

HOME OFFICE

Optimize Your Workspace With Feng Shui

No matter how small or large a house is, in most cases there is no architecturally or structurally designed room that is dedicated for the purpose of a home office.

The first floor is usually designed for a living room, family room, den, kitchen and a dining room while the second floor is reserved for several bedrooms and bathrooms. Because of this lack of a predetermined space, home offices are located anywhere from the corner of a dining room to inside a closet.

From a Feng Shui perspective, a home office is an important part of the house. It is a place where people try to be creative, energetic and make money. The composition of this space can greatly affect your personal performance, as it is where you tend to spend a large portion of the day.

A clear and well-defined workspace will generate increased returns in efficiency, performance, advancement, personal satisfaction and health. Therefore, its location in the house should be carefully considered.

For example, if your business requires visitors to come in during the day, it is better to have a separate entrance to your office on the side or back of the house. Even if you don't have visitors, it is best to separate the two different energies: living and working.

Therefore, it might not be wise to have your office right at your main



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entrance, where every time you enter the house you'll be reminded of unfinished work, deadlines, etc.

On the other hand, if the location of the home office is in the quietest area of the house, it may be too relaxed or too low energy. An office in a bedroom may feel this way, especially if it is located on the northern side or at the back of the house.

There are many considerations that go into determining the best location for an office, but the most important ones are your type of business, the design of your house and your own personal factors.

Once the best location for the home office is chosen, its design and furniture placement are the next important steps.

The best position for a desk provides a clear view of the door and

lets you sit with a solid wall behind you. It is also preferred to avoid sitting directly in front of a door, a very large window or to have a wall very close in front of you or a window behind you.

When it comes to picking wall colors, art and accessories, personal factors play the most important role. Since a home office is a personal space, the design should reflect ways in which to strengthen the energy of the person who works there.

There are several ways in Feng Shui to determine which colors, shapes and materials will empower you, which will be neutral to you and which ones are best to avoid.

There are tremendous advantages in designing your living and working spaces using Feng Shui principles. Feng Shui addresses not only how an environment looks, but how it feels and, even more so, how it influences you on the subconscious level.

With a deep understanding of how the environment influences you, a Feng Shui practitioner can manipulate the energy fields of your home and workplace to balance and enhance just about every aspect of your life

Natalia Kaylin is a professional Feng Shui consultant based in Westford. Her services include residential and business consultations, workshops, classes and public lectures throughout New England.