



INSIDE TODAY

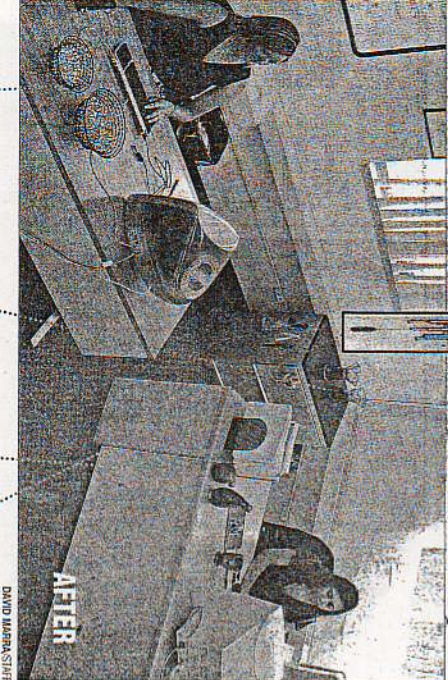
The Browns are still getting pretentious. PAGE 3D

Page designer: Lisa Head

of too long ago, the Features Department got our own corner of the newspaper, and our boss told us we could decorate. When TLCC's "Trading Spaces" asked us to stop calling them, we decided to see what this Feng Shui thing was all about. All together now: "foong-schway." The boss gave us the go-ahead when we told him it's supposed to increase productivity and build partnership. Now if we can only figure out how to get the coffee to make itself.

WORKING THE FENG SHUI

AT WORK: Pictured below is the way our newsroom looked when Feng Shui practitioner Linda Elison visited for a consultation. Elison, shown at right, calculated the building's direction with a type of compass. She recommended ways to reorganize the office based on the orientation and history of the building and on the personalities of features reporters Josie Roberts and Laura Head. Feng Shui is the ancient Chinese philosophy that the position and physical characteristics of a home affect the behavior of the inhabitants.



PAINTERS: Features staffers Josie Roberts, left, and Laura Head, settle in to their reorganized office. One major change was to produce more desks. Elison suggested ways to turn their desks. Before, they had their backs to the room and people would stare them from behind. By leaving the newsroom with solid walls behind them, they feel less vulnerable.

DAVID MARAS/STAFF

Feng Shui: It's a system, not a sneeze

BY JOSIE ROBERTS
 roberts@spokanejournal.com

In its simplest terms, Feng Shui is a way of arranging objects in the home or office to affect the best energy for your space.

But what is energy?

"It's this invisible thing we can't see but it's all around us and impacts us," said Linda Elison, a Feng Shui practitioner in the Spokane area. Elison discovered Feng Shui when she was working as an office job and casually read some books on the ancient Chinese art. She applied some of the principles to her home and started to see results in her productivity and promotion, closer relationships with her co-workers. Elison said it wasn't a coincidence. She escaped the corporate world to run Feng Shui Your World full-time for clients on their home visits. Elison says she cleans and reorganizes their home and work spaces.

When Elison began a consultation, she considers the birth date of the client, the year their building was constructed, the orientation of the building, faces and air circulation over the years. Each of the factors plays into a complex formula to determine which elements the space lacks or requires.

Elison then aligns the patterns with a set template, a diagram that divides space into eight quadrants facing south, northwest, west and east. Around the compass is a grid of numbers, which is a vital aspect of feng. Wealth and prosperity, health and longevity, knowledge and education, career, mentors, children and creativity, love and relationships and fecundity are the eight trigrams.

Kristin Badger, who hired Elison to apply Feng Shui to her office space at Hunt Commercial Real Estate in Buffalo, said each of the eight quadrants is an important part of life. It doesn't matter if you're a business aspect, other things fall out of line. Feng Shui organizes space to balance all of the quadrants.

"I think it's incredible discipline," Badger said. "It's a very interesting study about how to organize your environment. In your environment, about those goals."

SEE DESIGN ON PAGE 3D

After: A quick tour of what's what and why it's important



WHAT: Two dots make out of metal, wood and blue metal. **WHERE:** Northwest. **COST:** \$10 to the stars and \$10 to the masses. **WHY IT'S IMPORTANT:** Our corner of the globe is called the metal and water element. No one who can't get along can hold things together. The metal, which means discipline, energy and focus, or focus energy.

WHAT: Two arches that meet. **WHERE:** Northwest. **COST:** \$10 to the stars and \$10 to the masses. **WHY IT'S IMPORTANT:** Our corner of the globe is called the metal and water element. No one who can't get along can hold things together. The metal, which means discipline, energy and focus, or focus energy.

WHAT: A circle with a cross. **WHERE:** Northwest. **COST:** \$10 to the stars and \$10 to the masses. **WHY IT'S IMPORTANT:** Our corner of the globe is called the metal and water element. No one who can't get along can hold things together. The metal, which means discipline, energy and focus, or focus energy.

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DESIGN ...

"It's a very interesting study about goods and having reminders in your environment about those goods."

— Kristin Badger, Feng Shui Your World client

When Dr. Robert Goodbody moved his chiropractic practice into a new

office, he called Elison to get some tips on how to maintain a space's potential. Goodbody, who owns Goodbody's Chiropractic, located at 6080 Thrasher Road, Depue, knew the basics of Feng Shui, but he needed her expertise to actually redo the office.

Elison told him to start in the store. "There was a lot of clutter and junked energy due to the people who used to be there," he said. As he emptied it out, he took away

"No Solicitor" sign from the door as an entryway creates negative energy. He added colors to certain rooms that needed more of a particular element.

"I've had an amazing transformation," Elison said. "Patients just keep telling him how good it feels in his office." Elison said "Patients just keep telling him how good it feels in his office."

Contact Josie Roberts at (719) 693-1060, Ext. 107.

ELEMENTS

- Earth:** Colors: earth tones, beige, browns and yellow. Shape: square. Crystal and gemstones: Citrine and garnets. Material: wood.
- Fire:** Colors: reds, pinks, oranges and purples. Shape: triangle or pointed. Crystal and gemstones: Carnelian, a topaz, a sapphire or a pyramid.
- Metal:** Colors: white, gray or metallic. Shape: pentagon or circle. Crystal and gemstones: A good picture frame, a wrought iron table, or silver candlesticks.
- Water:** Colors: blue or black. Shape: wavy. Crystal and gemstones: A picture of a blue sky, a picture of a lake, or a black mirror.
- Wood:** Colors: green. Shape: rectangle. Crystal and gemstones: Pearls, wood furniture, picture of a forest or flowers.

Feng Shui Your World

To contact Linda Elison for a consultation for your home or office, call (719) 693-1061 or visit www.fengshui.com.