



Feng Shui For Real Life E-Zine

Volume 8, Issue: #6

June 2008

In Every Issue

Feng Shui Tip

Clutter Clinic

Success Story

In the News

Consultations &
Workshops

Quick Links

**PRINTABLE
PDF***

**Feng Shui For
Real Life Online
Store**

MarketPlace

***Click here for latest
version of Adobe
Acrobat**

Join Mailing List

[Join Our Mailing List!](#)



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 Video Series: Feng Shui Tips to Attract Love!

My new video series on *Feng Shui Tips to Attract Love* is now up and running on the how-to-do-it site, www.MonkeySee.com. Use this link to check out all of my videos: <http://www.monkeysee.com/carolmona>. Please consider adding your comments to the site because I would love to get feedback as I plan a third series.

Feng Shui Tip For June

Conduct a Mid-Year Feng Shui

Has the year 2008 been good to you so far? In Feng Shui, 2008 is expected to be a year of *good opportunities and growth*. Whether your year has been prosperous or challenging, June is the perfect time to conduct a *Mid-Year Feng Shui Audit* of your home and office to make sure your Feng Shui adjustments are still working for you.

In the course of daily activities you may have moved or added furniture and decorations and unknowingly created obstacles blocking the free flow of chi energy around you.

To conduct your audit, download a bagua mapping chart from my website www.FengShuiForRealLife.com/basics. Use the bagua as you walk through your home and workspace and take note of what you have changed, added, or removed so far in each bagua area. Then make whatever

adjustments are necessary to assure that the appropriate Element for each area is still being activated.

For example, did you add a fountain to your Wealth area? This area of the home is activated by the Fire Element, and water in this area puts out the Fire, possibly *drowning* your wealth. The Feng Shui cure, or adjustment, is to add some of the corresponding Element. In this case you would add the Earth Element to symbolically dry up some of the excess Water Element and restore your wealth. If your fountain is in a ceramic container you have already added the Earth Element and the area is balanced.

Make any adjustments or changes necessary in all of the bagua areas, and your Feng Shui improvements will continue to work their practical magic for you throughout the rest of the year.

Clutter Clinic

Clutter Challenge

Here is my clutter-clearing challenge for June: give away 27 things this month. When you get rid of things you never use, you open up space for new personal and professional opportunities to flow in to fill the space. The number 27 is important in Feng Shui because it is a powerful permutation of the number 3, which is related to the Fire Element.

On trash day take a large plastic trash bag, move quickly through your home or office, and fling things into the bag: things you don't need, don't want, or don't know why you are keeping. Open drawers and cabinets. Dig down under the sink. Tackle the basement, the garage, the back porch, and the shed. Don't analyze, don't hesitate, just fill the bag. Do this for a month until you have filled the bag with 27 things. Then donate or give away those items that have value and throw away the rest.

Give away 27 things this month, then write and tell me how the experience impacted your life. I'll publish your success story in a future issue of this e-zine.

Success Story

Barbara's Home Makeover

Barbara's home was in a sad state of neglect when she called me for a consultation. She and her husband were having communication difficulties and the house was obviously both the cause and effect of their issues. Some serious clutter clearing and redecorating was in order. The couple didn't have budget to include all the needed changes, so they had to postpone the basement renovation

for a later date. Barbara's first progress was amazing:

Both the old carpeting (sad, as you described it) and wallpaper are gone. The whole inside of house, except for basement, has been painted. Our bedroom is in a skin tone color and our daughter's is a youthful purple. The outside of the house has been power-washed and is being painted tomorrow. Our bedroom was cleared of the computer, desk, and nasty old carpet, and we are already sleeping better. The floor on the entry level was ripped up today and the new flooring should be finished in the next couple of days. There have been many trips to the dump and Goodwill, and many more to be made. So right now we're in the thick of it. Our pictures, wall stuff, and remaining junk are in the basement, waiting to be sorted.

We realize we are in the necessary chaos that must happen in order for us to get to the other side. But the good news is that my husband and I are on the same page with our communication and desire to make this happen. He's been cool about letting go of stuff that's not connected to who he is anymore, and more in tune with how we want to express ourselves. The house has been so symbolic of our personal and marital stuck-ness.

