



## Feng Shui For Real Life E-Zine

Volume 8, Issue: #3

March 2008



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. If you have any problems reading this e-zine on your browser, click on the "Printable PDF" link in the left hand column. This e-zine is available by request.

-Carol Olmstead

### New Links on My Website

#### New Links on My Website

My new video on *How To Use Feng Shui To Attract Wealth* just went live on the how-to-do-it website, [MonkeySee.com](#)! Take a look at the video, and be sure to add your comments to the feedback section: [Click here to view video](#).

Then be sure to check out the other informative sites I have added to the links section of my website (<http://www.fengshuiforreallife.com/linkspage.htm>).

#### Experts

[www.monkeysee.com](#): A how-to-do-it site where you can learn from the experts how to do just about everything. I shot a video for this site showing how to use Feng Shui to attract wealth, which will go live later this month.

#### Home and Art

[www.unclutterer.com](#): A highly informative blog about getting and staying organized, which is an essential aspect of good Feng Shui.

#### Holistic Health

[www.nmnaturalhealing.com](#): A searchable directory of talented practitioners, spas, healing places, and related business in the Land of Enchantment; check them out, whether you live in New Mexico or are planning a visit. [Click here to](#)

[view my page on this site.](#)

[www.selfgrowth.com](http://www.selfgrowth.com): A searchable self-improvement site with lots of Feng Shui information. [Click here to view my page on this site.](#)

## Feng Shui Tip

### Help for Office Cubicles

I received a question for the Q&A section about working in a cubicle, which got me thinking about the Feng Shui challenges of working in this type of office setup. The key issue with "cube farms" is that they isolate workers without giving them any privacy. When you spend a significant time isolated in a cubicle, it reduces person-to-person communication among the members of an organization, which further affects morale and leads to a decline in productivity. What's worse, often the only way to sit in a cubicle is with your back to the doorway, which is a classic Feng Shui no-no because things go on "behind your back."

The good news is that a few strategic Feng Shui adjustments can help you feel more comfortable working in your cube. (*The first tip comes from the March calendar included in my forthcoming book, Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony, and Love:*)

- Place a plant near the entrance to your cubicle to mark the boundary of your space and give you more control over your workplace.
- Sit facing the entrance to prevent anyone from startling you from behind and catching you off guard; if you can't face the doorway, place a small mirror on your desk or monitor so you can glance up and see people approaching from behind.
- Personalize your space with photos, posters, and artwork, especially images of trees to represent career growth, or water to symbolize movement toward career goals.
- Reduce paper clutter by keeping as much paperwork as possible out of sight, behind closed cabinet doors, or in attractive files boxes or baskets.

*The Q&A section has tips for arranging a cubicle to deal with a hostile cube mate.*

## Clutter Clinic

### Defining Categories of Clutter

When does a collection cross the line and become clutter? The answer to this question varies with the individual. The objects that constitute clutter are varied and depend on the circumstances and personalities in each home. To help you decide what to stow and what to throw, here are some categories of clutter, each related to your "attachment" to things:

- **Emotional clutter** has sentimental meaning but little financial value, such as children's toys or artwork, unused or unwanted gifts, school or college notes, or the personal possessions from deceased loved ones.

- **Just-in-case clutter** has little or no sentimental or actual value but you keep it because it "might come in handy one day," such as old bills or bank statements, tools, or office supplies.
- **Bargain clutter** includes free or inexpensive items you bought at sales, received from friends or family, or even found, but you have no real use for them.
- **Bought clutter** includes impulse purchases that you never use, such as clothes, fashion accessories, and electronic items.

The alternative to cluttering up your home with items from these categories is simple: avoid bringing these four types of clutter into your home and you won't have to worry about clearing them out of your life.

## Success Story

### Sleep!

Quite a few of my clients initially contact me because they are having sleep issues. These problems often relate to what Feng Shui calls "poison arrows;" that is, the sharp edges of walls or furniture that point harsh energy at you and make it difficult to sleep. When the problem is caused by the hard edges of a coffered ceiling above a bed, the cure is to find a way to round the edges so the energy is not so sharp. Here what one client wrote about solving the problem:

*So, talk about immediate feedback! Yesterday afternoon the carpenter finished putting the round molding on the coffered ceiling and on the poison arrows on the walls. It's not even painted yet, but last night I slept right through, not waking up and also dreaming. And my husband slept until I woke him and said he had a really deep sleep! It's amazing. We're still looking for accessories and a new mattress, but this is wonderful. Carol, thanks for the help.*

