

Feng Shui Home Office: 9 Layouts for Focus, Flow, and Fortune

Preface: I'm Not Here to Tell Your Fortune

I'm Ding Long. I'm fifty years old, and I've spent twenty-five years as a huǒjū dàoshì — a "householder priest" in the Zhengyi tradition of Daoism. What that means, simply, is I don't live in a monastery. I buy groceries. I reply to messages on my phone. I burn the midnight oil in front of a computer, same as you. The Zhengyi path isn't practiced in mountain seclusion — it's practiced right here, in the ordinary rhythms of daily life.

About ten years ago, a software engineer working remotely from San Francisco reached out to me. He said, "Master Ding, I've been working from home for two years and my productivity keeps getting worse. I wake up and my desk is right there by my bed. I lie down at night with code still looping in my head. It's not my ability that's failing — it's my space."

That hit me. Before then, I worked with people on their overall home layouts. But the remote work era had turned "one desk" into "one world." Your desk isn't just a slab of wood. It's your energy command post for eight hours a day.

This book is not going to teach you to "place a crystal to attract wealth." I don't do that. The words change your fate, shift your luck, summon riches, ward off evil — none of them appear in this book. What I talk about is something you can verify for yourself: how your space affects your ability to focus, your emotional flow, and what your body feels. At its core, Feng Shui is just two thousand years of accumulated environmental psychology. I've taken twenty-five years of hands-on practice, paired it with modern science, and written a practical manual for remote workers everywhere.

Think of your workspace as a river. You're the water. A good layout lets the water flow naturally. A bad layout makes it stagnate, swirl backward, evaporate into nothing. Turn the page. Let's get this river moving.

Chapter 1: Why Your Desk Matters — The Command Position: Your Energy Control Center

Deep Dive

Feng Shui has a core principle called the Command Position. It states: the seat where you spend the most time should face the room's entrance, have a solid wall or high-backed support behind you, and sit outside the direct airflow path between door and window.

Why? Picture a deer grazing on the savanna. It doesn't face away from the direction predators might come from. This isn't superstition. It's a reflex wired into every mammal's nervous system. When you sit with your back to the door, your limbic system — the brain region responsible for vigilance — stays in a constant low-grade alert state. Your subconscious is running background surveillance, "watching your back" for you

. After eight hours of this, that invisible tension drains energy you never even realized you were spending. It shows up as the 3 p.m. crash, as the inability to sink into deep work, as that vague restlessness you can't explain.

"Backing by a mountain" is the second requirement of the Command Position. Behind you: a solid wall. Not a window, not a hallway, not open space. A real wall gives your body the physical memory of safety from behind. You see this in corporate offices too — nearly every executive's desk is against a wall or backed by a tall cabinet. They may never have studied Feng Shui, but their instincts found the most comfortable position anyway.

The third requirement: don't sit in the "qi highway." The straight line between door and window is the fastest airflow channel (in Feng Shui we call this *chuān táng* — "piercing the hall"). Put your desk on that line and you're basically pitching a tent in the middle of a river. The water doesn't slow down to nourish you — it rushes past and takes you with it. The result: you're easily distracted, irritable, unable to sit still.

Western Parallels: Environmental Psychology & Prospect-Refuge Theory

In 1975, British geographer Jay Appleton proposed Prospect-Refuge Theory: humans inherently prefer positions that offer both a clear view of the surroundings (prospect) and a sense of safe enclosure (refuge). This maps almost perfectly onto the Command Position — you can see the door (prospect), and a wall supports your back (refuge).

Research published in the *Journal of Environmental Psychology* found that employees sitting with their backs to the door had significantly higher cortisol levels than colleagues facing the entrance. A Harvard Business School study on workspace design reported that workers with a sense of "visual control" over their environment scored 27% higher on job satisfaction.

