	29-20	20-1			
Excellent clutter control Congratulations!	Clutter is impacting your career	Clutter is seriously oppressive	Clutter is completely intolerable			

It's really very straightforward – clutter stagnates energy, therefore impeding your potential to be successful. Clear that clutter – if you don't need it, don't keep it. Your desk surface should be open and free of unnecessary items so that you have plenty of room to work without distractions. Maintain well-organized files and storage cabinets. Your important records represent your past, present and future business – treat them respectfully.

The position of your desk can promote a smooth and progressing career. The most important aspect is that you are in the 'Command' position – that you can glance up from your work and clearly see the doorway without having to shift your position in your chair and that you can see as much of the room as possible. A solid wall behind your chair is ideal to provide strength and stability. If it is impossible to place your desk in the 'Command' position, your sense of vulnerability can be cured by placing a small mirror in front of you so that you have visibility of the door at all times while you are working. Symbolically, business enters through the door; so do not turn your back on it.

An excellent way to enhance and balance the energy around your desk is to tape a laminated colour Bagua Map under your desk – printed side facing up with the Career Zone towards your chair. This provides the auspicious shape, colours and trigrams all in one place.

Good quality, supportive furniture and equipment allows you to work in ergonomic comfort and gives you a strong sense of stability and safety. The front panel of your desk (preferably wooden) is vital for protection, strength and security, so it should extend down to the floor. Choose a chair that is high enough to support your upper back. The height of your chair should allow you to place your hands on the desk at a 90-degree angle, while your feet rest flat on the floor. Hang a 30mm clear crystal directly over the position of your head when sitting at your desk to promote clarity of thought. Use a 30mm red crystal if you need a 'kick start' in your career.

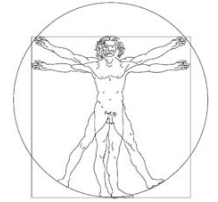
Letting items pile up on the floor will keep you stuck in the past, making it difficult to meet deadlines or finish ongoing projects. Keep your documents in quality file cabinets whose drawers slide easily and quietly. Get rid of any 'screaming' file cabinets that you dread opening.

The beauty and energy of life that plants bring into your work area is wonderful. Bamboo, jade or a money tree (Pachira) are excellent choices. If plants don't thrive well in your office space, use silk plants.

Keep your goals in sight – put symbols of future goals directly across from your desk, just above your eye level.

At the end of each workday, go through your voice and e-mail to help prioritize your work for the following day. Clear your desk completely of everything except the permanent items that you use daily (phone, computer, etc.). Start tomorrow fresh and ready to continue on your journey to success.

# Matters of Health



## Making it a Clean Break

We care enough about our homes and surrounding world to organize them energetically beautiful and peaceful. So what we clean those spaces with is very important.

Using whole and non-toxic 'green' homecare products to clean your sacred space...is simply the right thing, and surprisingly simple thing, to do.

I can't even begin to tell you how many poisons are used today that have made their way into absolutely everything – including us. Or about the toxins that have been banned but still linger – even in breast milk for about five generations. With what we know now, there just isn't any reason to add to the toxic load in our homes. 'Non-earth-friendly' cleaners are inappropriate period. Especially if you have little people and animals that live closer to the ground and whose bodies easily absorb the toxic fumes.

The waters of the earth circulate in our arteries and veins; its soil forms the nutritive base of our bodies. So – what we do to earth, we do to ourselves. What we impose on earth, we impose on ourselves. No one likes an imposition. So let's not add anything more to an already imbalanced and damaged system. Let's support what sustains us.

Body Care is a whole dialogue by itself. And one of my favorite topics. I have a number of great ideas that come from years of research and study. Homecare...just as dear – is easy to engage in, and much less costly than so-called 'cleaning solutions you just can't live without'. Well – I can and so can my world.

Before we go on, let me give you a small sampling of ingredients that household cleaners are laced with. These few are known carcinogens, endocrine disrupters and reproductive toxins. Take a stroll down your cleaning supply aisle and check it out for yourself. As a Holistic Breast Health Specialist...I have particular interest in all of them. (And remember – if you can't pronounce it, then neither can your body. And what our body can't pronounce, it renounces).

- 2-butoxyethanol
- Ethoxylated nonylphenols
- Methylene chloride
- Naphthalene
- Trisodiumnitrotriacetate

There are some wonderful natural cleaners out there. But in most cases – they are expensive. And – in a case of a few – unnecessary. The exceptions to 'bought natural products' I make is in dish soap, and hardwood floor oil. The rest I make from scratch. I use vegetable soaps or dish soap for laundry instead of detergent. And a fabulous inexpensive product called Method – for the hardwood floors. Once you have stocked up on a few essentials, it's easy to maintain. Some of the raw materials I keep on hand are essential oils, linseed, and olive oils, vinegar, baking soda, borax powder, natural bleach, lemon juice and sea salt. I am a fanatical essential oil user. So I mix and match depending on my mood.

So – I am going to give you a few ideas. Email me for more if you want a bigger list. The idea here...is to do the environmental thing and the healthy thing.

Making friends with your toilet bowl: requires ½ cup of borax and ¼ cup of lemon juice left sitting overnight or for a few hours. Scrub it up and flush. After, add tea tree oil or peppermint. I like to spray a mixture of tea tree, cloves, patchouli and lavender, or various other favorites around the bathroom and in particular over the toilet seat and on the shower curtain.

Use colloidal silver and tea tree on the countertops to disinfect and purify.