## Feng Shui Q& A

**Q: I work in a cubicle. I am lucky that I face the door, but I have a half wall behind me to accommodate a shared printer with the person in the next cube and he is impatient, angry, and aggressive. Anyway to deflect his negative energy, especially since I feel exposed by the half wall?**

**A:** Here are a few things to try:

- Create a "friendly barrier" between you and your colleague by placing living plants with soft, bushy leaves or fresh flowers. Orange is a color that encourages conversation so it may help to choose a soft orange color for the container, or peach colored flowers. Stay away from hot orange or red because these colors could make an already aggressive person more hostile. If there is no place for actual living plants try displaying artwork showing healthy orange plants and flowers.
- Place artwork and objects that show roosters where both of you can see them, since in Feng Shui (and many other cultures) images of roosters deflect negative talk and promote your fame and reputation.

- Place a piece of turquoise on your desk because when used in an office where there are a lot of arguments this stone helps encourage connectedness and security.
- If your back is to the person in the next cubicle you can be ambushed by his aggressive personality. Place a small mirror on your desk so you can see behind you; since there will be no more "surprises" you will feel grounded against his anger.

**Q: The Washington Post recently ran a short article and photo of a woman who has a lovely urn in her living room bay window-containing her mother's ashes. She also has several lovely boxes containing the remains of pets long gone. I was aghast! Even with my limited knowledge of Feng Shui, years ago I eliminated the dried flowers from the house because they no longer had life energy. Dead plant, dead flowers, something dead in the house? Goodness, I loved my mother and rover but would not want to have the sunshine filtered through their urns and boxes. What does Feng Shui say about all this?**

**A:** I agree with you that it was not a wise decision to glorify the practice of keeping ashes in a home. Feng Shui principles believe that remains of dead relatives and pets do not belong in the house because they represent dead energy. A better way to honor and think of parents and pets in a positive light is to keep a tangible memento of them in a place of honor in your home, preferably the Family/Community area of the home. (Use the Bagua chart on my website to locate this area in your home <http://www.fengshuiforrealife.com/basics.htm>.)

**Q: How do I use the bagua map? If I can't map the house as a whole because it is a split level, do I use it room by room?**

**A:** You use the bagua for the floor plan of the whole house, then in each room. First, stand at the front door looking into the house holding the bagua map in front of you to determine which rooms occupy specific areas of your home. Next, stand at the doorway to each room and hold the bagua in front of you and map out that room. Split level and split foyer homes present Feng Shui problems because on a subconscious level entering into a half up and half down situation creates an imbalance. To correct the split and increase balance, place a strong or bold piece of art work at the entrance. This will hold your attention and cause you to pause after you walk in and align your balance.

**Q: I recently purchased a small jade plant and put it next to my desk. I was wondering what kind of low-maintenance plant to put in my bedroom?**

**A:** A jade plant is ideal near your desk because its round soft leaves symbolize coins, and therefore, wealth. The best choice for a bedroom is a plant with soft, rounded leaves. Avoid plants that have sharp or spiky edges (no cactus, please!) since they send harsh energy that could disturb your sleep. While living plants are always the first choice, if you just can't grow them because of limited lighting or a chronic case of *brown thumb*, use high quality silk plants, photos of plants or trees, or fabrics with leafy patterns in your bedroom.

**Want to know which houseplants are the best to use for making Feng Shui**

*improvements in your home or office? My tip sheet Feng Shui Friendly Houseplants describes 12 plants that are especially helpful in activating the chi. To request a copy, send an e-mail to [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) and put "Plants" in the subject.*

## In The News

### **New York Times-I'll Have a Big Mac, Serenity on the Side**

You knew I couldn't resist mentioning this event: McDonalds recently opened its first Feng Shui-inspired restaurant in Hacienda Heights, California (where else but California to launch a trend?). The restaurant combines elements of water located on the exterior of the dining area symbolizing relaxation, with elements of fire and red accents throughout the dining area to symbolize good luck and light. The dining area also features symmetrically balanced seating arrangements in earth tone shades, pendant lights to warm up the interior, an elevated PlayPlace, and three plasma televisions. "We wanted to make the restaurant a little bit more of a destination," said owner Bryan Carmack. "It's not so much décor as a theme; we want this to be a harmonic, peaceful place for people to be." You can read more about the restaurant and [click this link to see photos in an article in the New York Times.](#)

### **Did You Like This News Tidbit?**

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

## Book Updates

My new books are due out this spring! Watch future issues of this e-zine for updates about pre-ordering these two upcoming books:

**Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony and Love.** This paperback book includes Feng Shui basics, tips, and secrets, plus success stories from people who followed them, monthly clutter clearing advice, and a day-by-day calendar of 366 fast fix tips.