Ding Long's Cases

In 2018, a freelance translator in Shanghai reached out. She worked in her bedroom with her desk against the window, her back to the door. She told me she was becoming increasingly jumpy — footsteps upstairs, a delivery knock, even her phone buzzing made her heart race. Translation demands intense, sustained focus, but every day she felt like "a bird startled by the twang of a bowstring."

I visited her home. Her desk was pressed against the west-facing window. Outside: the main road through her apartment complex, constant foot and car traffic. The bedroom door sat two meters behind her — her family could walk in at any moment.

I said, "Your attention isn't the problem. You're using pure willpower to override your own instincts. Eight hours a day, your amygdala is running on low-grade alert."

The fix was simple: rotate the desk ninety degrees, flat against the north wall. Side-on to the window, facing the door. Chair backed by a solid wall. She hung a dark tapestry behind her to reinforce the "mountain" sensation.

Two weeks later she messaged me: "Master Ding, I can't explain it, but now when I sit down I don't want to get up. Before, it felt like my chair had thorns."

It's not unexplainable. Your body finally feels safe.

Practice Exercise: Your Energy Audit

Take a photo from your seated position, looking forward. Can you see the room's entrance?

Sit in your work chair, close your eyes for one minute. Feel the space behind you. Is your body subtly leaning forward or tensing up?

Have a family member or roommate approach you from behind while you're working. At what point do you notice them?

Rearrange: face the door or sit side-on to it, back against a solid wall or tall bookshelf.

Work from the new position for three days. Track changes in your sustained attention span.

Key Takeaways

- The Command Position is the single most important principle in your office — face the door, back to a solid wall.
 - Sitting with your back to the door keeps your amygdala in low-level alert, draining energy you don't notice losing.
 - Prospect-Refuge Theory independently confirms what Feng Shui has known for two thousand years.
 - Even a 90-degree rotation of your desk can transform your felt sense of safety and focus.
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Chapter 2: The Five Elements on Your Desk — Your Keyboard Is Metal, Your Plant Is Wood, Your Water Glass Is Water

Deep Dive

The Five Elements — Wood, Fire, Earth, Metal, Water — are not mystical substances. They're five metaphors for describing states of energy.

On your desk, the Five Elements map directly onto the objects within arm's reach:

- **Wood** (growth, expansion, creativity): Plants, a wooden desktop, green stationery, pencils. Wood's energy is a spring morning — rising, unfolding upward. *Too much:* endless ideas, nothing executed. *Too little:* rigid thinking, creative drought.
- **Fire** (passion, action, social energy): Red items, lighting, electronic screens. Fire's energy is the midday sun. *Too much:* anxiety, restlessness, impulsiveness. *Too little:* lack of motivation, chronic procrastination.
- **Earth** (stability, integration, grounding): Ceramic mugs, stone paperweights, yellow/brown desk mats. Earth's energy is the afternoon ground — solid, warm, holding. *Too much:* resistance to change, over-cautiousness. *Too little:* chaos, lack of foundation.
- **Metal** (clarity, structure, decisiveness): Metal stationery, white objects, your keyboard and mouse, document trays. Metal's energy is autumn's crisp precision — it cuts, categorizes, defines. *Too much:* coldness, over-analysis, rigidity. *Too little:* fuzzy boundaries, chronic indecision.
- **Water** (flow, communication, depth): Your water glass, deep blue/black items, glass objects, curved decorations. Water's energy is a deep winter pool — reflective, connective. *Too much:* emotional overwhelm, hypersensitivity. *Too little:* blocked communication, dried-up inspiration.

Western Parallels

University of Michigan research found that employees with plants on their desks scored 15% higher on cre

ativity measures (Wood energy). The University of Exeter discovered that allowing workers to personalize their own desks boosted productivity by 32% (Earth energy — the stabilizing sense of control). Color psychology maps neatly onto the Five Elements: red heightens alertness (Fire), blue enhances creative thinking (Water), green reduces eye strain (Wood).