Animal House: Dry herbs such as rosemary, thyme, calendula petals, lavender and tansy can be rubbed into carpets or scatter carpets, left for awhile then vacuumed off. Always wet mop when you can, let dry then throw this dry mixture around on the floors, let stand and vacuum. Sweeping first can distribute any parasite eggs brought in from the yard or from on the bottom of our feet.

The rub in the tub: Baking soda is obvious, and add to that some grapefruit seed extract, tea tree, rosemary oil and so on, and rub a dub dub...rinse with hot water. And incidentally, grapefruit seed extract can be used to disinfect hot tubs etc...

And a quick list of wonderful ideas:

- Avocado oil and yogurt is a dry skin blend and doubles as furniture oil.
- Beeswax (natural) – makes your floors buzz with clean. (I know, I know. the jokes are lame but it is late...)
- Tea time – with the much lauded tea tree oil is amazing for clean air spray, travel spray, diaper cleaner, disinfectant.
- Vitamin C capsules for your toilet bowl. Really works well and you can now agree with those cynical people who say it all gets flushed down anyway.

Using these strategies is the continuation of cleaning up, and protecting our world. Remember to ask questions about everything. Most importantly- stop and ask yourself "who is inheriting the world you leave behind?"

Margo Laing, RHN, NCP is a Certified Holistic Breast Health Specialist, Registered Holistic Nutritionist and Natural Health Practitioner. She has been a natural health writer for about 15 years, and has a strong interest in cancer prevention. Her goal? To assist those with imbalances by using her gentle 'warrior makeovers' involving body, mind and spirit. Margo can be reached at [margolaing@shaw.ca](mailto:margolaing@shaw.ca)

*"The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath."*

~ Margo

## You Asked About It ...

*Q. My Health Zone is actually in the centre of a room – how can I enhance this area?*

A. All the zones in the Bagua need to be in balance in order to balance the Health Zone. A great way to enhance this zone is to also add representation of all the elements in the Health Zone – artwork or a bowl with different shapes and elements and colours. Keep things simple and beautiful.

## Online Product Specials

### The Road to Life Meditation CDs – Hypnotize, Visualize & Materialize!

Accelerate change in your life! Authored and narrated by Laurie Bonello, the Road to Life CDs gently guide you with hypnosis and visualization to increase the abundance in your life using the principles of the Law of Attraction and internal energy de-cluttering exercises. Create the life you desire now!

Laurie Bonello is an accomplished Reiki Master, Advanced Emotional Freedom Technique Practitioner, Master Hypnotist, Advanced Certified Hypnotherapist, Certified Feng Shui Practitioner, Personal Development Coach and Certified Human Resources Professional. A lifelong passion for energy work and spiritual development led to extended studies in Qi Gong, Feng Shui, Intuitive Development, Neuro-Linguistic Programming (NLP) and 'A Course in Miracles'. Through her company, *The Road to Life*, Laurie applies her experience and techniques in combination with the Law of Attraction to accelerate positive change in the lives of others.

### Internal Energy Cleanse

Be guided to a special healing place to cleanse your body of negative energy. A gentle waterfall purifies and balances your energy using the colors of the seven major chakras, your energy centers. Use morning and evening to start your day invigorated and energized; and retire at night feeling refreshed and calm.

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Using the principles of the Law of Attraction, accelerate your ability to attract successful goal achievement! Visualize and experience your accomplished goal and anchor the feelings of successful goal achievement into your mind and body, attracting it to you more quickly.

### Your Healthy Self Image & the Law of Attraction

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### Release Negative Emotions & Find Forgiveness

Release negative thoughts, emotions and past events through forgiveness. Accelerate personal growth and expansion.

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# 2007

## Fall Semester

Balancing Energy with Feng Shui CRN 90402	Wed., Sept 12, 19, 26, Oct 3
Feng Shui and Spirituality CRN 91031	Sat., Sept 15
Feng Shui and Spirituality CRN 90645	Sat., Dec 1
Feng Shui for your Garden CRN 90585	Sat., Sept 22
Residential Decorating with Feng Shui CRN 90519	Sat., Sept 29
Residential Decorating with Feng Shui CRN 90368	Sat., Nov 3
Clearing Clutter with Feng Shui CRN 90403	Wed., Oct 10, 17, 24, 31
Clearing Clutter with Feng Shui CRN 90772	Thu., Oct 11, 18, 25, Nov 1
Feng Shui for Retailers CRN 90509	Sat., Oct 13
Feng Shui for the Workplace CRN 90644	Wed., Nov 7, 14
Practical Feng Shui Consulting CRN 90455*	Wed., Nov 21, 28
Practical Feng Shui Consulting CRN 90751*	Sat., Nov 24
Practical Feng Shui Consulting CRN 90687*	Sun., Dec 2

\* *Practical Feng Shui Consulting* is the last of the 8 courses in the Mt. Royal Certificate program. It is recommended that students register early to receive pre-course work instructions.

[Click here to view more information about Feng Shui classes](#)

To register call Mt. Royal College 403-440-3833 or 1-888-240-7203 or online at [mtroyal.ca](http://mtroyal.ca) Click on My MRC



## FENG SHUI ZONE

### DISTANCE LEARNING FENG SHUI CERTIFICATE PROGRAM

Access to learning is often difficult or impossible when we attempt to coordinate our busy lives and distant locations with our ongoing desire for life long learning.

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- The course structure includes supplied texts and module notes, assignments, book reports and a Feng Shui Practicum.

[For additional information, click here](#)

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