



Feng Shui For Real Life E-Zine

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Holiday Issue 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. This e-zine is available by request.

Please visit my updated and revised website, www.FengShuiForRealLife.com.

Merry Christmas...Happy Hanukkah...Feliz Navidad!

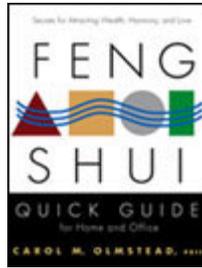
Happy holidays! I wish you peace and joy throughout the season and a prosperous New Year filled with wealth, harmony, and love. Your kind compliments about this e-zine and your thought-provoking questions have made it another wonderful year.

With your support and encouragement it has also been a year of creativity: I upgraded this e-zine, launched a major revision of my website, and published my first book during 2008. In this spirit, I offer one of my favorite quotes as an inspiration for 2009 (be sure to read it out loud):

Think left and think right and think low and think high. Oh, the thinks you can think if you only try!--Dr. Seuss

Carol Olmstead

Give the Gift of Wealth, Harmony, and Love



My new book, the ***Feng Shui Quick Guide For Home and Office: Secrets for Attracting Wealth, Harmony, and Love*** makes the perfect holiday gift for friends, colleagues, family--or for yourself! The *Quick Guide* gives you easy-to-follow basics, quick tips, and success stories from real people who made simple changes with big results. Chapters include "Just Say Throw," which is a month-by-month guide to clearing your clutter, and "A Year of Transformations," a day-by-day calendar of 366 fast-fix Feng Shui tips for all the events in your life. Make the practical magic of Feng Shui work for you...order your copy today.

Just in time for holiday gift giving!

Order your copies of the *Feng Shui Quick Guide* from the online store at FengShuiForRealLife.com, or call 1-800-652-9038 for discounts on orders of multiple copies.

Please order by December 15 to assure delivery in time for the holidays.

***Feng Shui Quick Guide For Home and Office:
Secrets For Attracting Wealth, Harmony, and Love***
By Carol M. Olmstead, FSI
ISBN: 978-0-9815735-0-2
296 pages. Illustrations, glossary, index.
\$15.95 plus shipping and handling.

Feng Shui Tip

What To Give and What to Take

What to Give...

Be careful when you choose gifts for friends and family because they may have hidden meaning in Feng Shui terms. Here are my top five gifts to avoid giving, and options for turning around any hidden messages:

1. Sharp Objects. Never give knives, scissors, letter openers, or can openers as gifts since they represent cutting

a relationship. If you receive one of these, hand over a coin to the giver to symbolize that you bought the object, and restore the bond between you.

2. Empty Wallet. Avoid giving an empty wallet, purse, or briefcase because it represents the lack of prosperity. Instead, fill it with dollar coins or high value bills to send the message that your gift will always be overflowing with wealth for the recipient.

3. Thorny Flowers and Plants. It's best to avoid giving cactus or other spiky plants because these can symbolically pierce a relationship. If you receive roses with thorns be sure to remove them to represent a smooth romance or relationship.

4. Stunted Trees. Bonsai trees or other miniature plants make poor choices as gifts since they represent stunted growth. Instead, choose full, healthy plants with rounded leaves to symbolize prosperity and long life.

5. Handkerchiefs. It is best to avoid giving handkerchiefs because they symbolize wiping away tears and could suggest you expect the recipient to be doing a lot of crying in the future. But since collecting antique handkerchiefs has become a trend, if you do give one, wrap it around a bar of fragrant soap or an orange and tie it with a red ribbon to balance any negative connotations.

What to Take...

Here are five gifts to take with you into the new year to help attract abundance and prosperity:

- **New Wallet:** Buy yourself a new leather wallet at the beginning of the year as a sign that you are ready to attract prosperity; immediately fill it with a \$50 dollar bill.
- **Large Tote Bag:** Add a big tote bag to your collection to symbolize that you are expecting the year to bring so many good things that you need a bag big enough to carry all of them.
- **Red Shoes:** Buy yourself a pair of new red shoes early in 2009. Red is the color of passion, so your new shoes will help you stomp out all the financial frustrations of 2008 and move forward in 2009.
- **Gold Jewelry:** Gold represents prosperity, so buy yourself a new piece of gold jewelry to symbolize your continued ability to afford to treat yourself.
- **New Watch or Clock:** Since timepieces are always moving forward, buy a new one next year to represent

attracting active chi into your life.

