

Cover Story - Feng Shui at Work

Go with the flow: good energy at work

Many companies are turning to feng shui in a bid to get their balance right. RACHEL KLEINMAN reports.

Until a few weeks ago, xxxxx's life was made a misery by the early symptoms of chronic fatigue syndrome.

Working in xxxxx, xxxxx moved floors in the company's La Trobe Street building and her health problems started soon afterward.

"I was chronically tired all the time. It was all I could do to stay awake during the day. I had constant headaches, I wasn't sleeping well and had a lack of appetite," says the team leader, who is in her mid-30s.

"I was getting to the point where I was very distressed...it started getting progressively worse over a two month period".

Xxxxx's GP advised her to rest or take some time off. In despair, she turned to yoga, reiki, aromatherapy and a change of diet, but none of them worked.

Bringing in a feng shui consultant was practically a last resort.

I was a bit cynical because I had spoken to a few feng shui practitioners before, but I wasn't that impressed by them". But after hearing practitioner Jodi Brunner speak at a business function, xxxxx felt encouraged to pursue feng shui for the first time.

Brunner first did a feng shui course seven years ago and has recently opened a shop at the Queen Victoria Market. She also runs workshops, seminars and feng shui tours of Chinatown.

When Brunner was called in to see xxxxx's work environment, she suffered her own dose of sickness. "I spent half a day there and felt very sick that night with migraine and nausea," Brunner says.

She says the magnetic fields from the mini-fridge near xxxxx's desk were having a negative effect. In addition, xxxxx had her back to everyone and felt disconnected from the rest of the team.

Xxxxx admits: "I was never fully relaxed because I could feel people coming up behind me."



The feng shui practitioner also moved her PC from the corner of the desk to the side, so that she looks out across the window, and shifted her position so she is not sitting directly under the extreme lighting.

“My birth chart is linked to wood, so it is important for me to have greenery around and Jodi put a particular type of lily plant on my desk”.

So has her health improved?

According to xxxxx, the difference is astounding.

“It is still taking time but I am feeling a whole lot better,” she says.

“I haven’t had a single headache since then, and it was three weeks ago. I have been sleeping through the night and waking up refreshed in the morning. And I feel more part of the team, more connected and relaxed.

It has been pretty powerful. I want to introduce it to other people and am going to approach someone about getting it done for the whole office.”

Jodi Brunner is one of dozens of feng shui practitioners in Melbourne, charging upwards of for a two or three-hour consultation.

Each one varies in their approach and their interpretation of the ancient Chinese practice, which dates back thousands of years.

While feng shui is better known for bringing harmony and happiness into the home, it appears that an increasing number of businesses are also calling on the knowledge of practising feng shui masters.

The words feng shui mean wind and water in Chinese. In Chinese culture, they are forms of qi (pronounced chi) or energy. The basis of the practice is to try and balance these effectively and harness the energy beneficially.....

.....Many practitioners say that feng shui’s popularity has increased as we have become more conscious of the damage being caused to the earth and to the environment.

.....But if you are willing to go to any lengths to secure the best desk in the office be warned. There is a lot more to the ancient practice than moving around a few pot plants and improving the view out of the window.

The floor plans of a building and a special Chinese compass, called a luopan, are both essential tools for practitioners. For businesses, the position of the building on the street, the year in which it was built and the direction and position of the front door are all very important. Other aspects that affect energy flows within the office, like the interior layout and design are then taken into consideration. Most feng shui masters also use a form of astrology, taking into account the birth charts of individuals involved...

Jodi Brunner holds a Master of Feng Shui with Master Joseph Yu, Feng Shui Research Center, Canada. She is primarily a Feng Shui practitioner and trainer, also an accredited speaking member of the National Speakers Association of Australia and the founder of the FENG SHUI network. Contact Jodi at www.fengshuimaster.com.au for more info.

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