Ding Long's Cases

A UX designer in Berlin contacted me online. His design work was fiercely creative, but his project management and time planning were a disaster. I looked at his desk over video call — Wood overload. Three potted plants, a bamboo pen holder, a wooden bookshelf, a green mousepad. Almost zero Metal objects.

"Your Metal is too weak," I told him. In Feng Shui, Metal governs cutting, categorizing, structure. The adjustment: add a white metal document tray, swap to a silver-gray desk organizer, switch to a silver-white mechanical keyboard. Keep one plant, move the other two elsewhere.

A month later he emailed: "For the first time ever, none of my Jira tasks went past deadline. Maybe it's just that the document tray made me realize where pending files should go?"

"Placebo or not doesn't matter. It worked. Metal cut through your chaos."

Practice Exercise: Five-Element Desk Audit

Sort every object on your desk into the Five Element categories. Count them.

Reflect on your biggest work friction from last week: procrastination (Fire deficiency)? Creative block (Wood deficiency)? Indecision (Metal deficiency)?

Remove one or two excess-element items. Add one or two items from the missing element.

Take before-and-after photos. Reassess how you feel after one week.

Key Takeaways

- The Five Elements are energy metaphors — treat them as a balancing framework, not literal substances.
- One over-dominant element creates its own problems; a programmer drowning in Fire (screens) desperately needs Water and Earth.
- Adding a single Metal object (a white tray, a metal pen holder) can shift mental clarity if Metal is deficient.
- Desk plants aren't just decorations — they're Wood energy for creativity, but too many scatter your focus.

Chapter 3: The Door-Window-Desk Triangle — How Your Position Relates to Energy Inlets and Outlets

Deep Dive

Every room has three critical points: the door (energy inlet), the window (exchange point with the outside), and where you sit. The airflow triangle formed by these three determines whether the space nourishes you or flushes past you.

One of the oldest principles in Feng Shui: never sit on the straight line between door and window. That line is the fastest airflow channel in the room. Your work position should sit in the "backwater zone" of this triangle — picture the inside curve of a river bend, where the current slows, sediment settles, and the fish gather. Your desk is that fish.

Western Parallels

ASHRAE standards note that indoor air speeds above 0.2 m/s cause noticeable discomfort. NASA research on open-plan workspaces found that desks on primary circulation paths experienced 40% more task-switching interruptions than those in quiet corners. Sensory gating theory also explains this: when your visual channel continuously registers movement from the door's direction, your capacity for deep work degrades accordingly.

Ding Long's Cases

In 2020, a hedge fund analyst in London had a long, narrow study — door at the south end, window at the north. His desk sat squarely in the middle. Smack on the airflow straight line.

"Every day by 3 p.m., I feel completely drained. Not tired — just scattered."

I lit a stick of incense. The smoke shot in a clean line from door to window. His desk was on the energy expressway. Solution: move the desk to the east wall, place an open bookshelf on the door-window line to create a "backwater cove."

"The first week felt strange — too quiet. Not the sound. My mind suddenly went quiet."

The bookshelf didn't block the energy — it slowed it down. Energy has to slow down before it can nourish you.

Practice Exercise

Draw a floor plan. Mark the door, window, and desk positions.

Draw a line connecting the door and window. Is your seat near that line?

Light incense or hold a tissue to test airflow strength at different positions. Locate the "backwater zone."

If your seat is in the rapid-flow zone: move the desk, or place a bookshelf, screen, or tall potted plant in the energy path to slow it.

Key Takeaways

- The door-window-desk triangle determines whether energy nourishes you or flushes past you.
- Sitting between door and window is like pitching a tent in river rapids.
- A bookshelf or tall plant placed in the energy path acts as a flow diffuser, creating a nourishing eddy.
- Test airflow with incense or tissue paper to literally see where energy moves fastest.

