



Feng Shui For Real Life E-Zine

Volume 9, Issue #4

April 2009



Welcome to the *Feng Shui For Real Life E-zine*, a monthly e-mail magazine 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 website FengShuiForRealLife.com.

--Carol Olmstead

Check Out What's New This Month!

New Video Series

My new video series "Spring Clean with Feng Shui" is now up and running on this expert how-to site. Go to www.MonkeySee.com and search for "Feng Shui."

Feng Shui Economic Stimulus Package

To help get our economy moving forward, I am rolling back prices for office and business consultations during April, May, and June. [E-mail](#) or call for pricing.

Join my new group on Facebook

I have launched a group on Facebook where I will answer your questions and host discussions of Feng Shui topics beyond what is included in this e-zine. To join you can search Facebook groups for "Feng Shui For Real Life" or e-mail carol@FengShuiForRealLife.com and I'll personally invite you to join. **Submit your questions and get the discussion started!**

Read My Latest News Releases

Check out these new releases in the [Media Room](#) on my website, www.FengShuiForRealLife.com.

--As Tax Time Approaches, Clearing Clutter Helps You Go Green While You Attract "Green"

--Going "Feng Shui Green": Author Offers Green Tips For Inviting Wealth Into Your Local Economy

Feng Shui To The Rescue

Feng Shui Tip For April: Get Some Sleep!

Many of us are facing difficult times right now because of the depressed economy and all of its ramifications. While Feng Shui can provide some short-and long-term fixes to help you deal with your problems, you can't begin to solve anything and move ahead if you can't get a good night's sleep. A few Feng Shui changes in these four areas of your bedroom can help assure a good night's sleep and a clear mind to face challenges each morning:



- 1. Across:** Avoid sleeping with a mirror across from your bed because in Feng Shui this causes overly active chi. Mirrors catch and reflect light, keeping a room awake and contributing to a restless night. Limit the number of mirrors in a bedroom to no more than one, and position it so you can't see yourself in it while you are in bed. And be sure to keep your mirrors clean or they will cloud your vision.
- 2. Under:** Avoid storing anything under your bed, especially metal exercise equipment or shoes, so the positive sleep-inducing chi can flow all around you. If you sleep with workout equipment under your bed you are symbolically "running" all night; if you sleep with shoes under the bed you feel tired when you wake because you were symbolically "walking away" from a good night's sleep. If your storage space is limited and you must store things under your bed, keep only soft things like out of season clothes or linens.
- 3. Above:** A ceiling fan is certainly useful to circulate the chi in a room, but if it is located directly above your bed its "cutting" chi could lead to poor sleep or even illness. And it could symbolically "cool down" your relationship. If you can't relocate your bed, hang a small, round faceted crystal from the center of the fan. This Water Element symbol will reduce some of the Metal Element of the fan.
- 4. Around:** The most restful color for bedroom walls is a "skin tone," ranging from ivory to mahogany. If you look at a paint color and it makes you think of the glow of healthy skin or the warm blush on cheeks, then it's the right color to sleep with. Cold colors like pure white, gray, and icy blue make it difficult to get a good night's sleep, and greens are too stimulating. It's also important to keep all work-related items out of your bedroom, limit electronics, and surround yourself with peaceful artwork.

FYI...

According to the American Psychological Association, Americans report these causes of sleepless nights:

1. Work (74%)
2. Money (73%)
3. Workload (66%)
4. Children (64%)
5. Family Duties (50%)

6. *Your Health (55%)*
7. *Spouse's or Child's Health (55%)*
8. *Parent's or Other Family Member's Health (54%)*
9. *Housing Costs (51%)*
10. *Intimate Relationships (47%)*

Clutter Clinic

Get Rid of Tax Record Clutter

The economic downturn has at least one hidden benefit: it is forcing us to simplify. One area where we can all do some clutter-clearing in with our tax records.

The first US income tax was levied in 1862, when Abraham Lincoln signed into law this revenue-raising method to help the government pay for the Civil War. If you just filed your taxes it may seem like your records have been cluttering your desk or kitchen table since way back then. Whether you got a refund or had to pay this year, getting rid of unneeded files will open up space for abundance to flow into your life.



