

# Feng Shui makes over offices, lives

## Unclutter your home through the ancient Chinese art of science and placement

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You may have tried sushi. Acupuncture sounds too painful.

But Feng Shui, another Eastern trend to hit the United States, will get you started with spring cleaning and will help get rid of clutter. It's a Chinese art that deals with the positioning of objects to evoke positive changes in one's life.

Hocus pocus aside, Linda Ellson of Feng Shui Your World said it can help eliminate clutter and improve the overall well-being of a person.

"In a clean home means there's clarity and there are not a lot of things getting in their way. It provides a clean slate so (people) can go forward and make goals," she said. "Your whole life is represented around your home."

Ellson provides consultations to many local homes and businesses such as stores, a yoga studio and even a newsroom.

Some of her clients, like Deborah Naybor of Naybor Land Surveys in Alden, said Feng Shui gave them dramatic results.

"It made me feel more comfortable," Naybor said. "It just felt like the energy flowed better and it got me very motivated to clear the clutter."

"The difference with cleaning the house and washing the windows is, with Feng Shui there is a reason and meaning behind cleaning the various parts of your home," Ellson said.

Naybor, who gave her home and office a Feng Shui makeover, said she was a skeptic at first but saw the trend take off among her employees.

"I wasn't sure how my employees would feel about it and how I felt about it," Naybor said. "I wasn't sure if I believed but it made an incredible difference. The main thing it did for us, it got everybody in an attitude that we can change the economics of our business to become more proactive."

After installing a fish tank in the office, Naybor said not a half an hour later they received a

### Helpful Tips

- Make sure hallways are free from clutter
- Have a place for your car keys
- Keep toilet lids down
- Keep bathroom doors closed
- Place a lucky jade plant in the Southeast as your symbolic money tree
- Display children's artwork in the West
- Don't leave mail on counter tops
- If it is broken, fix it!

check for a large sum of money they had anticipated for months.

"Would it have happened anyway? Maybe," Naybor said. "But I can't help but think it worked."

Lester Robinson of Lockport tried Feng Shui and eventually went on the show "The ABC's of Insurance" to talk about Feng Shui. He said Feng Shui is about one's state of mind.

"It's like when you work hard, you say it's going to work and it will," Robinson said. "It's more of you just wanting a change."

Applying Feng Shui to your home could involve rearranging furniture to guarantee a successful marriage, or carefully placing a symbolic Jade plant and repainting your living room for better energy flow.

Ellson said it is tasteful interior design with a philosophy.

"Feng shui works like interior design - it calls for decorative objects, color selection and arranging furniture and really personalizing a space, but it is different," Ellson said. "You can strategically place certain things but you don't want your home to look like a cheap Chinese restaurant."

Employees at Naybor's company now regularly apply Feng Shui to their work place. They have what Naybor calls, "Feng Shui Fridays."

A tradition in Chinese culture, Feng Shui is popular among residents in cities like New York, Chicago and most of California.

But Ellson said it shouldn't be just a one-time home makeover.

"One of the reasons why Feng Shui has caught on is, people are



DOUG BENZ/STAFF PHOTOGRAPHER

**ABOVE:** Linda Ellson, a certified Feng Shui practitioner, is at the Northeast Holistic Health and Education Center, in front of a mural by John Arnold called The Healing Waters of Lazuli Springs. The mural incorporates elements of water and wood which support growth and flow.



**Gold Ingots** - Used by Emperors in ancient China as the dynasty's currency. They symbolize wealth, value and abundance. A great enhancer for the Southeast sector.

**Feng Shui Your World**  
Linda Ellson  
Feng Shui Practitioner  
Feng Shui Seminars  
Feng Shui Your World

**LEFT:** These ingots are carefully placed at the Northeast Holistic Health and Education Center.

looking for a quick fix, but it's about making a commitment your entire life and making changes over time," Ellson said.

Ellson will be conducting "Cleaning Clutter with Feng Shui" seminar from 1 to 3 p.m.

April 23, at the Northeast Holistic Health and Education Center's 1961 Wehrle Drive, Williamsville location.

Contact Ying Nee Ooi at (716) 693-1000, Ext. 150