Ergonomics and Feng Shui

Defining a base for better understanding:

- Ergonomics
- Definition of the Feng Shui Principle
- Yin Yang – the dynamic factor
- Feng Shui vital energy
- Psychology
- Creativity, Inspiration and intelligent Design
- planning and design samples
The working time in the office is a phase in the life of many people, which plays an important role in maintaining their health. The office constitutes a working environment with a multitude of physical and psychological demands, challenges or stresses, which have a long term effect on the person working in an office. A high degree of psychologically influenced misconduct and resultant physical ailments are a result of this.

On the contrary, a meticulous and holistic design of the working environment can also promote creativeness and significantly contribute to the well being of body and mind. This also promotes productivity and the ability of innovation of the company.

we spend 1/3 of our life at work: .. reason enough to design this segment of our life in a more creative way!
Our aim is to create a living office space. We bring together ergonomic office planning and furniture design, modern Baubiology and a traditional way of performance-enhancing interior design and decoration (Feng Shui).

Vital Office Group consists of various experts in each field and offers full size service out of one hand. We complete the efforts of constructing a “high energy building”!

Guiding you from concept to completion, we ensure that you receive a vital, creative office, down to the last detail... the prerequisite for a flourishing and successful business.

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“For a Vital Office in a vital building”
Peter Jordan is the founder of Vital-Office, an umbrella world for a unique and holistic way of designing office environments.

His business let him to ergonomics already in the early 80's when he started producing adjustable computer furniture. 1989 he was the first in Germany who designed anthropometric rounded desk systems. And in 2000 he developed the first authentic Feng Shui office system which was endorsed by many Feng Shui masters.

In the business world he is generally accepted as an experienced specialist in ergonomics, a professional creative planner of office environments and a diligent designer of office furniture.

Personally he made his own spiritual journey and learned about Feng Shui, Geomancy, Sacred Geometry, Shamanism, Buddhism and Spirituality. His aim is to show a way to facilitate creativity. Creativity is the joy of live - an authentic expression like a child's - and last not least spiritual "live" itself. To be authentic - creative - is joy and love.

He lectures “Vital-Office Ergonomics and Feng Shui” in Germany since 2006. Many Feng Shui consultants and office dealer already participated in the seminars in Germany and are linked in the Vital-Office website.

His company Vital-Office GmbH in Germany offers professional services in the field of Consulting, Architecture, Baubiologie, Feng Shui, Planning and Design through groups of self-employed partners associated with Vital-Office.

The Vital-Office company also manufactures a wide range of office furniture from exclusive executive desks to conference tables with integrated media technique to ergonomic desk systems according to Feng Shui principles.
Ergonomics

Ergonomie is about fit

Everyone has heard of ergonomics - after all, the word is widely used in advertising. But to think of ergonomics simply as a way of designing more comfortable goods misses the point - there is much more to ergonomics.

The word ergonomics is perhaps a little intimidating, but behind it lays a very simple idea.

Ergonomics is about 'fit': the fit between people, the things they do, the objects they use and the environments they work in.

If good fit is achieved, stress is reduced.

We are more comfortable and can do things more quickly and easily, and we also make fewer mistakes.
The individual influences that act upon a person are certain characteristics of different stresses. This means that many small partial stresses caused by office appliances, work processes and the working environment have their effect on the worker. The sum of all these small partial stress loads constitutes the total stress load.

Since the office environment usually does not have a partial stress that immediately causes significant harm to one's health, it is important to recognize the total stress load and this also over a longer period of time.
Ergonomics

Ergonomic Polarity

The human being at the workplace creates a contradiction for himself.

On one hand, humans need social interaction. To be seen and recognized (feedback) is a basic need that is required for healthy personality development. On the other hand, the average office worker wants the greatest amount of privacy possible. He would prefer having an enclosed office for the best possible concentration, and yet at the same time he wants optimum conditions for communicating with coworkers.

It is therefore not wisest to force a 100% solution for one side; rather, it is more effective to strive for a 60/40 solution.
• **Anthropometrics**
  to adapt and adjust items to the human body measurements. (form and size of items, adjustability, .. )

• **Physiology**
  to adapt working conditions to human beings.
  (lightning, air-conditioning, noise, .. )

• **Psychology**
  to create a comfortable environment.
  (colors, arrangements, flowers, .. )

• **Informatics**
  design of Info-devices
  (see, hear, touch and feel .. )

• **Organization**
  organization of work-place tasks.

