

Feng Shui



For Real Life

Feng Shui For Real Life E-zine
Volume 7, Issue #9--September 6, 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

Introducing...

Maximizing Chi: The Feng Shui For Real Life Maintenance Program

I am happy to introduce my new program to help clients continue to benefit from my Feng Shui advice. The *Maximizing Chi* program provides unlimited access to me for questions via e-mail and phone for three months. This is ideal for clients who need me to help them *tweak* the step-by-step recommendations I gave them during their on-site consultation, as well as for clients who have made changes, redecorated, or renovated since their on-site visits. Please check out my website for information about registering for this new program: http://www.fengshuiforrealife.com/maximizing_chi.htm

Feng Shui Tip: Using Feng Shui to Power Up Your Website

In Feng Shui, colors and shapes represent the Five Elements that bring specific attributes into your life, like abundance, fame, love, stability. So what are the colors and shapes in your website, and the flow of your pages, saying about your business? Here are a few suggestions for working Feng Shui into your website.

- **Light:** Bright, light and clean pages (yang) generate more positive energy for a site than dark pages (yin).
- **Color:** The Feng Shui Elements represent the emotions you want customers to feel when they see your site; for example, blue (water) and white (metal) make a good combination to show movement and focus.
- **Image:** Graphics should be natural looking, clear, and well-defined; if your images are fuzzy, download good stock photos or art instead.
- **Quietness:** Resist the urge to have too many moving images since they makes the energy flow too fast; instead have a place of stillness, such as a logo area that appears on every page.
- **Flow:** There are no straight lines in nature, but most websites have too many angles that keep the chi from flowing smoothly around the pages; break up the straight lines with curvy design elements.

- **Direction:** Make it easy for clients to navigate around your site and you will avoid stagnant chi, just like you make the chi flow around your home and office.
- **Entrance:** Your home page is equivalent to your front door, so make it an attractive entrance for clients to enter your site.

Can your website benefit from a Feng Shui review? I am pleased to announce that I now offer website review services. Check out my online store for information on how you can register for an analysis of your website:

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

Clutter Clinic: Toy Recalls

First it was all of those Thomas the Train pieces, now hundreds of toys from Mattel and Fisher-Price are being recalled for lead paint and other hazards. This is a sad situation that is difficult to explain to young children, but it is a good opportunity to clear some clutter. While you and your children or grandchildren are searching through the toy box for items that need to be returned to the manufacturer, use it as a time to weed out other toys that you can donate. It is never too early to teach the benefits of sharing and philanthropy. Unappreciated, unwanted, or duplicate toys can be shared with children in need. The Parents Magazine website, www.Parents.com, offers these guidelines for deciding whether to keep, donate, or toss toys:

Keep: Favorite teddy bears, first baby toy, toys with sentimental meaning and heirloom gifts.

Donate: Duplicate toys from birthday parties and outgrown toys in good condition. Remember that donated toys should be clean, since charities report having to throw away many of the items received.

Toss: Broken toys that cannot be fixed, dirty stuffed animals. If the toy has been chewed up, marked up, or missing pieces, toss it instead of donating it.

You can find the complete list of recalled toys at: <http://www.cpsc.gov/cpscpub/prerel/category/toy.html>.

Success Story: Ken's Collections

Ken suffers from a condition that is common among many of my clients when it comes to his collections: he has too much of a good thing. Ken's impressive music collection includes records, CDs, and music-related objects that overflow his office and dominate his life. His challenge is to wade through and move out much of the music he devoted his life to collecting, so his music room supports his hobby rather than overpowers him. And then there is his collection of 1,300 beer bottles that he has been collecting since college. Here is his story, which relates to the struggles many of us face when we need to dig out from our accumulated past:

I began well for a few days, then slacked off from your recommended 20 minutes per day clearing process. Even such a short period can be hard when I start answering e-mail first thing in the morning. But I am making progress. The so-called excess music already has many potential outlets, and I am beginning the process by culling the 200+ CD's that are on their way out. Every time I delve a little deeper I pull out more to give/sell/toss. I am planning a trip to the local audio shop to consign two sets of speakers and possibly more. Remember the bottles? Well, I believe I have found a permanent home for them at an expanding brewery out of town. Good excuse to take a road trip!

Ken is making great strides in weeding out his collections, and I will share his progress from time to time.

Feng Shui Q & A

Q: I received a gift of a beautiful blue ceramic fish fountain. Where is the ideal place for my beautiful fountain on my deck, which spans the entire back of my townhouse? Right now I have it sitting in my Wealth corner but I am not sure if that is right. I definitely do not want to wash away any wealth or something equally scary.

A: All of the bagua areas across the back of your house (wealth, future, relationships), are considered Fire Element areas and it is best not to add the Water Element because it could indeed drown your wealth. If there is no other place to put the fountain, you need to symbolically *dry up* some of the excess water. You can do that by adding more of either the Fire Element (red, orange, purple objects; triangular shapes; candles or actual fire) or the Earth Element (brown, yellow items; square shapes; actual earth or items made from earth, such as tile, stone, clay) near the fountain. The fact that the fountain is ceramic will help contain the excess water.

Q: Do I have to buy Feng Shui accessories to make it work?

