



Feng Shui For Real Life E-Zine

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Welcome to Feng Shui for Real Life, a monthly e-zine that provides Feng Shui tips, success stories, clutter-clearing advice, and other information to help you bring simple Feng Shui improvements into your life. This e-zine is available by request.

-Carol Olmstead

New On My Website:

E-zine Archives

If you missed any previous issues of the *Feng Shui For Real Life E-zine*, the 2008 archives are now posted on my website:

<http://www.fengshuiforrealife.com/archives.htm>.

Feng Shui Tip

Balancing Yin and Yang in Summer

It's summertime, and to paraphrase the old song, the living is not always easy. In Feng Shui, the high temperatures and bright sunshine of summer are associated with hot, yang energy. On the positive side, this makes us want to socialize (margaritas on the patio) and adds passion to our lives (summer romance). But too much yang energy can sometimes have the opposite effect, making us feel tired, listless, and just plain burned out. Perhaps that explains the popularity of "beach books" with their lighter-weight subject matter.

To balance this strong, yang energy, you can focus on cooling down your home and office by adding the counterbalancing yin, or quieter, energy. One simple way to add yin to your home is by switching to cool blue sheets on your bed. In your office, try turning off the overhead lights and letting the natural daylight light your workplace instead of the yang energy of fluorescent lights.

Here are some of my other favorite summer tips for balancing the yin and yang energies of summer. They can all be found in the "Calendar of 366 Feng Shui Tips" in my forthcoming book, ***Feng Shui Quick Guide For Home and Office: Secrets for Attracting Wealth, Harmony, and Love***.

If your home décor colors are hot, like reds, purples, and oranges, balance them with cooler accents of ice blue or pale green in bedspreads, pillows, or tablecloths and napkins for a calming and cooling effect.

The harsh, corkscrew energy of a ceiling fan located directly over your bed can cause pain or illness. To balance this effect, hang a crystal from the pull chain to lessen the cutting force.

Even if you prefer using a microwave or barbecue grill in hot weather, use your stove occasionally because an unused stove implies untapped resources or ignored opportunities.

Your deck or porch is considered part of your home in Feng Shui, so choose high-quality outdoor furniture and keep it clean and in good condition throughout the summer.

Before leaving the office for your summer travels, give your desk drawer a vacation from clutter by tossing non-usable items, including all those dried-up pens, pencils with worn down erasers, and bent paper clips.

When you go on a trip your empty house becomes passive, yin energy that can draw negative energies, like burglars. To balance this, set timers to turn on several lights and a radio set to a talk station to create active, yang energy in the house.

Want More Free Feng Shui Tips?

Check out my videos on the how-to site, *MonkeySee.com*. My two video series, **Feng Shui Tips for Attracting Wealth** and **Feng Shui Tips For Attracting Love**, are up and running. View them by using this link, then add your comments to the site to help me plan future video series: www.MonkeySee.com.

Clutter Clinic

George Carlin and "Stuff"

A house is a place to keep your stuff, while you go get more stuff, until you have so much stuff, you have to go get a bigger house.

-George Carlin

As a tribute to the comedian who was usually irreverent, frequently controversial, but always hilarious, I recommend you take a look at George Carlin's "Stuff" routine from his 1986 Comic Relief performance (<http://www.youtube.com/watch?v=MvgN5gCuLac>). As always with George Carlin, viewer discretion is advised!

Saving Trees, One PDF at a Time

My colleague Julie Lenzer Kirk moved her office and decided it was the perfect time to go paper-free. An entrepreneur, speaker, and author of *The ParentPreneur Edge*, Julie wrote about her experiences clearing paper clutter in her office in her informative newsletter, *The Boot in the Butt*.

While Julie isn't planning to go totally paperless, she is converting as much paper into digital as she can and has already come up with these tips for going paperless. The reduced-paper office is not only Feng Shui-friendly, but good for the environment. Here are some of Julie's tips for getting started:

Invest in an easy-to-use scanner. It doesn't have to be high resolution device if all you're doing is archiving. Consider a multi-function printer/scanner/fax machine with a document feeder, an essential add on for hands-free scanning, especially of multi-page documents.

Switch to online statements and bills. If you're not already doing it, you're probably afraid that you'll miss something if you don't have that bill staring you in the face. Most credit card companies allow you to schedule alerts for upcoming bills.

Buy Adobe Acrobat. This is not the free reader that allows you to view PDF files, but the version that lets you create them so you can archive documents and e-mails that you would otherwise have to print. Being able to send out contracts and proposal in an unchangeable format is worth the price.

