

Feng Shui



For Real Life

Feng Shui For Real Life E-zine
Volume 7, Issue #5--May 16, 2007

Welcome to *Feng Shui for Real Life*, a monthly e-zine that provides Feng Shui tips and other information that can help you bring simple Feng Shui improvements into your life. This e-zine is available by request. To subscribe or unsubscribe, visit: <http://www.FengShuiForRealLife.com>.



Carol M. Olmstead, FSII

Name the E-zine Contest

I am planning changes for this newsletter in the coming months that will turn it into an e-zine, with upgrades like in-depth articles for my readers and clients. Now, I need your help in coming up with a name for the new publication. Submit your suggestions for a name for my Feng Shui E-zine by June 10 via e-mail to: e-zine@FengShuiForRealLife.com. The reader who submits the winning name will receive recognition in the June issue, an Abundance Kit to activate the wealth and prosperity in your home or office, and of course, a purse hanger in your choice of style!

Feng Shui Tip: Feng Shui For Writers

There are three rules for writing the novel. Unfortunately, no one knows what they are.
W. Somerset Maugham

The rules for writing a novel may be a mystery, but the Feng Shui rules for setting up the space where you write are well known. Whether you are a professional writer, a would-be author, or just someone who needs a creative boost to get your writing juices flowing, writing in a balanced and harmonious setting can help make all of your writing efforts successful:

- **Create a Writing Space.** Whether it is a separate room or only a corner of the kitchen, designate an area where you write; try to use the space at the same time every day.
- **Face the Door.** Sit in the power position, diagonally across from the door, so you are in command of your writing.

- **Change Your View.** Hang artwork directly in front of you that shows gently moving water, which symbolizes flow and creativity for your writing projects.
- **Add Living Things.** Surround yourself with plants and flowers to represent the Wood Element, which encourages growth of your writing skills.
- **Enhance Your Fame.** Display copies of your published works, complimentary letters, and awards you have won in the Fame/Future area of your writing space to encourage you to move forward.
- **Call on Mentors.** Place copies of books or articles from writers you admire in your Helpful People area to act as mentors for your writing projects.

Want more tips to make your writing soar? Take a writing class with an expert. Check out the [Partner Profile section](#).

Clutter Clinic: Spring Clean Your Closet

This spring, as you sort through your out-of-season clothes, rather than just move the wool out of your way, give your clothes and your closet some special care. First, remove the cold weather clothes and wash or dry clean them, since insects are attracted to dirt. Next, repair any tears and replace buttons. Then, seal clothes in airtight containers such as storage chests or garment bags along with a cedar product to deter moths. Avoid storing dry cleaned clothes in the plastic bags they came in since these hold moisture that may cause mildew. Finally, dust and wipe down the closet with a damp cloth. Now you are ready to fill the closet with clothes for the current season.

Need help with your Spring wardrobe? See this month's [Partner Profile](#).

Success Story: Calming Mind Chatter

Diana needed to quiet her mind so she could sleep better and concentrate on the real estate business she ran from home. My primary recommendation was to relocate her office from the loft area just outside her bedroom door to the infrequently used guest room on the first floor. Here is what she wrote: *The biggest change for me is that I am sleeping much better and my relationship is going well. I removed almost all of the books and clutter from my bedroom and added a sculpture of a couple entwined and a photo of the two of us together. To complete my missing Harmony area I planted a little pine tree and put a Buddha under it. I am certainly more peaceful in my mind chatter and calmer in general. After I corrected my missing Helpful People corner with plants and a black metal lantern on a large heart shaped rock, I received calls from friends with recommendations and leads, so that seems to be improving. After organizing my office, I got three calls for listings and they are all working out. In general, I have made a lot of small changes and the sense of more peace is wonderful. With a few more improvements I know I can get the rest of the results I want.*

Feng Shui Q & A

Q: I read that I should get rid of roses growing in my garden because of the thorns. Is that necessary?