• **Security**
  prevention of injuries and long term health problems.
From an ergonomic perspective, the edge of the desktop is an important point. Because we are constantly in direct contact with the edge of the desk, the form of the edge in regard to its hygienic characteristics should be evaluated. For instance, most typical desktops with a glued plastic (PVC) edging very quickly develop a bacteria-contaminated crevice, especially because the glue used to seal the edge is water soluble and collects perspiration from the palm.

Unfortunately, the characteristics of the desktop are not given enough practical consideration. The underside of our arms is in direct contact with the surface the entire day, the entire week, and indeed our entire working lives.

High-quality desktops manufactured from homogenous material with rounded edges combine hygiene, comfort and personal appreciation.

The quality of our surroundings determines the quality of our work.
Ergonomics
Anthropometrics

- adapt table tops to the human body
- achieve a healthy relaxed forearm support
- achieve easy access to entire workplace through simple rotation
- achieve more accessible workspace around you.
Focus on actual task is the base of efficiency:

ONLY necessary items which are needed for the actual job should be on the primary working desk.

Other stuff will distract you. In Feng Shui it is also called bad stagnant energy.

The desktop is NOT a storage device. So better use cabinets, caddies or sideboards for storage and scattering papers around.

- **Grip zones:**
  - optimal: 39 cm / 15 ½”
  - physiologic maximum: 55 cm / 22”
  - anatomic maximum: 64 cm / 25”
The most important basic human needs:

- **security**
  Security through backing = back coverage
  Security through protection = shield in front
  Security through command = overview of space

- **privacy**
  Personal territory = privacy

Human communication and interaction starts when each one feels himself secure and comfortable. A secure workplace is the base for further development .. human development as well as productive development.
Privacy is implied by the round forms and by the inner curve.

Privacy screening can be optimized by variations in position and angle of the table.

The organic forms of the Vital-Office furniture systems is based on 20 years of ergonomic development.

The furniture systems offer a maximum of work surface while at the same time needing less office space compared to rectangle tables.
Ergonomics
Integrated Ergonomics

An ergonomic workspace configuration should be specifically conducted for each individual project and office.

All branches of ergonomics should be considered.

A workspace cannot be made ergonomically correct just by providing so-called ergonomic furniture and office chairs.

The psychologically rooted needs for privacy, communication and integration are just as important.

These factors can be best considered only within a professional planning by experts.
**Ergonomics**

**field of vision**

- best focus = 15°
- maximum focus without movement of head = 30°
- extended focus with “relaxed” movement = 60°

Your eye can not receive sharp picture in peripheral area up to 90/180°. But it is very sensitive concerning the slightest movements and changes within this area.
Be aware of the big difference in needed table heights for small and tall people!

Ergonomics
height adjustment

Not using adjustable desks is like driving a car without adjustable seat.

<table>
<thead>
<tr>
<th>human size (height)</th>
<th>sitting (height)</th>
<th>table (height)</th>
<th>stand-up table (height)</th>
</tr>
</thead>
<tbody>
<tr>
<td>cm</td>
<td>inch</td>
<td>cm</td>
<td>inch</td>
</tr>
<tr>
<td>145 cm</td>
<td>57,1&quot;</td>
<td>40 cm</td>
<td>15,7&quot;</td>
</tr>
<tr>
<td>155 cm</td>
<td>61,0&quot;</td>
<td>42 cm</td>
<td>16,5&quot;</td>
</tr>
<tr>
<td>165 cm</td>
<td>65,0&quot;</td>
<td>45 cm</td>
<td>17,7&quot;</td>
</tr>
<tr>
<td>175 cm</td>
<td>68,9&quot;</td>
<td>48 cm</td>
<td>18,9&quot;</td>
</tr>
<tr>
<td>185 cm</td>
<td>72,8&quot;</td>
<td>50 cm</td>
<td>19,7&quot;</td>
</tr>
<tr>
<td>195 cm</td>
<td>76,8&quot;</td>
<td>53 cm</td>
<td>20,9&quot;</td>
</tr>
<tr>
<td>205 cm</td>
<td>80,7&quot;</td>
<td>56 cm</td>
<td>22,0&quot;</td>
</tr>
</tbody>
</table>
Ergonomics

**screen position**

Most neck and muscle problems are caused while looking up!