Set up a good filing system on your computer. Storage for digital files on your computer needs to be just as organized as a paper-based filing system. Better yet, purchase software to help you find anything on your computer, and to act as a file and retrieve system.

Back up your system. The last thing you want is having all your records on your hard drive get hit with a virus or a crash and you can't retrieve anything. You should be backing up your system anyway, but even more so when you go paperless.

Julie is challenging her readers to join her in going paperless. What have you got to lose, except a few hundred pounds of paper? Check out Julie's website www.JulieLenzerKirk.com, where you can subscribe to her newsletter and receive your own monthly *Boot in the Butt*.

Clutter Clinic Update

I want to correct any misunderstanding about the clutter-clearing tip in last month's e-zine (*Clutter Challenge: Give Away 27 Things*). While I often recommend "throwing away" things you don't need, in

this tip I was suggesting you "give away" and "recycle" things instead. As one alert reader pointed out, "Feng Shui is all about the earth so let's try to keep the stuff out of the landfills."

How did you do last month? Were you able to find a new home for 27 things that you no longer needed?

Success Story

Alice and Jack's Family Room:

Alice and Jack were living in a house that was in need of updating. Jack had inherited it and the couple had made few changes in the 9 years they had lived there. When their last child left for college, they decided it was time for a Feng Shui makeover that included redecorating and some serious clutter clearing. One issue I found was their family room, which was lined with shelves hung near the ceiling on all four walls. Not only was there an accumulation of unnecessary "stuff" on the shelves, but they were so high up and hard to clean that they were coated with dust and cobwebs. Plus the heaviness of the shelving weighed down on the room, and the sharp edges pointed at the couple wherever they sat, making it an uncomfortable space.

Here is what Alice wrote:

I am happy to report that we finally took down all the overhead shelves in the family room. It was a lot of work and took a lot of repairing, but the room immediately looked better. We gave the whole room a coat of paint in the warm color you recommended. If you remember, that room is in our Future area, and as you might also remember, Jack had been having trouble with his supervisor. The very next day after we finished repainting, an announcement came out that Jack's boss was transferring to another division and Jack was being named Director. Was it cause and effect? I don't know, but we certainly lightened the heavy load in our Future and an unexpected promotion came our way. More changes are planned and who knows what else will manifest in our lives.

Feng Shui Q& A

Q: My job feels pretty secure right now but there are major layoffs in my field. Can you recommend some Feng Shui changes to help increase my job security?

A: Make sure you are seated in the power position in your office or workspace; that is, sitting with your back against a solid wall, facing the door so you can see who is coming into the room. Having your back protected directly relates to job security. If you can't move your desk into this position, consider investing in a chair with a tall back, which will not only give you some protection, but represents respect. And place a mirror in front of you so that you can see the door. Also, add some tall plants to your office, which represent growth in your career.

Q: We are considering buying a house on a cul-de-sac. I have heard that this is not a good Feng Shui location, yet the realtor

tells us cul-de-sac houses are considered premium locations.

A: I get a lot of questions about living on cul-de-sacs. People either love them or hate them. In general, most homes located on a cul-de-sac present challenges for the occupants because the chi travels around the curve like a "sling shot" and doesn't stop at any house. Or, if the house is located at the end of the cul-de-sac where the main street points directly at it, there can be harsh energy directed at the home. Houses located on the straight part of the street that leads into the curve of the cul-de-sac are fine because the chi energy flows more gently here. Also, if there is landscaping in the center of the cul-de-sac it helps to slow down the energy and makes living in the houses more comfortable. If you buy a house located at the point of the cul-de-sac make sure you plant bushy plants between you and the street to give you some protection from any harsh chi.

In The News

The Zen of Menu Planning

Feng Shui entered the boardroom when companies like Dow Jones, Virgin Airways, and Microsoft began to incorporate it into the design of their offices. Next, hotels began to provide Feng Shui consultants to help clients layout meeting room furniture. Now, the Westin New York at Times Square is offering a Feng Shui-inspired menu for groups who hold meetings there.

"Part of the Westin brand, and what we're all about as a company, is inspiration and rejuvenation, and those things that keep you well balanced," says Executive Chef Frank Tujague. "I was looking to create a menu to embody all of those things, and one of the ways that's done is through Feng Shui." So Tujague applied the guiding principle of Feng Shui, balance, to the composition of the menu.

