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Feng Shui

Bring Balance to Your Home Office

By Michele Duffy



A desk in the commanding position helps strengthen your office's feng shui.

With home offices common in many homes these days, what are the secrets to making a functional, well-designed, and highly creative space for your business? And what are common feng shui mistakes that many Bay Area entrepreneurs make when setting up an office at home?

I recently met with a Lamorinda client about this issue, and included a few of my client's questions, and my responses below:

Q: Should I work from my dining room or kitchen table?

A: Running your business from the dining room or kitchen table is less auspicious than designating a room to conduct your business. Using the dining room table for what it was intended and designed to do – gathering around to share celebratory food with family and friends – is ideal. A home office in this area can create unwanted untidiness in plain view, reduce privacy for sustained focus, and foster unwanted interruptions. Kitchens tend to be where the family congregates and can be noisy and chaotic, so they are typically not the best locations for setting up your home office. There is an inherent strength of placing your office in a strategic position of the Bagua, and it is also important to work from an actual desk and

to pick a strong placement for your office desk. Your desk can be designed with flare and be creative and unconventional, but your work will have a different result when you have set aside a space specifically for that purpose versus a more temporary place like a dining room table. These considerations have a profound effect on whether or not your business thrives or not.

Q: Should I set up my desk and computer in my master bedroom?

A: In the bedroom we map everything back to the two R's – rest and romance. Both R's are considered more Ying or less active. Master bedrooms ideally are restful and serene and evoke a more Zen/yin-like quality, blended by specific serenity in our choices of color, lighting, art, bedding and a truly integrated design. Computers and work are much too Yang/active and are undesirable for the only room in which we are meant to power down our selves, recharge restfully with sleep and reconnect with our partners. Failing to honor and observe the main function of any room and engage in activities that the room is not primarily designed to support, is counter productive to the purpose of feng shui.

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