

Sync Home and Office Energy to Increase Prosperity

People have a tendency to segregate their lives: home vs. office, personal vs. *professional and physical vs. spiritual*. However, when you observe closely you will find that there is no separation to the movement of energy as it flows from one location, duty or emotional need to the next.

For example, Jim a very savvy IT guy supplements his income with a part-time job. As an IT person working from a home office, everything was in its place and could be accessed at a moment's notice. The surroundings in his house reflected the same need for no clutter, organization and ample open space to relax and meditate. In fact, he used the principles of Feng Shui to create his calm productive nurturing setting in his home.

Unfortunately his part-time job was just the opposite. Overflowing with boxes of unfiled paperwork and minutiae surrounding his desk, the walls were still painted a dreary green from the 80s. There was no uncluttered space anywhere to allow his mind to rest so he could just stop and think to get focused.

Unknown to Jim, this great imbalance was causing him stress and reducing his productivity both with his personal IT clients as well as with his part-time job. He would get up in the morning and dreaded leaving his home to go to his part-time job and was more inefficient while there. When returning at the day's end he was so mentally exhausted that he could no longer focus and properly attend to his clients' IT needs.

Balanced Work/life Energy Flow Should Inspire and Motivate

Who you become and how balanced and productive your life will be this year is primarily determined by the people and things you surround yourself with. Jim did a great job with his personal surroundings at home and in his home office but did not consider the effect his part-time job's surroundings would impose on his life.

There is a natural flow to energy in your life which needs to be consistent both at home and in the workplace for you to be most productive, happy and prosperous. If your home and work energy flow is vastly different, they will constantly be waging a war – with you in the middle – causing stress and reduced productivity, leading to less prosperity. When the energy in both locations flows harmoniously, stress will be reduced leaving you inspired and motivated.

Coordinate Home and Work Energy to Maximize Prosperity

Synchronize the flow of energy. Begin in the exact same place whether at home or the office – the entrance. If you control the entrance of your home and your workplace, make sure the entrance is visible, clean and inviting. Prune any overgrown shrubbery and remove any plantings that are dead or look unhealthy. If positive energy cannot find your entrance, neither can clients and new prosperity.

If the entrance is in the control of others such as a landlord or boss then use the same principle just inside your home's front door and workplace space. The flow of energy needs to move freely and feel welcome in both places to maintain harmony and balance.

Eliminate clutter to eliminate chaos. Clutter is every bit as much of a problem in a business as it is in a home. It is the transition from clutter and chaos to calm that causes great discomfort and distraction. When you unclutter at home do the same at work. If you cannot do much about your surroundings in your workspace, at least take control of your immediate space and desk area by uncluttering and organizing to improve productivity and reduce stress.

Get rid of things at home that are broken or no longer needed. In your workspace, if there are stacks of paper everywhere and none are in use, file them and shred the rest. Old inventory, stacks of empty boxes, broken and outdated items create negative energy and do not allow for new business ideas, new clients and new revenue streams to manifest. The old energy is standing in the way, taking up space and not allowing the new energy to enter.

If possible, make sure the color of the workplace walls surrounding you are conducive to productivity and focused on prosperity. A pastel green with a touch of blue for calm is a great color for productivity and focus, and is also a great transition color for a home office.

Evaluate Eliminate and Energize. Evaluate all areas of your life and surroundings. Eliminate what is not working and accept what you cannot change because this reduces stress and energizes the natural flow of prosperity into your life. Sometimes you will discover that eliminating means gently removing people from your life who create stress or are not looking out for your best interests.

Other times it means taking a closer look at your lifestyle, as in Jim's case. He finally realized that in his haste to find additional income he did not take into consideration the workplace environment of his part-time job and the effect it would have on his health. It was slowly driving him to distraction, creating stress and dramatically reducing his productivity and prosperity. His solution was to look for different ways to increase his IT work as quickly as possible, and permanently give up his part-time job. Once he did, his productivity and spirits soared.

You, too, can create home and workplace environments that are conducive of a calmer and more prosperous life.

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