Clutter Clinic

Start the New Year Clutter Free

In Feng Shui, clutter represents postponed decisions and the inability to move forward. We all have to deal with some amount of clutter, but in Feng Shui terms extreme clutter holds you back and keeps you from making progress. If you start the New Year with a cluttered house, you could feel overwhelmed and exhausted from the start. In addition to the month-by-month clutter clearing process outlined in my new [book](#), here are 9 daily quick tips that will help keep your clutter under control:

1. Make your bed each morning.
2. Throw away the newspaper each night, even if you haven't read it yet.
3. Do any chore that takes less than one minute, like throwing away the junk mail, putting your socks in the hamper, hanging up your wet towel.
4. Identify a group to receive items you no longer need, then create a place to store those things until you hand them over.
5. Pause for a moment before you "store" something, aiming to keep as little as possible.
6. Never accept anything free unless you're thrilled with it; if you don't need it, don't take it.
7. Fix things as soon as they break, or get rid of them if they can't be repaired.
8. Only keep a piece of paper if you actually need it, especially if you can find the information on-line.
9. Before you go to bed, take five minutes to do a "tidy-up," like stacking magazines, putting away your shoes, putting the chairs back in place.

These tips are modified from [The Happiness Project](#).

Success Story

Laura's Job Offers

In our financially-challenging times, many people are worried about job security. That's why I was so pleased to get this e-mail followup from my client Laura. I had helped her open up several blocked areas in her home, especially her foyer, to get the positive energy moving into her career. Here is what she wrote:

You know I love the company that I work for and what I do,

and therefore have not been in the market for a new job at all. My daughter saw a small table top fountain that she really liked and I put it in the foyer after I cleared out all the stuff from that area. You told me that this was a Water Element area and that I need to remove reminders of the past so new things could flow into my career. Well, in less than one month I was offered two different jobs out of the blue! I politely declined one, but will keep the door open for the other. It is just so amazing. I wasn't even looking for a new job but after clearing out the foyer and placing the water fountain in that spot I was offered two different positions. So, if any of your clients doubt the validity of your profession, have them call me!

Feng Shui Q& A

Q: How does Feng Shui feel about re-gifting? My finances are a bit strained this year and I have some lovely things that I have never used that I would like to pass along to friends.

A: Re-gifting is Feng Shui-friendly because it removes things you don't want from your home and sends them to a place where they are welcome. Just be sure to avoid re-gifting if you have negative feelings about the gift or its original giver, since you might be passing along your negative thoughts to the next recipient.

Q: Where do I place our Christmas tree to help attract wealth into our home?

A: A Christmas tree connects you with the living world so there is really no bad place to locate it in your home. However, because the triangular shape of a tree is considered a Fire Element symbol in Feng Shui, the ideal place is in the room that occupies the upper left hand corner of your home. This is considered the Wealth Area where triangular shapes and objects composed of wood are especially powerful. Placing your tree in this location can help attract wealth and prosperity into the house.

Q: I am a real estate agent. My clients' house has been vacant for a while because they had to move out of town for a job change. Every time I go in there the house feels cold and lifeless. Any Feng Shui suggestions to make the house feel more alive?

A: When a home sits vacant it loses its chi and can appear lifeless. I recommend you do a Feng Shui staging to add some furniture and artwork to bring active energy back into the space. You can use the bagua map and Five Elements description in the "Feng Shui Basics" section of my website FengShuiForRealLife.com as a guide for where to place colors

and shapes to make the space come alive again. And make sure you add some life to the landscape by assuring that everything is well maintained.

Do you have a Feng Shui question that you would like to see answered in this column? Submit your queries to:
carol@FengShuiForRealLife.com.

Decorate With Feng Shui

Using Feng Shui To Create Harmony

The holiday season can be a joyful time of family, friends, and fun, but it can also be stressful for some people. To help create harmony in your home, use the colors, shapes, textures, and aromas that represent the Feng Shui Elements as you decorate for the holidays:

Maintain harmony during the holiday season by balancing *yin and yang* in your decorating and using opposites in your color scheme - dark and light, hard and soft, active and passive.

If you need to improve a family member's *health* during the holiday season, decorate with twinkling lights or ornaments around the center of your home or of each room, which is the Grounding/Balance area.

Use plants and fragrances to create balance: *Mistletoe* is associated with affection, but is also inspires calm and a peaceful state of mind. *Holly* is a sign of good wishes and domestic happiness. *Poinsettias* represent love, so place two in the Love/Marriage area of your home. The fragrances of *pine* and *clove* are scents that bring peace and calm, and *oranges with cloves* in them represent good health.

For *Christmas*, use a gold skirt around your tree and a bright yellow star at the top to represent the grounding of the Earth Element. If you don't put up a tree, bring in nature indoors by displaying *evergreen boughs* to counteract any winter gloom and encourage guests to laugh and mingle.

For *Hanukkah*, decorate in the traditional colors of blue (Water Element) to make your holiday flow smoothly, and silver (Metal Element) for strength. Display the *menorah* prominently because candles create warmth, positive energy, and goodwill.

For New Year's Eve, decorate with gold and silver, the colors of *valuable coins*, to set your intention to attract wealth and smooth your way in the coming year.

These tips came from the "Calendar of 366 Tips" included in the [Feng Shui Quick Guide](#).

