



THE BASICS

Whether a corner in the family kitchen or a spare bedroom or loft room, you will need a table and a comfortable chair. Take the time to make sure your sitting position is right; use a swivel office chair if available.

This is the time to invest in smart storage units. Once they are set up, you will naturally go through those piles of paperwork you never got to through away or file. It will feel liberating!

Natural light from windows or glass doors should be beyond your desk, either in front or from the side, not behind. This is to avoid glare -mainly if you spend time on conference calls- and to allow your eyes to rest from staring at the screen.

An L shaped workspace works best if the space is available.

A lamp that provides task lighting helps not only to ease your eyesight but also with concentration.

In the same way, as you would with an open-plan office, masking sound with a good set of headphones may help with maintaining good attention span.



INHABITAT
ARCHITECTS & DESIGNERS

INHABITAT ARCHITECTURE & INTERIORS

<https://www.inhabitat-architects.co.uk>

THE BASIC CHECKLIST – HOW TO FENG SHUI YOUR DESK



Choice of desk

MATERIAL

Out of all possible materials—wood, glass, laminate, and metal—a wood desk is the best feng shui choice. Not only does it bring natural energy into your space, but it also has both nourishing, as well as a vibrant quality of energy.

Choice of desk

SHAPE

It all depends on the goal you are trying to achieve with your work.

Rectangular - provides grounding energy with an element of growth and expansion

L shaped- can be good feng shui when placed in the best feng shui position

The least preferable shape choices for a desk are round, oval or square ones



iN HABITAT
ARCHITECTS & DESIGNERS

Choice of desk COLOUR

Brown: It is a grounding color that creates a sense of comfort and nourishment for the body.

Black: It is an introspective color that promotes concentration and open-mindedness.

White: It facilitates clarity and discipline. It can be energy-draining for some people.

Gray: Similar to white, it has more power to aid focus (both white and gray colors represent the same feng shui element).

Green: It is revitalizing, creative, and nourishing.

Red: It is strongly activating and not a good choice for long-term use.

Choice of layout PLACEMENT

The least beneficial desk placements for are:

Facing the wall.

Facing the window.

Directly in line with the door.

With your back to the door.

It is important that you can see the door to your office, are not in line with the door *and* have a solid wall behind you.

-the commanding position

Choice of Desk Surface DESK ENVIRONMENT

Clutter – Ideally clear your desk at the end of each working day.

Lighting – A focal source of light, placed on the upper left (wealth corner of the desk)

Choice of Desk Surface DESK AREAS

Here are several areas of your desk that are good to strengthen and pay attention to.

Upper Left: Wealth and Money area

Upper Right: Love and Marriage area

Mid Left: Health and Family area

Mid Right: Creativity area

Choice of Desk Surface SOURCES OF GOOD ENERGY

It is important to bring the vital energy of creativity to your desk.

Good air purifying plants

Crystals

Images targeted to specific goals

Photographs of loved ones



iN HABITAT
ARCHITECTS & DESIGNERS

OUR CONSULTANT - Mary Nonde

<https://www.marynonde.com/fengshui>