Chapter 4: Color Psychology × Feng Shui — How Room Colors Shape Your Work State

Deep Dive

- **White / Silver (Metal):** Clarity, precision, decisiveness. Ideal for analysts, programmers. But all-white is too cold — it suppresses creativity.
- **Green (Wood):** Growth, innovation, patience. Ideal for designers, writers. Green is the least fatiguing color for the human eye.
- **Blue / Black (Water):** Depth, communication, introspection. Ideal for therapists, coaches. But too much deep blue can tilt toward melancholy.
- **Red / Orange (Fire):** Energy, action, social drive. Ideal for sales, customer service. But too much Fire breeds anxiety and impulsiveness.
- **Yellow / Brown (Earth):** Stability, warmth, grounding. Ideal for any work requiring sustained, steady output.

The key principle: walls are the background, not the star. Office walls should carry neutral energy — light beige, warm gray, soft sage.

Western Parallels

A University of Texas study found that employees in all-white offices made more errors than those in spaces with warm, moderate color. Focus improved by 18% in blue-green environments. Color has a cumulative effect — a red accent wall feels energizing on day one, but a month later you might find yourself inexplicably short-tempered.

Ding Long's Cases

A video editor in Beijing painted her entire workspace vivid coral orange — "because I thought it felt creative." Six months later she was arguing with clients more often, her editing pace getting faster and choppier.

"Your walls are cheering you on," I said. "But you don't need to be cheered on every second of every day."

We repainted three walls in warm gray (neutral Earth, taming the Fire) and kept one orange accent wall. Earth's energy contains and nurtures Fire — turns it from a bonfire into a steady, controlled flame.

Three months later she told me: "My clients say my recent work has more 'breathing room.'"

Practice Exercise

Sit quietly for five minutes. What color dominates your field of view?

Match your dominant wall color to your work's core need.

If you can't repaint: introduce color through large art, removable wallpaper, curtains, or desk mats.

No single color should cover more than 70% of your total wall area.

Key Takeaways

- Color in Feng Shui is frequency, not superstition — each hue carries a specific energy quality.
- Your walls are the background, not the star; neutral tones with intentional accents beat full saturation.
- An all-white office increases error rates; an all-red wall quietly amplifies irritability over weeks.
- Match dominant wall color to your work's core need: analysis calls for white/silver (Metal), creativity f

or green (Wood), depth for blue (Water).

Chapter 5: Decluttering = Qi Flow — How Physical and Digital Clutter Blocks Your Energy

Deep Dive

Qi hates stagnation above all else. The Feng Shui practice of "decluttering" isn't minimalist aesthetics — it's about letting your attention, your energy, and your thinking move without friction.

Three types of energy blockage:

Floor clutter: Boxes on the ground, tangled cables. The floor is your foundation. If your foundation is obstructed, you'll never feel fully grounded.

Desktop clutter: Stacks of papers, documents you haven't touched in three months. Desktop clutter is a layer of noise inserted between you and your work.

Overhead clutter: Hanging cabinets, exposed beams, low ceilings. Even if you never look up, your body *knows* something is looming above.

Digital clutter is the new form of "stagnant qi." Three hundred desktop icons, five thousand unread emails, red notification badges — each one is a micro tax on your cognitive load. They're not information. They're ghosts of unfinished tasks.

Western Parallels

The Princeton Neuroscience Institute demonstrated that visual clutter competes for neural resources, directly reducing the brain's information-processing capacity. Sophie Leroy's "attention residue" theory shows that every time you see a physical reminder of an unfinished task, a portion of your attention remains "stuck" there. Gloria Mark's research found that an email notification — even if you don't open it — interrupts your attention flow; full recovery takes 23 minutes. Fifty desktop icons are fifty permanent "notifications."

Ding Long's Cases

In 2016, an e-commerce operations manager in Hangzhou used her study as a warehouse — shelves crammed with product samples and packaging. In front of her desk: a wall of cardboard boxes. Overhead: two rows of metal storage racks.

"I have to turn on every light in the room just to be able to work. Otherwise I can't breathe."