Your neck is NOT relaxed while looking upwards!

Natural relaxed position of your head leads to a view which is 15 to 30° DOWNWARDS!

Never put screens higher than eye-level of the user!

MAX: top of screen = height of eyes
Distance between screen and eye: ~50cm / ~19-20”
Ergonomics
stand-up desks and utilities

Do not get stiff

- MOVE -

Your body is not made to sit whole day. Movement helps to increase your blood circulation. Movement activates many healthy body features..

Your vitality increases and you can think more clearly.
soft edges = no bruises
Ergonomics

Acoustic

Noise pollution inhibits concentration.

Double work stations should be arranged such that individuals are NOT sitting directly across from one another.

Angled positioning results in improved concentration for the individual.
Ergonomics

Acoustic

Shadow noise:

Through intelligent placement of cabinets or screens acoustic shadow areas are created.
Ergonomics

light

Reflection, glare and extreme changes in light put strain on the eyes.

The problem is the contrast from dark (inside room) to light (outside window). This contrast let your eyes continuously work while opening and closing it’s pupils.

Generally it is recommended that computer screens should be placed about 90° to light rays.

But this may be difficult to apply to all workstations. So it may be necessary to use stores ...
Light is stimulating!

Sun light makes you active. Bright sun light improves your health.

Artificial light misses many invisible spectrums like ultraviolet and infrared.

Light is energy!
“Live vibrations in your cell structures are vibrations of light and sound.”
Benutzerflächen

Ausreichende Benutzerflächen sind notwendig, um die natürlichen Bewegungsabläufe des Menschen zu ermöglichen und für wechselnde Körperhaltungen (dynamisches Sitzen und Stehen) angemessenen Platz zu bieten (Abbildungen 7-9).

Bei sitzenden Tätigkeiten sind für Benutzerflächen folgende Mindesttiefen vorzusehen:

- Am Arbeitsplatz: **1000 mm**
- An nicht regelmäßig, über längere Zeit oder im Verlauf der Arbeitszeit nur kurzfristig genutzten Arbeitsplätzen: **800 mm**
- an Besucher- und Besprechungsplätzen: **800 mm**
  
  wenn ein ausreichender Beinraum (siehe Abschnitt Arbeitsplatzkonzept) zur Verfügung steht und die Benutzerfläche rückseitig frei zugänglich ist: **600 mm**

Beispiele für die Gestaltung siehe Seiten 40 und folgende.
Flächen für Verkehrswegen

In den Büroräumen müssen ausreichend breite Verkehrswegen vorhanden sein, damit die Mitarbeiter und auch andere Personen ungehindert zum Beispiel zu ihren Arbeitsplätzen, zu Schränken oder zum Bedienbereich an den Fenstern gelangen können. Die Breite der Verkehrswegen richtet sich nach der Zahl der Benutzer und darf die Maße in der Tabelle nicht unterschreiten.

Außerdem müssen Verbindungsgänge zum Arbeitsplatz mindestens 600 mm, Bedienwege, zum Beispiel zum Öffnen der Fenster, zum Betätigen der Heizkörperventile, mindestens 500 mm breit sein (Abbildung 16).

Auf den Bedienweg kann verzichtet werden, wenn alle Bedienelemente (zum Beispiel Heizkörperventil, Fenstergriff, Bedienelemente für Sonnenschutzvorrichtung) frei zugänglich sind und entsprechende Maßnahmen zum Reinigen der Fenster getroffen sind.

Beispiele für die Gestaltung siehe Seiten 39 und folgende

Rollstuhlfahrer benötigen eine Türbreite von mindestens 1000 mm (lichte Breite).

Beispiel für die Gestaltung siehe Seite 43

Verkehrswegflächen dürfen nicht verstellt werden oder sich mit Benutzerflächen und Möbelfunktionsflächen überlagern. Die Möbelfunktionsfläche zum Beispiel eines Containers kann sich mit der Benutzerfläche oder dem Verbindungsgang des Arbeitsplatzes überlagern, an dem der Container genutzt wird.