Professionals recommend that you keep personal tax records for 7 years, and anything related to real estate property bought or sold indefinitely. But you can safely shred at least one older box of other paper records after you file each year.

How do you decide what papers you need to keep in addition to what is required by law? In Feng Shui, keeping too much paper clutter represents the inability to move forward. If you want to get rid of paper and make space for new things to flow into your life, answer these three taxing questions to decide whether a piece of paper is clutter or a keeper:

1. If I throw this away, will I get arrested? If the answer is NO, toss it.
2. Did I need this during the last year? If the answer is NO, out it goes.
3. Can I get it someplace else, especially on the Internet? If the answer is YES, trash it!

Read my News Release on Clearing Tax Clutter in the [Media Room](#) section of my website www.FengShuiForRealLife.com.

Read my article on "Feng Shui and Your Old Documents" in the April newsletter from MT Plnero Associates.

Success Story

Finally, A New Job!

I love helping my clients, especially since I continually receive the most heart-warming thank you notes from them when they make changes and attract what they want into their lives. But this e-mail from one client who had been out of work for almost a year especially made my day. Her mother had given the consultation to her as a birthday gift. Here is what she wrote:



What a week I had after meeting you on Tuesday. On Wednesday I applied for a job managing a chiropractic office, and I put my couches on Craig's List. Thursday, I sold pretty much everything in my house other than the TV and bedroom set! I even sold the curtains. People were going crazy, it was like a garage sale, and I made \$1,800.

When I applied for the job, I took your advice and in my cover letter offered to volunteer for a month to prove to them I could be a great fit, and they called for an interview. I was the first interview, with no experience, and hooked the job! It's amazing...a week after you came to see me I got a job after almost a year-long search. They are even willing to train me. Thank you so much. I am very grateful to you and my mom!

Feng Shui Q&A

Q: We live in a low-rise condo development where all our decks overlook the balconies of other units. We not only lack privacy, but sometimes it feels like we have dozens of eyes staring at us. Is there anything we can do to help?

A: Try defining your space by placing planters near the edge of the deck or hanging planter boxes on the deck railing to separate you from your neighbors. Plant flowers or bushes in them, or even small evergreen trees if you have space. These will not only attract the Wood Element energy to your home, but will also help deflect any real or imagined "prying eyes" of neighbors. On the inside, energize your home against any troublesome neighbors by placing fresh flower arrangements on your windowsill all year long, or on a table near the window.

Q: In one of your new spring clearing videos on MonkeySee.com you talk about removing old and half-used food from your pantry and refrigerator. But sometimes I'm not sure whether something is unsafe just because it's opened. Do you have any additional advice for deciding when food is unsafe to keep?

A: An invaluable resource to use when cleaning out your refrigerator and pantry is www.StillTasty.com, where you can search for a specific item or browse through the categories to determine how long it is safe to keep a food or beverage. The site helps you determine whether to keep or toss, and also answers a question of the day. A recent question was "Is it safe to use bottled

water after the expiration date?" The answer was yes, because the date refers to quality not safety.

Q: I inherited some beautiful antique furniture from my mother, but it has been sitting in storage for several years. I hate to part with it because it has so many pleasant memories of my childhood, but I also don't want to continue to pay to store it. Any suggestions?

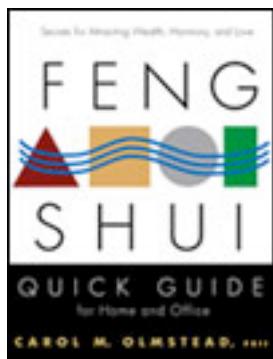
A: Take a good, hard look at the furniture and decide if you truly love what it looks like, or if it is only the memories surrounding it that you love. If you still love the furniture, consider replacing some of your current furniture with these heirloom pieces. If you don't love it enough to surround yourself with it, keep one piece to represent your positive memories, then sell or donate the rest. This will get your positive chi energy flowing toward the future.