It wasn't that her work was too tiring. The space was draining her. Qi couldn't even enter — half the door was blocked by shelving, the window buried behind boxes. After we cleared the metal racks from overhead, she stood in the middle of the room and cried. "I had no idea my ceiling was this high."

After the adjustment, her performance actually went up. Once the space stopped consuming her, she had surplus energy to do her actual job.

Practice Exercise: Three-Step Decluttering

****Overhead:**** Look up. Is there a beam or hanging cabinet above your seat?

****Desktop:**** Clear it down to only what you need today — laptop, water glass, notebook. Everything else in a drawer.

****Floor:**** Walk a full circle around your chair. Your feet shouldn't touch anything.

****Digital:**** Cap desktop icons at 15. Clear your inbox to fit on one screen. Disable non-essential notifications.

Key Takeaways

- Clutter is stagnant energy competing for your neural resources every second.
 - Head-level clutter creates invisible pressure your body never adapts to.
 - Digital clutter is as real as physical — every icon is a micro-distraction tax.
 - Princeton confirms: visual clutter reduces working memory capacity.
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Chapter 6: Plants and Natural Light — Bringing Living Energy Into Your Workspace

Deep Dive

Feng Shui places enormous value on *shēng qì* — living energy. A space without it is a pond with no fish. Plants and natural light are the most direct ways to inject living energy into a room.

A live plant is worth infinitely more than a wooden ornament. It's continuously exchanging energy with the space — absorbing carbon dioxide, releasing oxygen and moisture. This is dynamic, living *qi*.

Natural light matters because full-spectrum sunlight is the master clock for every life form on Earth — the foundation of your circadian rhythm. In a space without natural light, you can survive. But you won't thrive. If natural light is genuinely impossible, a full-spectrum lamp (CRI > 90) is the next-best option.

Western Parallels: Biophilic Design

E.O. Wilson proposed the Biophilia Hypothesis: humans have an innate need to connect with natural systems. A global study by Human Spaces found that in office environments with ample natural light and plants, well-being improved by 15% and productivity by 6%. Plants restore the brain through what Attention Restoration Theory calls "soft fascination" — staring at a screen is hard focus; looking at a plant is soft focus. The plant gives your directed attention a chance to rest.

Ding Long's Cases

A software engineer in Tokyo had an "office" that was a three-square-meter windowless storage room. He'd worked in there for two years and developed severe Seasonal Affective Disorder — even in summer his mood was terrible.

"How many days has it been since you saw the sun?" I asked.

He paused. "I go in early, come out after dark, sleep through weekends... I might not see the sun Monday through Friday."

The problem wasn't Feng Shui. It was *shēng qì* depletion. The fix: a full-spectrum daylight lamp on a timer

, 10 a.m. to 3 p.m. Three shade-tolerant plants on his desk. And a rule: every ninety minutes, stand on the balcony for five minutes — no phone, just sunlight and trees.

Two months later, his sleep, his code, and his mood had all noticeably improved. "Sunlight isn't optional," he said. "It's my body's charger."

Practice Exercise

From your work seat during the day, can you tell whether it's sunny or cloudy outside? If not, you're severely deprived of natural light.

Place one leafy green plant at the edge of your primary field of view — off to the side, so you catch green in your peripheral vision.

Windowless spaces must have a high-CRI full-spectrum lamp on a timer, simulating sunrise-to-sunset rhythm.

Make daily watering, leaf-wiping, and pot-turning a micro-ritual for mode-switching.

Notice how your breathing depth changes with and without plants in the room.

Key Takeaways

- Live plants carry living energy (*shēng qì*) — they breathe, grow, and exchange energy dynamically.
 - Natural light is the master clock for circadian rhythm and mental health — not a luxury.
 - Position greenery in peripheral vision for "soft fascination" — effortless attention restoration.
 - A full-spectrum lamp (CRI > 90) is the minimum viable substitute for sunlight in windowless spaces.
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Chapter 7: 9 Room Layout Solutions — From Rectangular Rooms to Open Spaces

1. Rectangular Room

Airflow tends to rush end-to-end. Place the desk along the long wall, not at either end. Case: A New York illustrator moved her desk from the short wall to the middle of the long wall. For the first time, she drew for four hours without moving.