Verkehrswegflächen können die Benutzerflächen der von allen Mitarbeitern im Raum genutzten Schränke überlagern, wenn sie nur gelegentlich genutzt werden. Jedoch dürfen deren Möbelfunktionsflächen nicht über den Verkehrsweg ragen.

### Breite von Verkehrswegen

<table>
<thead>
<tr>
<th>Benutzeranzahl</th>
<th>Breite</th>
</tr>
</thead>
<tbody>
<tr>
<td>bis 5 Benutzer</td>
<td>800 mm</td>
</tr>
<tr>
<td>bis 20 Benutzer</td>
<td>930 mm</td>
</tr>
<tr>
<td>bis 100 Benutzer</td>
<td>1250 mm</td>
</tr>
<tr>
<td>bis 250 Benutzer</td>
<td>1750 mm</td>
</tr>
<tr>
<td>bis 400 Benutzer</td>
<td>2250 mm</td>
</tr>
</tbody>
</table>

*Abbildung 16: Verbindungsgang zum persönlich zugewiesenen Arbeitsplatz und Bedienweg*
<table>
<thead>
<tr>
<th>Stress factors</th>
<th>Vital factors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>reduce</strong></td>
<td><strong>increase</strong></td>
</tr>
<tr>
<td>Desk too low or too high</td>
<td>Soft edges</td>
</tr>
<tr>
<td>Chair without dynamic mechanism</td>
<td>Quality material</td>
</tr>
<tr>
<td>Sense of touch: sharp edges</td>
<td>Adjustable work place items</td>
</tr>
<tr>
<td>fixed positions / no movement</td>
<td>Encourage more dynamics / movement</td>
</tr>
<tr>
<td>Desk too low or too high</td>
<td>Sun light / full spectrum light</td>
</tr>
<tr>
<td>Chair without dynamic mechanism</td>
<td>Sensitive positioning of workplace</td>
</tr>
<tr>
<td>Sense of touch: sharp edges</td>
<td>View directions towards areas with less difference in luminous density</td>
</tr>
<tr>
<td>fixed positions / no movement</td>
<td></td>
</tr>
<tr>
<td>Blinding lights (glare)</td>
<td>Workplaces with backing</td>
</tr>
<tr>
<td>Irritating light reflections</td>
<td>Enable view to doors and walking path</td>
</tr>
<tr>
<td>“Sleepy” artificial light</td>
<td>Let people be part of a group</td>
</tr>
<tr>
<td>Exposure (no privacy sphere)</td>
<td></td>
</tr>
<tr>
<td>Isolation / no team</td>
<td></td>
</tr>
<tr>
<td>Activity in the back</td>
<td></td>
</tr>
<tr>
<td>Bad climate</td>
<td>Positive respectful thinking</td>
</tr>
<tr>
<td>Dark or unnatural colors</td>
<td>Colors (Black &amp; White are NO colors)</td>
</tr>
<tr>
<td>Cold technical environment design</td>
<td>Warm design &amp; decorations (plants)</td>
</tr>
<tr>
<td>Not enough fresh air (oxygen)</td>
<td>Fresh air (oxygen)</td>
</tr>
<tr>
<td>Bad climate</td>
<td>Stressing Emotions</td>
</tr>
<tr>
<td>Dark or unnatural colors</td>
<td>negative noise (anger)</td>
</tr>
<tr>
<td>Cold technical environment design</td>
<td>Invisible earth vibrations</td>
</tr>
<tr>
<td>Not enough fresh air (oxygen)</td>
<td>Joyful atmosphere</td>
</tr>
<tr>
<td>Exposure (no privacy sphere)</td>
<td>more laughter and positive team action</td>
</tr>
<tr>
<td>Isolation / no team</td>
<td>Live abilities to adapt</td>
</tr>
<tr>
<td>Activity in the back</td>
<td>...</td>
</tr>
<tr>
<td>...</td>
<td>...</td>
</tr>
</tbody>
</table>
ergonomics

questions?

next theme
The Feng Shui principle
Since the term "Feng Shui" is not trademarked, the concept of Feng Shui is generally used for many different systems, teaching methods and design philosophies .. from geomancy to astrology and much more.