There is already a more positive, cheerful energy that has opened up, even from just removing all the negative stuff we have. Our sense of creativity has opened up now that we have cleared so much space.

And then, an unexpected thing happened to the couple. One of the painters left the hose on near the house, and the couple woke up to a flooded basement one Sunday morning. Here is Barbara's second progress report:

We had to bring EVERYTHING upstairs and call one of those emergency flood services. The whole carpet down there had to go. But painters owned up to doing it and are making it right. So now the basement will also have new carpet and fresh paint. At first, it felt like a huge step backwards and we were very stressed and bummed. But it forced us to deal with our STUFF, like books, music, papers, and pictures. Since it's all in our face in the living room we couldn't procrastinate dealing with it like we did when it was downstairs. It also fascinated me that the damage was from the Water element. Maybe it is a washing away the past sort of thing, or something profound like that. What a trip.

Read more about Feng Shui and floods in the following Q&A section.

Feng Shui Q&A

Q: What does a flood symbolize in Feng Shui? Our basement was drenched during the recent rainstorm and we had to get rid of a lot of stuff. There were some sentimental things, but mostly it was junk we hadn't looked at in decades, some of it had unpleasant memories. Was the flood actually a positive Feng Shui event?

A: I received many questions this month about flooded basements, most due to torrential rains. Sadly some people lost useful items, but most saw the flood as the perfect opportunity to get rid of all the *stuff* they were storing in basements because they had the space. Slow leaks and drips are considered negative in Feng Shui because they represent a constant drain of your wealth. However, there is some belief that a flood represents an immediate clearing of stuck energy. What you keep in a basement supports what goes on in the rest of the home. Most of the people who wrote said that although it was tough work mopping up and clearing out after the flood damage, their homes (and consequently their lives) felt lighter after the flood forced them to clear out their basements.

Q: Do I have to paint my front door red to bring in some good luck?

A: The color red represents the Fire Element and prosperity in Feng Shui, which is why it is often the recommended color for your front door. However, you can paint or stain your front door any color and still attract good energy into your home. The key is to make sure your door is clean, attractive, and in good repair. Choose a color that makes you feel good when you approach your door: red for wealth, blue for relaxation, green for growth, brown for stability. The front door sets the tone for the rest of your home, so keep the area around the door clean, well lit, and make sure you have a house number that can be easily seen from the street.

In The News

Setting a Feng Shui Table

I was quoted in the article, *Setting the Scene: A Beautiful Table Makes Every Meal a Star*, that appeared in *Taste New Mexico*, a special supplement to the *Santa Fe New Mexican*. Here is an excerpt from the article, which was written by Heather Wood:

Carol Olmstead, a Santa Fe-based Feng Shui practitioner and owner of Feng Shui For Real Life, has the following tips for creating a successful dining experience, whether for two or 20.

"You are what you see," Olmstead says. "If your everyday

pieces are chipped, it's time to replace them. Use the good stuff when you set your table. What are you saving it for?"

To create a romantic table, Olmstead suggests setting two places next to each other, one across from one another. "Remove the other chairs," she says, "so it's intimate, just for two. You can arrange flowers, candles, and knickknacks on the 'empty' end of the table. Use colors that create heat, the Fire Element: reds and pinks are love colors, and to create lively conversation use orange."

Difficult dinner guests? Family holiday dysfunction? Olmstead suggests seating the most challenging guest closest to the door. "The person who we seat closest to the door is typically the first to leave a gathering," she says. "If your family tends to argue a lot, invite an even number of guests, keep the lights low (Fire Element) and use colors like gold and brown and green (Earth and Wood Elements) which are calming and grounding."

You may also want to look at the shape of your table to achieve a particular harmony. "The shape of a table affects the energy in the room," Olmstead says. "Square tables are the earth element, with an equal amount of space on each side of the table. Round tables invite conversation; everyone has equal say because of the circular shape. Rectangular tables have power seats at the ends. The person facing the entrance to the room has the most control."