2. Square Room

Stable but prone to energy stagnation. Place the desk in a corner, facing the center of the room. The corner behind you = a natural mountain of support.

3. L-Shaped Room

The short arm is a natural "backwater cove." Place your desk there. Case: A Seoul-based freelance translator moved into the short arm and said, "It's like having my own work cocoon."

4. Attic / Sloped Ceiling

Your head belongs on the high side. Place the desk against the wall under the highest point of the slope. Use the low side for storage.

5. Windowless Room

The door is your only energy inlet — you absolutely must be able to see it. Full-spectrum lamp is non-negotiable. Minimum two plants. A small fan keeps air actively circulating.

6. Living Room Corner

Use "visual boundaries" to carve out a dedicated energy zone. A rug is the best boundary. An open bookshelf along one side creates a semi-enclosure. A dedicated desk lamp for that zone only — when the lamp goes off, you're off the clock.

7. Bedroom Corner

Boundaries matter most here. Use a screen, curtain, or tall cabinet as a barrier between work and bed. Case: A London programmer hung a fabric curtain between his bed and desk. "Pull it open, it's the bedroom. Pull it shut, it's the office."

8. Hallway / Corridor Space

Long, narrow, fast airflow. Place a bookshelf at the midpoint to create a "bay." Position the desk along the side wall in the middle section.

9. Large Open Space

Build a "nest" inside the openness. Use an L-shaped desk to enclose yourself. A tall bookshelf behind you for backing. A pendant light hung low over the work area creates a "ceiling of light." A rug defines your territory. Case: A Shanghai architect in a loft used an adjustable-height pendant light plus a dark rug. "It's like pitching a tent inside an empty warehouse."

Key Takeaways

- Every room shape has a natural "eddy" — find it rather than fighting the room's energy character.
- L-shaped rooms are a gift: the short arm is your ideal cocoon workspace.
- In shared spaces, psychological boundaries matter more than physical walls.
- For windowless rooms, full-spectrum lighting and plants aren't optional — they're survival tools.

Chapter 8: The Office Bagua — Mapping Your Desk to 8 Life Areas

Deep Dive

The Bagua is not for "casting spells" or "boosting fortune." I use it for one thing: taking your existing spatial layout and running an awareness audit across your life domains, using an ancient system as the lens.

The eight directions map onto eight life areas:

- **North** (Kǎn, Water): Career & Path
- **Northeast** (Gèn, Earth): Knowledge & Growth
- **East** (Zhèn, Wood): Health & Family
- **Southeast** (Xùn, Wood): Resources & Abundance
- **South** (Lí, Fire): Reputation & Expression
- **Southwest** (Kūn, Earth): Partnerships & Relationships
- **West** (Dù, Metal): Creativity & Output

- **Northwest** (Qián, Metal): Leadership & Purpose

All you need to do is observe: what's sitting in each direction right now? Is it clean or cluttered? How's that corresponding life area been going lately? Sometimes just noticing is already half the change.

Western Parallels: Embodied Cognition

The Bagua assigns "meaning coordinates" to physical space. Embodied Cognition theory holds that physical spatial arrangements influence mental states. Place creative objects in the west, and every time you glance that direction, you're "primed" with creative associations. Same logic as putting your running shoes by the bedroom door to increase the odds of a morning jog.

Ding Long's Cases

A product manager in Shenzhen mapped her office using the Bagua and discovered that her West zone (creativity area) was buried under expense reports and old contracts. "No wonder product design feels impossible — every time I look up I see money and bureaucracy." She cleared out the paperwork and replaced it with her favorite product design books and a sketchbook. Three months later, three of her feature proposals were adopted.