Also many Feng Shui schools attempt to differentiate themselves from one another, e.g. "Qi-Mag Feng Shui," which is emphasizing spiritual space clearing and contrary the "classical Feng Shui," which emphasizes Chinese astrology. Then there is geomancy, the "western Feng Shui" originating from western culture, and much more.

Almost everyone today has heard of Feng Shui, and almost everyone understands it differently. So the question is: What's behind it, and how do we deal with it?
Feng Shui
Definition

What does someone really look for when he is interested in Feng Shui?

We found 3 basic focuses that build on one another:

Heath .. is the primary quest, particularly when one is ill. In a company this corresponds analogically with the health of a company.

Happiness .. is a part of a development that has to do with being in tune with your environment. Corporately speaking, this deals with the proximity of products and workers to the market.

Fulfillment .. is the authentic (creative) state of being. Here also the corporate side is a living company.

Often a customer simply wants a pleasing design. But if you think about you will find out, that behind are the same 3 focuses projected on the house or corporate building.

At least this is OUR INTENTION in our work.
Feng Shui
the principle

Feng Shui affects people in a psychological way through the space configuration like a health-oriented therapeutic treatment. The Feng Shui Principle may be defined as follows:

"We shape our environment, and the environment shapes us!"

"It affects our feelings, thoughts, and vitality."

Emotional - Associative .. consciously and unconsciously.

We shape our environment, e.g. set up and decorate our home, according to our state of psyche at the moment. The room configuration that results is a static snapshot of our inner self. This comes back and transmits to our psyche a sense of security. Our surroundings thus become a means of self-programming.

Time is flowing (changing), so are the changes in our society, our thinking, and the way we express ourselves. That's why it is important to be open to change in order to participate in life creatively. Space configuration is in this way an important medium for psychologically and gently harmonizing the familiar sense of security with the courage to accept change. A positive approach is especially helpful for this process and helps to overcome so-called "blockades and complexes" better than negative prejudices.
Our surroundings - a room, a building, a certain place outdoors - primarily affect our feelings. We feel either good, well, pleasant, safe, and happy, or just the opposite - uncomfortable and oppressive. If we are very active, we do not necessarily perceive this feeling right away.

Nevertheless, this feeling affects our thoughts associatively. Our thinking then changes discreetly in either a positive (optimistic) or a negative (pessimistic) direction. Negative thinking sucks our energy away and make us tend to withdraw. On the contrary, positive thoughts mobilize power within us we didn’t even know we have.

The goal of Feng Shui training is to become more consciously aware of these interactions.

Your environment is your mental feeding ground from which the food that goes into your mind is extracted. Choose your environment with care, one that is positive, one that lifts you up and gives you wings to soar.
Conscious and Unconscious

- **Consciousness**
  conscious thinking, feeling, acting

- **Personal Unconscious**
  threatening forgotten experiences, individual complexes

- **Collective Unconscious**
  human experiences, archetypes, instincts, collective complexes

Sigmund Freud 1856-1939
Carl Gustav Jung (1875-1961)

Carl Gustav Jung developed the scientific basis for this awareness in western culture. The definition of the conscious, the personal unconscious, and the archetypal area of the collective unconscious provides some insight into the way Feng Shui techniques work. According to Jung, the goal of the lifelong process of individuation is to incorporate as much of the unconscious into consciousness as possible.
Our own western, very differentiating way of thinking is very different from the far eastern holistic view of things.

The traditional Chinese teaching of Feng Shui can be understood only when one adopts the thinking pattern of the far-eastern culture as one's own.

The most essential differences between the western and eastern patterns of thought are as follows:

- Transformation from the inside out:
- Balance instead of the ultimate truth
- Social responsibility before individual rights
- The total organism instead of the Cartesian separation of spirit and matter.
The separation of soul and body, as well as the further fragmentation of our being into distinct areas

.. work life / home life, church / sports arena, feelings / self-presentation, etc. leads ultimately to endless conflict and metaphysically to confusion and frustration.