"Creating a culinary work of art is all about balance between the sweet and the savory, the spicy and the salty, and between the different textures. That is in addition to elements that encourage the appetite: having food that is vibrant, abundant, and that gives the body what it needs," he said.

Tujague admits that this specialized menu offering may not be right for all groups. "A lot of groups already know exactly how they want the meeting to go, and they don't want any distractions or unusual scents or foods," he says. "For this, it's about finding the right group to fit the menu, rather than the other way around."

If the recent attention paid to Feng Shui by Corporate America is any indication, finding that right fit will only get easier.

You can read the entire article from MeetingNews.com at <http://tinyurl.com/3qy6vv>.

A Historical Look at Chinese Healing Practices

Many thanks to Professor Linda Barnes of the Boston University School of Medicine for including me among the 300 people she is interviewing for her study of the social history of Chinese medicine

and healing practices in the United States since 1849.

Dr. Barnes is a medical anthropologist, historian, and scholar in the study of world religions. Her thesis for this research is that the role of Chinese medicine and healing traditions has been a seriously neglected aspect of American medical and cultural history, and her book will attempt to rebalance this. She is doing archival research and visiting different regions of the country interviewing and observing different kinds of practices and practitioners.

Our fascinating 3-hour, in-person discussion reinforced the fact that even though my Feng Shui practice is contemporary and does not directly involve Chinese medicine, it is indeed a healing practice.

I'll include updates about this research project in future issues.

Want More News Tidbits?

If you want Feng Shui tips and news tidbits to include in a blog, news article, e-zine/newsletter, or marketing materials, please e-mail me at carol@FengShuiForRealLife.com or call 1-800-652-9038 to discuss the range of topics that I can provide. Feng Shui is also a terrific topic for teleseminars and radio programs.

Book Updates

Secrets for Attracting Wealth, Harmony, and Love **Feng Shui Quick Guide**



My book is coming! Watch for details this summer about pre-ordering **Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony, and Love**. The 230-page book includes clear, concise, and easy-to-follow tips to make the practical magic of Feng Shui work for you. Sprinkled among the Feng Shui basics and practical advice are success stories from real people who made simple changes with big results. The book will help you learn how to attract wealth, achieve harmony, improve relationships, advance your career, and clear clutter seasonally. The highlight of the book is a day-by-day calendar of 366 fast fix Feng Shui tips.

Consultations and Workshops

Home and Office Consultations

On a regular basis I visit the **Northeast** (DC Metro Area and Maryland Suburbs, Baltimore, Annapolis, Northern Virginia, New York City, and New Jersey) and the **Southwest** (Santa Fe, Albuquerque, Los Alamos, Phoenix, and Denver).

Nationwide, I schedule consultations for homes and offices on request. Appointments do fill up fast, especially on the weekends, so schedule your

consultation now to get the date you want.

Summer Sizzle Sale!

It's that time again, my annual summer sale on Feng Shui consultations for new clients. If you or your house is suffering from the summer doldrums, a Feng Shui makeover is the cure. I am offering a discount for home consultations for new clients in July and August. My schedule fills up quickly during this promotion so contact me by phone (1-800-652-9038) or e-mail (carol@FengShuiForRealLife.com) to make sure you get the date and time you want.

WHERE IN THE WORLD IS CAROL THIS MONTH?

Santa Fe/Albuquerque and Denver: July 15-30

Washington, DC Metro Area and Baltimore: August 9-14

Do you want to schedule a consultation in a city not on my current schedule? Please e-mail me (carol@FengShuiForRealLife.com) for details about scheduling a consultation in your location.

I welcome your referrals in these and other cities Nationwide.

Custom Workshops

Feng Shui is a popular topic for luncheon and dinner meetings, special events, fund-raisers, college, and university training sessions. My Feng Shui workshops are customized to meet the needs of your group or organization. Whether it is a talk at the golf group luncheon, the garden club meeting, office staff development session, or holiday luncheon, my Feng Shui presentations are fun and always **sell out!**

Here are some of the most requested topics:

Asian Pacific American Heritage Month Themes

Bedroom Feng Shui

Clutter Clearing Tips to Fatten Your Bank Account (New!)

Feng Shui Clutter Clinic

Feng Shui for Children's Rooms

Feng Shui Goes To Work

Feng Shui in the Garden

Feng Shui, Love, and Relationships

Feng Shui and The Secret

Holiday Luncheons (December)

Home Office Feng Shui

Introduction to Feng Shui

Look Twice, Buy Once for Home Buyers

Quick Feng Shui Fixes for Common Decorating Mistakes

Sell It Fast with Feng Shui

E-mail me (carol@FengShuiForRealLife.com) or call (1-800-652-9038) for details about scheduling one of these topics or a customized session for your group in your location.