Feng Shui Gift Ideas

Gift Certificates, Purse Hangers, Feng Shui Quick Guide

A gift of Feng Shui is the perfect solution for many people on your holiday gift list:

The Gift of a Feng Shui Consultation

I offer two types of Feng Shui gift consultations:

Gift Certificates cover the entire cost of a home, office, or business consultation. I can e-mail the certificate or mail it in a beautiful presentation folder. Call or [e-mail](#) for cost.

\$25 Gift Cards can be applied toward the purchase of a home or office consultation, or toward any of the products and services offered through the [Online Store](#) on my website.

Holiday Sale on Gift Cards through December 31: Buy 4 Gift Cards and get 1 Free!

Purse Hangers

In Feng Shui, placing your purse on the floor represents disregard for your wealth. A purse hanger lets you hang your purse safely from the table. It's the perfect gift or stocking stuffer for friends, family, or yourself! Order from my [Online Store](#).

Feng Shui Book:

[*Feng Shui Quick Guide For Home and Office: Secrets For Attracting Wealth, Harmony, and Love.*](#)

The perfect "thank-you" to give your clients. Discounts available for orders of multiple copies.

Order these gifts at www.FengShuiForRealLife.com by December 15 to assure holiday delivery!

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, 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.

WHERE IN THE WORLD IS CAROL THIS MONTH?

Santa Fe/Albuquerque: December 9-15

New York City: December 16-20

Washington, DC/Maryland: December 22-24

Do you want to schedule a consultation in a city not on my current schedule?

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!**

New for 2009!

Feng Shui Tips to Recession-Proof Your Life

By popular demand, this workshop presents simple strategies and everyday changes you can make to attract prosperity and retain the wealth you have already accumulated.

Bring this workshop to your city! [E-mail](#) me for details and special rates for scheduling this session for your group in your location.

Feng Shui Tip For Boxing Day

Giving a Gift to Those In Need

Boxing day is a decidedly English holiday that can have Feng Shui implications everywhere. Celebrated on December 26, Boxing Day started under Queen Victoria as a way for the upper class to give gifts to those of the lower classes. Merchants would give boxes containing food and fruit, clothing, or money to tradespeople and servants as an

expression of gratitude. Since these gifts were given in boxes, that's how the holiday got named. Boxing Day also involved the clergy opening the alms boxes and distributing the contents to the poor on the day after Christmas.

The Feng Shui application is obvious to me: this year, instead of rushing to the mall on December 26 to return unwanted holiday gifts, spend the day donating them to your favorite charity. This way, we can establish a Feng Shui-friendly version of Boxing Day by the simple practice of giving to others less fortunate than yourself.

Beyond Feng Shui

Unclaimed Property and Missing Money

Did you know that there is about \$33 billion worth of unclaimed property in the form of uncashed checks and bank account balances sitting in state treasuries across the country? To find if your name is on the list, go to the National Association of Unclaimed Property Administrators website www.unclaimed.org to find links to state comptroller's website. You can also search more than 40 unclaimed property programs at once at www.missingmoney.com. I checked the state where I grew up and found a listing for my uncle! Who knows, your name or the name of a family member could be on this list.

Common types of unclaimed property include:

- Bank accounts and safe deposit box contents
- Stocks, mutual funds, bonds, and dividends
- Uncashed checks and wages
- Insurance policies, CD's, trust funds
- Utility deposits, escrow accounts

Be sure to check all of the states where you have previously lived to see if there is an unexpected "holiday bonus" waiting for you.

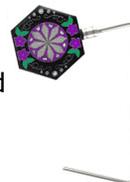
On-line Store

Feng Shui For Real Life On-Line Store

The online store on my website features products and services available to help you make Feng Shui improvements in your home and office. Check out what is available in the [store](#) this month.

Purse Hangers make great stocking-stuffers!

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. It's the perfect gift for friends, family, or yourself!



Order your [purse hanger](#) from the online store.

FYI

Do You Want to Use Articles From This E-zine?

While articles in the *Feng Shui For Real Life E-zine* are copyrighted, I encourage you to reprint them and link to my web site. I ask only that you credit *Carol M. Olmstead* as author and include my website address or link to my website FengShuiForRealLife.com when you print the article or use it online.

Make Sure You Receive Every Issue of This E-zine.

To ensure that your copy of the *Feng Shui For Real Life E-zine* does not get caught in any SPAM filters, please add my e-mail address (carol@FengShuiForRealLife.com) to your address book or approved senders list.

E-zine Archives

If you missed any previous issues of the *Feng Shui For Real Life E-zine*, the archives can be accessed via the [newsletter subscribe page](#) on my website.

My Client-Focused Approach to Feng Shui:

When I recommend Feng Shui changes or "cures" for a home, office, or business 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 improvements 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 to Feng Shui issues 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.