The inner fragmentation of the western way of thinking is reflected externally in our world view, which assumes that a multitude of distinct objects and events can be analyzed and used separately from one another.

Feng Shui
thinking patterns

The "I" (spirit) as an isolated (scientific) observer, free from external material influences, is an illusion.

Spirit and matter are merely different aspects of a universal whole.
At the beginning of the twentieth century, modern physics replaced the fixed concept of Newton’s world view through the theory of relativity and quantum physics.

Matter is no longer seen as static and passive, but rather as a dynamic and active "energy field" that undergoes constant change.

The traditional concepts of time and space, of isolated objects and cause-and-effect have lost their absolute relevance.

According to modern physics, the universe is a dynamic, indivisible whole, of which the observer is an essential part.

Fritjof Capra, physicist, philosopher and author, describes the commonalities between modern physics and far-eastern thought patterns very well in his book The Tao of Physics.

His work is thoroughly filled with the scientific attempt to overcome the Cartesian division of spirit and body and replace it with a holistic world view.
Feng Shui
modern physics

The Laws of Resonance:

While we are part of a whole, we are in constant interaction with our environment.

Like two vibrations that meet, creating a new vibration pattern.
the Feng Shui principle

Questions?

Next:
Yin Yang Dynamics
Vital Energy

Literature:

• „The Tao of Physics“ from Fritjof Capra
• „How to know God“ from Deepak Chopra
• books from Marko Pogacnik
• „How to Practise“ from Dalai Lama
The Yin-Yang symbol, represents the **dynamic** of the eternal process of transformation! (birth – growth – maturity – decay ..)

Constant change (transformation) and movement is best displayed in the symbol.

Therefore, Feng Shui does not deal with creating a rigid (and perhaps temporarily advantageous) situation but rather keeping things in a state of flux, in motion.

The task is to achieve balance (harmony) and not one-sidedness! (One-sidedness would lead to stagnation and sooner or later to a sudden tip-over.)

**Synonyme**: „dynamische Dualität“: Gut/Böse, Licht/Schatten, Himmel/Erde
Yin Yang is the motor of development, the dynamic force in the universe."

Dynamic" means agile, energetic, suspenseful, and power through motion. Dynamics is a requirement for transformation, assimilation, evolution, and continual competitiveness for a company. We distinguish three kinds of dynamics:

The dynamic of business factors such as equipment, products, and expertise.

The dynamic achieved through bodily movement to increase vitality and communication.

The dynamic in the office through mobile modular furniture.
The vital energy (Qi)

- Qi is the basic energy for all life.
- Effects of the vital energy Qi are vitality, performance, concentration, intuition, creativity, immune system resistance, ability to limit psychologically deleterious external factors, high stress tolerance, and a positive frame of mind.
- There is a difference between "body Qi," the Qi concept of traditional Chinese medicine (acupuncture / meridians = Qi paths) and space / landscape Qi, which is directed by Feng Shui practitioners.
properties of Qi

- Qi originates from nature (outside) and has the tendency to flow back to its origin.
- Qi follows the electro-/biomagnetic path of humans and other living beings (Qi paths are created).
- Qi has a natural sluggishness / The Qi flow remains intact for a certain amount of time. (Qi flows in through used doors and along used paths).
- Qi is attracted to other bio-magnetic fields and flowing water. (People, plants, animals and fountains can attract and direct Qi.)
good and bad Qi

• **good Qi**
  Good Qi: Qi should always circulate in softly undulating motions. Think in terms of a creek or a river that meanders its way through the landscape in gentle curves and turns. That's how a natural energy stream should flow in the office.

• **bad Qi**
  So-called "bad Qi" arises when energy runs in long, straight paths. It then accelerates too quickly, becomes too intense and switches over into the negative. Just as negative is stagnating energy. There is nothing worse than overloaded rooms with "dead" dusty corners with rectangle pieces of furniture or objects. This creates energy blockades. Stagnant Qi becomes bad, and junk contaminates Qi.
How to analyze vital energy (Qi)

- **Attention .. Watch for:**
  1. path of people
     Watch yourself!
  2. Are you sluggish or is it easy to move.
  3. What attracts you and what pushes you away
  4. Were are people more vital or tired
  5. Were is the best productivity and were are people more often sick.