Partner Profile

Larry Krauss, D'Clutter Cutters

Larry Krauss, a professional organizer in Santa Fe, believes that organizing doesn't mean getting rid of everything. Rather, he defines being organized is merely the ability to locate things quickly. Clutter is not only a big issue in Feng Shui, but it also stands in the way of maintaining a clean environment or finding what you are looking for without a lot of hassle. Larry knows that people have different levels of organizational desire, and he helps clients figure out what works for them and their household. If you are looking for clutter-clearing and organizing help for a home or small business in Northern New Mexico, check out Larry's website: www.DClutterCutters.com.

Beyond Feng Shui

Downshifters

Though it may not be the stuff of the typical American dream, the "voluntary simplicity" movement is drawing a great deal of renewed interest, some experts say. Writing in the *New York Times*, author Ben Sklar profiled several couples who gave away all of their possessions in exchange for a less-cluttered lifestyle.

Aimee and Jeff Harris spent the first years of their marriage eagerly accumulating cars, furniture, clothes, appliances. Now they are trying to get rid of it all, including their fancy wedding bands. Chasing a utopian vision of a self-sustaining life on the land as part of a movement some call "voluntary simplicity," they are donating virtually all their possessions to charity and hitting the road to end up as organic homesteaders in Vermont. In her garage strewn with cartons to be given away, Aimee Harris shook her head. "Stuff, stuff that a family has," she said.

Aimee and Jeff are not alone.

Matt and Sara Janssen, who traded down from their house in Iowa to a studio apartment in Montana and finally an RV powered by vegetable oil, now crisscross the country with their 4-year-old daughter, highway nomads living on \$1,500 a month.

Cindy Wallach and Doug Vibbert of Annapolis, Maryland, moved out of their apartment with an "everything must go" party and, along with their 3-year-old son, now sail and make their home on a 44-by-24-foot catamaran.

"If you think about some of the shifts we're having economically, shifts in oil and energy, it may be the right time," said Mary E. Grigsby, associate professor of rural sociology at the University of Missouri. Dr. Grigsby explains that idea behind the movement is that

"everything you own owns you." Juliet B. Schor, a sociology professor at Boston College, calls these people "downshiffters" and believes that they have made this change to simplicity their previous lives have become too stressful."

You can read the entire article at: <http://tinyurl.com/4amgd7>.

On-line Store



FengShuiForRealLife.com On-Line Store

This section of my website highlights Feng Shui products and services available to help you make improvements in your home and office.

Check out what is available:

http://www.fengshuiforreallife.com/on_line_store.htm.

The **Purse Hangers** are back in stock! Putting your purse on the floor represents disregard for your wealth in Feng Shui. A purse hanger lets you hang your purse safely from the table.



You can order your purse hanger at:

http://www.fengshuiforreallife.com/pursehanger_magenta.htm.

MarketPlace

Services to Help You

This section of my website includes business-to-business services that can help you grow your entrepreneurial ventures. When you access these companies via the web address listed, you will be eligible for any special discounted services.

MarketPlace Partner of the Month:

The Publicity Hound, Joan Stewart

If you want to learn how to generate thousands of dollars in free publicity, check out the website for Joan Stewart, also known as The Publicity Hound. Joan offers a free monthly newsletter of PR tips and advice, and she sells low-cost tools to teach you how to develop relationships with the media. Click here to check out her website and subscribe to her free e-newsletter:

<http://www.marketerschoice.com/app/?af=374705>.

Please check out the entire list of partners in the Quick Links section.

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address or link to my website (<http://www.FengShuiForRealLife.com>) when you print the article or use it online.

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My Client-Focused Approach to Feng Shui:

When I recommend cures for a home or office, I consider the goals of each client. I try not to recommend anything that you will find unattractive or unacceptable. Rather, I suggest practical, appropriate, and workable cures that are based on solid Feng Shui principles and fit in with the way you live in your home and work in your office. I try to recommend several practical solutions that are appealing to you and fit your decor and your budget.

For more information, contact

Carol M. Olmstead, FSII
Certified Feng Shui Practitioner
1-800-652-9038

Feng Shui For Real Life, LLC, and the *Feng Shui For Real Life E-zine* serve as a reference and guide for the principles of Feng Shui and as such bear no responsibility for results a client or reader experiences. Individual results may vary based on the client's participation and intent.

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