A: Thorns on roses can be positive and negative in Feng Shui. Since they are triangular and activate the Fire Element, you can plant them in the Fame/Future area of your garden to bring the attributes of this element into your life. However, I recommend avoiding them in the Love/Marriage and Family/Health areas, since in this case they could represent a *thorn-in-your-side* in these aspects of your life. It is best to keep roses around the edges of your property rather than right at your front door, where thorns or

spiky plants are not recommended because they symbolically repel visitors. **Note: Use the Bagua Map from my website to locate these areas of your garden:** www.fengshuiforreallife.com/bagua_map.htm.

Q: What is the best shape rug for a foyer?

A: I prefer octagon, oval, or round to slow down and circulate the chi as it enters your home. Avoid a long runner from the foyer down the hall if your front door lines up with the back door. Doors that line up represent a poison arrow pulling the chi out of your house, and a long runner will accentuate the problem.

Q: I have a refrigerator in my Love/Relationship area and a Washer/Dryer in my Wealth area. I am in a panic that I am freezing out my love and drowning my wealth.

A: If your relationship seems chilly, you definitely need to balance the energy created by the refrigerator in your Love area. Remove some of the cold by adding heat to the area of around your refrigerator in the form of the Fire Element. For example, hang artwork in the kitchen near the fridge that has red or orange images or triangular shapes. If you are drowning in bills, it could be caused by the overabundance of water in the Wealth area. Add a healthy, bushy plant, or a picture of trees to sop up some of the water, and a touch of the Fire Element to dry up some water and melt some of the Metal Element created by the washer and dryer.

In the News:

Interior Design Mistakes: My article, *Feng Shui Fixes for the Ten Common Interior Design Mistakes* is now online at www.SouthwestFlair.com. Read how I helped a client fix her design bloopers with simple Feng Shui improvements. Can you find any of your own design problems here?

Feng Shui and Clutter

Did you listen to my interview on the Internet radio program *Fresh Air with Sallie Felton on Feng Shui and Clutter Clearing*? More than 2,400 people download the program in the first two weeks after it aired! You can download it from the archives. Go to: www.contacttalkradio.com/hosts/archives/sallie.htm, and search for **March 14, 2007: Carol Olmstead, Clutter Clearing with Feng Shui.**

Keeping Love Alive

I was interviewed about using Feng Shui in your bedroom for an upcoming article on *Keeping the Love Alive in Your Relationship* for **Bethesda Magazine**. Look for the article in the July-August issue. Some of my readers may remember that I was profiled in Bethesda Magazine in 2004, in an article that described how I first launched my Feng Shui practice more than 10 years ago. You can read that article on my website: www.fengshuiforreallife.com/rearrangelifewithfengshui.htm. For more information about the magazine, go to: www.bethesdamagazine.com.

Need Feng Shui News and Tips for Your Newsletter, E-zine, Article, or Teleseminar?

If you need Feng Shui information to include in a 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.

Consultations and Workshops

Home and Office Consultations

Spring is a busy season for Feng Shui. Nationwide, I schedule consultations for homes and offices on request. On a regular basis I schedule consultations in 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 appointment now.

Here is my current planned travel for May and June

DC/Maryland/Virginia: May 15-18; June 25-30

Santa Fe/Albuquerque: May 21-31; June 1-20

Future Trips:

I have been requested to schedule consulting trips to the following cities. Please let me know if you are interested in a home or office consultation while I am in your area:

Chicago

Nashville

New York City/New Jersey

South Florida

I welcome your referrals in these and other locations nationwide.

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.

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!** Call 1-800-652-9038 to schedule a workshop.

Here are some of the most popular topics I have presented:

***Feng Shui: The Secret to the Law of Attraction**

***Quick Feng Shui Fixes for Common Decorating Mistakes**

Introduction to Feng Shui

Bedroom Feng Shui

Feng Shui Clutter Clinic

Feng Shui for Children's Rooms

Home Office Feng Shui

Feng Shui Goes To Work

Look Twice, Buy Once for Home Buyers

Sell It Fast with Feng Shui

Feng Shui, Love, and Relationships

Feng Shui in the Garden

Asian Pacific American Heritage Month Themes (May)

Holiday Luncheons (December)

***New Topics**

Upcoming Workshops

The following workshops are open to the public:

Santa Fe, June 23, 2007

Feng Shui and the Law of Attraction: Rearrange Your Stuff, Shift Your Thoughts, Improve Your Life

An interactive full day workshop in Santa Fe, co-presented with Dr. Mark Arcuri, Transformational Coach (www.Arcuri.org) Call 1-800-652-9038 or e-mail info@FengShuiForRealLife.com for details.