- Furniture with round shapes and a planning which uses natural rolling paths enables more dynamic movement which also enhances the Qi-flow.
- Square edged furniture and straight pathways lead to a more static behavior of the coworkers, which causes less Qi-flow.
Qi-flow planning
YIN YANG
Vital-energy

Questions?

Next:
more creativity at the workplace
Creativity is important for a healthy office and a healthy company. Employees who contribute creatively intuitively respond better and faster to challenges in their job and are therefore more successful.

By contrast, employees who in a virtuously perfect manner execute exactly what they are told are in long terms often disappointed when this no longer seems good enough in their supervisor's eyes. Something is obviously missing in how they do their job.
Creativity contains "create", which means to bring into existence and shaping. In principle there is no difference between the inner shaping of oneself (spiritual and mental), an authentic creative communication or the shaping of something in the material world.

The External is Expression – the Internal is Origination.

.. the divine impulse

Creativity is the joy of live - an authentic expression like a child's - and last not least spiritual "live" itself.

To be authentic - creative - is joy and love.

Creativity is the joy of life

Creativity is authenticity

Creativity is life

Synonyms:

ingenuity, innovation, fantasy, imagination and power of creation.

Antonym: Virtuosity
Feng Shui
Inspiration

Creativity needs inspiration, which we find in the variety of nature.

Consequently harmonious organic forms symbolize abundance, security and formative free space.

Creative development, imagination and strength of expression are made possible.

Unnecessary regularity and rigid forms, in structures and at the workplace, psychologically work against and inhibit the creative approach of the individual.

Moreover such unyielding expression is simply too banal for our mental abilities considering the biological diversity we are used to over millions of years.

Consequently a design which is reduced to straight lines may be interpreted as an affront to our real mental abilities.

"By using round, or better said organic shapes, the visitor is more intensely connected with the nature surrounding him. With organic shapes, one communicates with deeper levels of nature. Source: Rudolf Steiner, Toward a New Architectural Style."
Die Fibonacci-Reihe oder der goldene Schnitt:


Die Natur ordnet damit alle Zellen bis auf die gerade per Duplikation geborenen Zellen in den Duplikationsprozeß ein. Mit diesem Vorgehen ergibt sich das schnellstmögliche Wachstum.

Die ersten Zahlen der Fibonacci-Reihe sind

1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, ...

Die Rekursionsformel zur Fibonacci-Reihe lautet:

\[ a_n = a_{n-1} + a_{n-2} \]

\[ \Phi = 1,618033989 \ldots = \frac{a_n}{a_{n-1}} \]

Goldene Rechtecke sind unter Abzug eines Quadrates der kürzeren Seite selbstähnlich.
Die Spirale im goldenen Schnitt
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**Feng Shui Masse:**

- [Diagram](image)
Organic forms stimulate and are esthetically pleasing. But organic forms can imply a higher intelligence by means of geometric forms, which have their roots in mathematics. For example, an ellipse is a curve where the sum of the distances from any point on the curve’s two center points is constant, and a “Cassini curve” is a family of curves in which the loci of each curve satisfies the condition that the product of the distances to each focus point is exactly a constant. The lemniscates (the horizontal eight, the symbol of infinity) is a special form of the “Cassini curve”.

Our unconscious is aware of such relationships and is content having discovered it’s “intelligent” environment. Therefore it’s particularly important, with regard to organic forms, that clearly formulated geometry is used to ensure the higher approach of intelligence at work.

The circle itself is the most perfect geometric shape, symbolizing the spiritual origin (heaven). The square, on the other hand, symbolizes matter (earth).
The circle itself is the most perfect geometric shape, symbolizing the spiritual origin (heaven). The square, on the other hand, symbolizes matter (earth).
Feng Shui
Inspirational and intelligent Design

Linear shapes symbolize regulations, directions, limitations, shortage and out of this the resulting power and authority.

Round shapes symbolize diversity, abundance, infinite possibilities and freedom.

Round shapes, based on a geometric relationship, symbolize a higher (intelligent) order within the biological diversity.
creativity, inspiration and intelligent design

questions?
∞ | design
planning
Thank You

Next
Discussion