

# Studios Feng Shui for Fall

... continued from page D10



*Whimsical overhead lighting is used to create the proper ambiance in this Lafayette home.*

*Photo Michele Duffy*

For some, this placement may not feel right, but from a feng shui perspective, if your back is to the door, you are not in control. Try placing your home office desk or your student's desk in the "commanding" position for one week and see how it feels. Does it make a difference to you or your student's ability to concentrate? You may be surprised that

with the desk located in the coziest interior part of the room, you feel more in command and more comfortable, which is conducive to studying or working longer with greater energy. Give it a whirl!

Use soothing feng shui colors like light green, blue green, latte or light earthy browns for study areas and bedrooms. And place green bamboo in a red accented colored pot to attract growth, luck and abundance to your work. Avoid harsh, overly active – or yang – wall colors such as red, orange or bright yellow that might make it difficult to settle into a significant study or work session. White is also fine, but be sure to fill the walls with art that motivates and reflects the function of the room, or reminds you of the point behind it all. This can include personal photos or things of interest: If your teen loves sailing, then frame photos of athletes competing in the World Cup. Or include a framed photo of some of the great thinkers of our time, like Einstein, Gandhi or Martin Luther King, Jr. Mountains are also symbolic of knowledge, so framing a favorite mountain range will also promote the positive intention of learning and gaining wisdom. The imagery we look at continuously has a profound influence on our minds.

Lighting should be abundant so that what we are working on or studying is illuminated properly and easy to read. Adjust the lighting so it matches the function of the room. Add a mixture of 100-watt table or floor lamps or a brightly lit whimsical overhead light.

If the study space is in a student's bedroom, it should be kept tidy so that clutter is not a distraction to staying on task. And unless a screen is used for homework it is wise to limit or ban the simultaneous use of any cell phones, iPads, or TVs during studying time.

By creating a fun, whimsical, warm and inviting place

for yourself to work and your student to study, everyone should be off to a year of exciting and meaningful growth.

*Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, spending time with her family; Canyon Ranch*



*Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. For more info, visit [www.mandalafengshui.com](http://www.mandalafengshui.com), email [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com), or call (520) 647-4887.*



## Quinn Berg

**Broker Associate**

Direct: 925.765.2996

[quinn.berg@camoves.com](mailto:quinn.berg@camoves.com)

[www.quinnberg.com](http://www.quinnberg.com)

CalBRE #01872891



©2014 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Each Coldwell Banker Residential Brokerage office is owned by a subsidiary of NRT LLC. CalBRE License # 01908304