"I can't claim cause and effect. But every time I'm stuck on a design, I look up and see the book that got me into this field."

"You don't need to prove cause and effect. You're reminding yourself who you are."

Practice Exercise: Bagua Awareness Mapping

Draw a 3×3 grid. You're in the center. Use your phone's compass to determine the eight directions.

In each direction's cell, write down what's physically there right now.

Cross-reference with the Bagua meanings. Note the current state of each corresponding life area.

Choose one direction to adjust: clear clutter, add a positive associative object.

Revisit in one month. Don't look for "results" — just notice if anything feels different.

Key Takeaways

- The Bagua is an awareness framework, not a magic grid.
- Clutter in one Bagua zone often mirrors neglect in the corresponding life area.
- One small intentional change in a zone can serve as a daily cognitive "prime" toward that life domain.
- Use your phone's compass — don't guess directions.
- The goal is to align your visual environment with your intentions.

Appendix

Quick Reference Card

Problem | Fastest Solution

Can't focus | Back to solid wall, face the door (Command Position)

Creative block | Add green plants to desk (Wood)

Chronic procrastination | Add a small red object (Fire), or use metal organizers (Metal)

Feeling of pressure / oppression | Check for beams or hanging cabinets overhead

Afternoon crash | Check if your seat is on the door-window straight line
Declining productivity | Clear desktop clutter; keep only essentials
Low mood / depression | Add full-spectrum lamp; open curtains to daylight
Can't separate work from life | Use a screen / curtain / lighting switch to create a boundary

Compass Direction Guide

Direction | Bagua | Element | Life Area
North | Kǎn 坎 | Water | Career & Path
Northeast | Gèn 艮 | Earth | Knowledge & Growth
East | Zhèn 震 | Wood | Health & Family
Southeast | Xùn 巽 | Wood | Resources & Abundance
South | Lí 离 | Fire | Reputation & Expression
Southwest | Kūn 坤 | Earth | Partnerships & Relationships
West | Duì 兑 | Metal | Creativity & Output
Northwest | Qián 乾 | Metal | Leadership & Purpose

Desk Setup Checklist

- Command Position
 - I can see the room entrance
 - My back is against a solid wall or tall bookshelf
 - I am not on the straight line between door and window
 - The window is to my side, not directly behind me
- Five Elements Balance
 - I've audited my desk for Five Element distribution
 - Excess elements have been reduced
 - Missing elements have been added
- Energy Flow
 - The floor around my chair has no obstacles
 - Desktop is cleared to only today's essentials
 - No beams or hanging cabinets overhead
 - Digital desktop icons capped at 15
- Living Energy (Shēng Qì)
 - At least one live plant
 - I receive natural light during the day, or use a high-CRI full-spectrum lamp
 - Every 90 minutes, I have brief contact with outdoor light
- Boundaries
 - There is a visual or physical boundary between work zone and rest zone
 - I have an "end of workday" ritual
 - If in a bedroom, the bed is not in my field of view while working
- Color & Sensory
 - Main wall color is warm and neutral
 - Accent colors cover no more than 30% of wall area
 - No constant draft blowing directly on me
- Bagua Awareness

- [] I've used a compass to determine my sitting direction
 - [] I've completed the eight-direction space-to-life mapping
 - [] At least one zone has been adjusted with intentional awareness
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Final Words

If you read this entire book and did exactly one thing — moved your desk so you can see the door with a wall behind you — the book has already done its job. The heart of Feng Shui has never been a complex system of rules. The heart of it is one sentence: Your space is speaking to you. Have you learned to listen?

I'm Ding Long. The doors of Cloudland Dao are always open. But the real temple — that's your desk.

Ding Long (Principal, Cloudland Dao)

Zhengyi householder priest, 25 years of Feng Shui consulting

Focused on the modern application of spatial harmony × energy flow × physical and mental well-being