Read more of the article on my website:

<http://www.fengshuiforreallife.com/settingthescene.html>

Did You Like This News Tidbit?

If you want Feng Shui tips and tidbits 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

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-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.

Clutter Free E-Book

The website where you can download ***Clutter Free and Clear: Take Charge of Your Time and Space!*** will be up and running later this month at www.ClutterFreeandClear.com. This collaborative e-book includes information and exercises to help you move forward in your clutter clearing. I wrote the chapter *Feng Shui and Clutter: You Are What You Keep*, which includes a monthly guide for clutter clearing. Check out the site, download your copy, then get started clearing your clutter!

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.

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 nationwide.

Workshops Open to the Public

In **Santa Fe:**
Setting the Stage

If you are in the Santa Fe area, please join me on Wednesday, June 25, for *Setting the Stage*, a free seminar

for women business owners sponsored by First National Bank of Santa Fe. There will be two speakers joining me, and a buffet of food and drinks will be available.

The agenda for the session is:

1. *First Impressions, Lasting Impressions*, by Vera Hayduk, introduced by Mary Chavez, SVP of First National Bank.
2. *Look Good Feel Good Image Tips for a Better You*, by Debra Cox, introduced by Bernadette Parnell, VP of First National Bank.
3. *Feng Shui Tips for Attracting Wealth*, by Carol Olmstead, introduced by Kathy McGee, VP of First National Bank.

The event runs from 5:30-7:30pm at the Main Office on the Plaza, 62 Lincoln Avenue, with free parking behind the building. Make your reservation by contacting Lyndsee Hargett, Marketing Liaison, at 992-2348, or e-mailing her at LHargett@1stnationalbanknm.com

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 popular topics I present:

Asian Pacific American Heritage Month Themes

Bedroom Feng Shui

New! Clutter Clearing to Fatten Your Bank Account

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) or call 1-800-652-9038 for details for scheduling this session for your group in your location.

Partner Profile

Donna Walker, Prudential Santa Fe Realtors

Real estate agent Donna Walker has launched two new neighborhood newsletters for the Los Santeros and Los Suenos communities in Santa Fe. These newsletters include a community calendar, recipe exchange, free classified ads, job listings, a list of local merchants, and of course real estate tips and listings. The current issue includes my article Feng Shui Spring Clearing Tips to Attract Wealth (<http://tinyurl.com/54yr87>) and a fascinating Independence Day trivia quiz (<http://tinyurl.com/3tfcyo>).

Contact Donna Walker for your Santa Fe real estate needs:
505-577-4039

DJWalker@PrudentialSantaFe.com

www.lossanterosneighbors.com

Beyond Feng Shui

Recycling Baby Products

Zwaggle.com and **BabyPlays.com** are two sites specifically designed for recycling baby products you no longer need or borrowing those you only need for a short time. Zwaggle is a national network of parents who have come together to share. Membership is free and you receive Zwaggle points by giving your gently used items to other families, then use those points to obtain things your family needs. Zwaggle's goal is to help keep things out of the landfill and put them in homes where they are needed.

BabyPlays.com allows you to rent toys. Parents receive four or six toys in the mail every month, assembled and ready for playtime, kind of like a Netflix for the toddler set. There is a flat fee based on the number of rentals and all of the toys are guaranteed to be lead-free, sanitized, and loaded with fresh batteries before being shrink-wrapped and boxed for shipment. All toys come with a postage-paid box for returning the toy when your child tires of playing with it.

www.Zwaggle.com

www.BabyPlays.com

Happy 4th of July

My next e-zine will come out after Independence Day, so

I'm sending this thought to ponder as you celebrate our nation's birthday in these most challenging times:

*When there is light in the soul, there is beauty in the person;
When there is beauty in the person, there is harmony in the home;
When there is harmony in the home, there is honor in the nation;
When there is honor in the nation, there is peace in the world.*

-- Old Chinese Proverb

On-line Store



Feng Shui For Real Life On-Line Store

This section of my website highlights Feng Shui products and services:

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

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.

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) to your Address Book or Approved Senders list. Thank you!