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The girls of *Sex and the City* would be all about feng shui, as should we all, for a bit of philosophical help from above anyway. Feng shui is an ancient belief using astronomy and geography to improve one's life by receiving positive qi, or energy.

According to Chris Brazel, feng shui specialist, you are a product of your environment. You create your environment subconsciously. Your subconscious reflects your moods, attitudes and feelings. Considering we spend more time in the office than at home, it's important to keep your office space a positive one. We've compiled the best tips from

Brazel on how to create the most feng shui flowing work space:

- Have a solid wall behind your desk.
- Have full view of the door.
- Never face your computer or desk into a wall or corner. When facing into a corner it will give you the

feeling of being backed into a corner.

- A sailing ship in the reception room or on your desk is great to bring clients into your business. Just ensure that you place gold coins on the ship.
- Excellent lighting at the entry is important.
- Never have glass furniture in your office area of reception – it gives the feeling of no support
- Never have pictures of mountains in front of you as you enter the office. Mountain pictures are excellent to have behind your chair. When the mountain pictures is behind you – it represents strength.
- Have plants with small rounded leaves – stay away from spiky plants and long leaf plants with points. Bamboo plants and peace lilies are excellent.
- Gold fish are excellent for your office.
- Have a brief case that really represents you.

For more information on Chris Brazel, visit chrisbrazel.com.au.

PERSONAL GEM

SYDNEY TOWER RUN UPDATE: WEEK 4

After a somewhat quiet week of training, because of an injury and wet weather, I realised the importance of setting goals. I'd felt a little lost for the last couple of weeks regarding my training and food diet, and it was only after a frank discussion with my trainer, John Allen from Exercise

Sydney, that I realised that I need short-term goals to maintain the long-term ones. I believe this to be true for all of us. How can we conquer Everest without setting ourselves a plan to get to the top? This is what I've been lacking.

*To view Matt's full Week Four update, visit the **NINETOFIVE Facebook page**. For more information on John Allen and Exercise Sydney, visit exercisesydney.com.au.*