A: Fu dogs, money frogs, dragons, laughing Buddhas, red envelopes, bamboo fluids, red streamers are part of Chinese culture but not necessarily part of Feng Shui. If these objects do not symbolize anything to you, they will not help you attract what you want into your life. I recommend instead that you choose items related to the area of your life you want to

improve. For example, if you want to enhance your relationship with your spouse, hang a romantic picture in your bedroom that shows a couple holding hands. Leave the pair of fu dogs at the store.

Q: My husband and I just bought a new home. As you enter the front door, there is a brick wall separating the front hallway from the dining area just behind the wall. Is this a bad thing? If so, how will I remedy the situation?

A: If you enter the front door and immediately face a wall, it stops the chi from flowing into the rest of your home. Literally in your case, it is like having your chi crash into a brick wall. To correct the situation, hang artwork on the wall that shows an image that is bi-directional (i.e., flows out in both directions). This will direct the chi away from the wall and into your home. Avoid hanging a mirror on the wall because it will reflect the chi out the front door.

In the News: Feng Shui, St. Joseph, and Home Sales

Will a Feng Shui home staging consultation and a buried statue of St. Joseph make the difference in selling your home? According to the *Market Watch* e-newsletter from Dow Jones, these are some of the tactics that frustrated home sellers are trying in this slow market. There is nothing supernatural with Feng Shui, says writer Amy Hoak, since its principles abhor clutter, and getting rid of clutter is always a good idea for a faster sale. Feng Shui staging involves adjusting the energy and enhancing the perception of space, often done by reconsidering furniture placement, she explains. A home with a good flow of energy makes a buyer feel comfortable immediately; a home without it, makes a person want to leave. However, the idea that burying a statue of St. Joseph will create a more favorable sales climate takes a bigger leap of faith. The article quotes Phil Cates, owner of the online retailer www.StJosephStatue.com, who says sales of figurine kits have risen about 100% every year since 2004. The company's phone number, by the way, is 888-BURY-JOE. [Click here to read the entire article.](#)

***PS From Carol:** Ten years ago when I started to study Feng Shui, I listed a rental property for sale in a slow market. Since it was going to be vacant and there was no furniture to rearrange, I asked my Feng Shui teacher for Feng Shui tips to make it sell quickly. You can imagine my surprise when he told me to bury a statue of St. Joseph. But I bought a statue, that I fondly called "Joey" and buried it. Six days later I had a signed contract at full price! While I never advise for or against putting St. Joseph to work for home sellers, I do make sure my Feng Shui staging clients know about this tactic and then let them make their own decision. Contact me at carol@FengShuiForRealLife.com if you want to know where and how to bury your statue if you decide to try this tactic.*

Did You Like This News Tidbit?

If you want Feng Shui tips and tidbits like this 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

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.

Where in the World is Carol This Month?

Here is my schedule for September:

Santa Fe/Albuquerque: September 4-7

Washington, DC/Maryland/Northern Virginia: September 10-23

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

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

Asian Pacific American Heritage Month Themes (May)

Bedroom Feng Shui

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

Bring this workshop to your city!

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

An interactive full-day or half-day workshop co-presented by Carol Olmstead, Certified Feng Shui Practitioner and Dr. Mark Arcuri, Transformational Coach.

E-mail me (carol@FengShuiForRealLife.com) or call 1-800-652-9038 for details for scheduling this session for your group in your location. **We are currently scheduling in Phoenix and South Florida in late Fall 2007.**

Beyond Feng Shui: Breaking the Coupon Code

If you shop online and keep looking for the promotional or discount code to enter into that little box at checkout, look no more. Try www.dealnews.com/coupons, a site that searches the web for the best deals, and posts the checkout codes. You can browse by merchant or category, or even select a merchant and have the site e-mail you when a new deal is posted. Other coupon and promotional code sites to check out include:

www.allonlinecoupons.com

www.mycoupons.com

www.couponmountain.com

www.totaldeals.com

www.pocketdeals.com/cpns.aspx

Happy shopping!

Coming Soon: E-book on Clutter Clearing

Watch this E-zine for details about ordering your copy of the upcoming e-book, ***Clutter Free and Clear: Take Charge of Your Time and Space!*** I wrote the chapter *Feng Shui and Clutter Clearing: You Are What You Keep* for this collaborative e-book. In addition to Feng Shui, other chapters cover computer clutter, time boundaries, hoarding, handling events and parties, clutter clearing for aging parents, clutter clearing in various rooms throughout your home, and much more. This must read advice will be in the form of an e-book that you can download and read on your computer, rather than printing it out and cluttering up your bookshelves!

Feng Shui For Real Life On-Line Store

This section highlights products and services for your home that you can buy on my website,

www.fengshuiforrealife.com/on_line_store.htm.

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.fengshuiforrealife.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.

NEW! Artwork by Vera Vandendries

Vera's artwork deals with symbolic images ranging from abstract to suggestive representational forms. Each signed art Giclee print belongs to a small limited edition. The collection can be seen on www.art-and-beyond.com, where you can contact her about purchasing or commissioning a work of art. Vera offers a special discount from her gallery prices so you can use her art to help make Feng Shui adjustments.

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.

***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!