Do you want to hold a Feng Shui workshop in your city? Please e-mail me (carol@FengShuiForRealLife.com) for details about scheduling a custom workshop or training session for your business, group, or organization.

Partner Profile: C. M. Mayo, Author and Travel Writer

My favorite travel author and writing teacher, C.M. Mayo, is offering her outstanding travel writing workshop again this spring:

June 16, 2007, 1-4pm

Travel Writing Workshop with C.M. Mayo

Writers Center (www.writer.org), Bethesda, MD

Take your travel writing to another level: the literary, which is to say, giving the reader the novelistic experience of actually traveling there with you. For both beginning and advanced writers, this 3 hour workshop covers the techniques from fiction and poetry that you can apply to this specialized form of creative nonfiction for deliciously vivid effects. For more information, go to: www.cmmayo.com.

Partner Profile: Debra Cox, Image Consulting For Your Life

Debra Cox is devoted to helping women and men use the power of their physical presence for more effective and authentic living. For over 20 years she has combined her knowledge of clothing and natural sense of style to help individuals and groups understand how to look their best while using their presentation to their best advantage. After her career as New York fashion designer and having pioneered the Image Consulting industry in the early 1980s, Debra has been working with corporate executives, professionals, entrepreneurs, and individuals to sharpen their personal style and manage their wardrobes. Check out her website, www.debcox.com where you can register for her newsletter and for a free copy of her fact sheet, Ten Most Common Image Mistakes. Debra works with clients all over the country, and you can reach her at 646-228-7475.

Beyond Feng Shui: Painting Tips

Doing some painting this spring? Here is a tip from *Better Homes and Gardens* (www.bhg.com) to make the job go smoothly:

Never paint out of a paint can, because as you paint, your brush picks up dust, grease, grime, bugs, and other spots. When you dip into the can to reload, all that debris ends up back in the can, contaminating the paint. That causes flecks and specks in the paint finish. And if that was not bad enough, the paint became gooier, stickier, and thicker as you paint, since the air reacts with the exposed paint. The solution is to pour no more than an half inch of paint into a plastic bucket to stage and control it before application. This forces you to refresh the paint more often, keeping it in its liquid state for better flow and bond to the surface.

Feng Shui For Real Life On-Line Store

This section features discounts for products and services for your home that you can buy on my website, www.FengShuiForRealLife.com.

I received this e-mail from a colleague about my purse hangers:

We were in a restaurant during our visit to Panama and I put my purse on the floor. My Panamian dinner companion was shocked. She said that I should take my purse off the floor since Panamians believe that leaving a purse on the floor makes your money run away.

Order your Purse Hanger today!

Purse Hangers to Keep Your Purse Off the Floor

In Feng Shui, putting your purse on the floor represents disregard for your wealth. Plus, scientific evidence shows that putting your purse on the floor can transmit bacteria. Click here to order an attractive, sturdy purse hanger to keep your purse clean, safe, and off the floor in restaurants, restrooms, and offices: www.fengshuiforreallife.com/pursehanger.htm.

MarketPlace: Services to Help You

This section features 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.

Broadcast Interview Source

Broadcast Interview Source is a great way to bring the media to your website and promote your business, product, or services. I issue monthly press releases about my Feng Shui consulting service through this service, and they receive hundreds of "hits" each month. You can save \$100 on your membership if you use this link: [www.expertclick.com/referral/Carol M Olmstead](http://www.expertclick.com/referral/Carol_M_Olmstead).

Designer 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.

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:

www.marketerschoice.com/app/?af=374705.

The Sussman Company, Virtual Office Assistant

Administrative services for small businesses that need desktop publishing, general administrative tasks, with a specialty in real estate support services. www.SussmanCompany.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.*

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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!