

THE ENERGY TO SUCCEED

A little Eastern energy manipulation can go a long way to achieving your goals

Not sure where to put your pet rock? Go magazine has teamed up with Darrin Zeer, a professional relaxation consultant and author of *Office Feng Shui* (Chronicle Books), to talk chi and cubicles. Zeer, who consults for companies as diverse as 3M, the Four Seasons Hotel and Resorts and CNN, defines Feng Shui in a nutshell as "ancient common sense".

Feng Shui literally means "wind" and "water" in Chinese, and is the thousand year-old practice of arranging space to promote a harmonious flow of chi, or energy. Behind Feng Shui is the philosophy that we live in an invisible field of energy. Arranging your room according to the laws of Feng Shui allows this energy to flow freely, promoting well-being, peace of mind, and success in business. Sure, cultivating harmony isn't normally at the top of a corporate executive's to-do list, but more Americans are embracing Eastern traditions with positive results.

■ An office checklist to a brighter future

Good office Feng Shui begins at your desk. Clutter is like a traffic jam for your chi, so begin by discarding and filing random papers laying on your desk. Depending if you're neat or a bit messy, this could take from five minutes to a week.

But a new life of harmonious cubicle dwelling is well within reach. If you need more than a few hours to tame a mountain of paperwork, Zeer gently suggests setting aside a time of day to begin organizing parts of your office. Or take several short breaks each day over the course of a week to organize and toss unwanted papers. Keep the stuff you need—Rolodex and family photos—on