**Clutter Free and Clear: Take Charge of Your Time and Space! A how-to book to simplify your life.** This e-book includes information and exercises to help you move forward on clutter clearing.

## Consultations and Workshops

### **Home and Office Consultations**

Nationwide, I schedule consultations for homes and offices on request. 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, Denver). Appointments do fill up fast, especially on the weekends, so schedule your consultation now to get the date you want.

### **Where in the World is Carol This Month?**

**Here is my schedule for March and early April:**

- **Santa Fe/Albuquerque: March 17-21; April 1-11**
- **Washington, DC/Baltimore, Maryland: March 24-26; April 14-18**

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

I welcome your referrals nationwide.

### **Custom Workshops**

Feng Shui is a popular topic for meetings, special events, fund-raisers, and training sessions. Whether it's a "munch-and-learn" staff development session for a business, a dinner meeting for a nonprofit group, a university workshop, or a holiday luncheon, my Feng Shui presentations are fun and **always sell out!**

**WORKSHOPS FOR MAY: May is Asian Pacific American Heritage Month and I get many requests for presentations on Feng Shui for luncheons and dinner meetings. Contact me now to reserve your date.**

Here are some of the most popular topics I present:

- Asian Pacific American Heritage Month Themes (May)
- Bedroom Feng Shui
- Clutter Clearing to Fatten Your Bank Account (**New!**)
- Feng Shui Spring Cleaning Tips to Fattening Your Bank Account
- 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](mailto:carol@FengShuiForRealLife.com)) or call 1-800-652-9038 for details for scheduling this session for your group in your location.*

## **Partner Profile**

### **Jeri Greenberg, Life Coach**

*I am fortunate to work with a number of outstanding coaches, each of whom has a unique specialty. This month, I am happy to introduce Jeri Greenberg to my readers:*

**Jeri Greenberg** has been in the business of coaching women and men in life strategies and skills since 1999. Her favorite clients are people who are overwhelmed by day-to-day activities and seek clearer goals, a more organized life-style and greater confidence in dealing with others. Her work is done entirely on the telephone, so her clients are world-wide. You can find out more about Jeri's approach to coaching at her website [www.jerigreenbergcoaching.com](http://www.jerigreenbergcoaching.com) and contact her at 202-966-4220 or [jeri.greenberg@starpower.net](mailto:jeri.greenberg@starpower.net). Your first coaching session is complimentary!

## **Charity Auction**

If you live near Annapolis, Maryland or know someone who does, consider bidding on the Feng Shui home consultation I am offering through an online charity auction. It's a terrific opportunity to buy a consultation for spring while funding a worthwhile charity. There are other interesting items being auctioned as well. Bidding has started and closes on March 27. [Click this link to check out this auction.](#)

## **Beyond Feng Shui**

### **Putting the Freeze on Identity Theft**

Each year there are more than 8 million new victims of identity theft. Did you know that you can put a security "freeze" on your credit reports to lock access to your credit file against anyone trying to open up a new account or to get new credit in their name? When you place a security freeze at all three major credit bureaus an identity thief can't open a new account because no one but you will be able to check the credit file. If you need to apply for credit, you simply lift the freeze. Thirty-nine states and the District of Columbia have enacted laws requiring the credit bureaus to enable consumers to protect their credit files with a security freeze. For more information on freezing your credit files, check out:

[www.financialprivacynow.org](http://www.financialprivacynow.org)

## **MarketPlace**

### **Services to Help You**

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

Here is our MarketPlace "**Partner of the Month**" for March:

**Desinger Fabrications by Anne Sanderoff-Walker**

Noted fiber artist and weaver Anne Sanderoff-Walker creates quilted and woven wall art and Judaica Legacy pieces in rich colors and textures you can use to make Feng Shui adjustments in your home. Choose a completed piece from Anne's gallery, or commission a custom, one-of-a-kind design to decorate your home. Anne also crafts wearable art pieces in a range of colors. Check out Anne's gallery for the body, spirit, and home at

[www.designerfabrications.com](http://www.designerfabrications.com).

---

**My Client-Centered 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. I try to recommend several practical solutions that are appealing to you and fit your decor and your budget.*

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

**Make sure you receive every issue of the Feng Shui For Real Life e-newsletter. To ensure receipt, please add this e-mail address ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) to your Address Book or Approved Senders list. Thank you!**