Do you have a Feng Shui question that you would like to see answered in this column? Submit them to: carol@FengShuiForRealLife.com, then check this section for the answer.

Feng Shui Quick Guide For Home and Office

"Look Inside" the *Feng Shui Quick Guide For Home and Office* on Amazon.com! 175,450 rials... that's the price the *Feng Shui Quick Guide For Home and Office* is selling for on the Iranian version of Amazon, and it's selling for 23.45 euros in the UK. Even though the book has gone international, you can still get yours for only \$15.95 on Amazon.com.

And now, when you go to [Amazon](#) you can "Look Inside" the *Feng Shui Quick Guide*. Click on this option to see the *Table of Contents*, *index*, and the *first few pages*. Or, click on "Surprise me!" to get a random selection from the book. Try it and let me know what pages you previewed.



***Feng Shui Quick Guide For Home and Office:
Secrets For Attracting Wealth, Harmony,
and Love***
by Carol M. Olmstead, FSII
ISBN: 978-0-9815735-0-2
296 pages. \$15.95
Feng Shui basics · Guide to Clutter Clearing
Daily Calendar of 366 Tips · Basics · Glossary

Order your copy at [Amazon.com](#).

SPECIAL OFFER: By popular request, I am again offering signed and personalized copies of my book and discounts for orders of multiple copies to give as gifts to your friends, clients, and colleagues. E-mail or call 1-800-652-9038 for details.

In The News

And the Winner Is...Mimosa

Pantone, the global authority on color for the design industries, has declared *Mimosa* the color of the year for 2009.

Pantone describes Mimosa (#14-0848) as a warm, engaging yellow. In a time of economic uncertainty and political change, optimism is paramount and Pantone believes this color expresses hope and reassurance. "The color yellow exemplifies the warmth and nurturing quality of the sun, properties we as humans are naturally drawn to for reassurance," explains Leatrice Eiseman, executive director of the [Pantone Color Institute®](#). "Mimosa also speaks to enlightenment, as it is a hue that sparks imagination and innovation." Mimosa is a versatile shade that coordinates with many colors, and is perfect for the kitchen or family room. Painting a wall in Mimosa will add warmth and cheerfulness because it creates the illusion of being connected to the outside.

How To Spring Clean with Feng Shui



My new video series, "[How To Spring Clean With Feng Shui](#)," is now up and running on the how-to expert site, www.MonkeySee.com. Check out this series of 7 videos, which include tips for clearing the energy near your front door, keeping the foyer neat, and handling all those books in your home office.

Feng Shui For Spas



You can now listen to the webcast of my recent teleseminar on "Feng Shui For Spas" by going to the [Media Room](#) at www.FengShuiForRealLife.com. The teleseminar was hosted by Keith West-Harrison of Spa Enhancement Strategies.

If you are a spa owner looking to increase business despite these challenging economic times, consider taking Keith's workshop "Secrets of Successful Spa Ownership" workshop, which will be held on April 20 at the Greater Albuquerque Chamber of Commerce. To register for the workshop or to get more information, go to www.SpaEnrichmentStrategies.com/success.

Do You Want More Feng Shui News Tidbits?

If you want Feng Shui tips and news tidbits to include in a blog, news article, e-zine/newsletter, or marketing materials, please [e-mail](#) or call 1-800-652-9038 to discuss the range of topics that I can provide. Feng Shui is also a terrific topic for teleseminars and radio programs.

Home and Office Consultations

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 IS CAROL THIS MONTH?

Santa Fe/Albuquerque: April 20-30

Washington, DC/Maryland/Virginia: May 11-15

If your city is not on my current schedule, call 1.800.652.9038 for details about scheduling a consultation in your location.

I welcome your referrals in these and other cities nationwide.

WORKSHOPS AND BOOK EVENTS



There is a seat waiting for you at these fun and informative workshops!

Upcoming Workshops and Events Open to the Public

April 25, 2009

Book Fiesta at Clear Light Books, Santa Fe

Join me for a book signing at Clear Light Books, 823 Don Diego Ave, Santa Fe 87505, from 10am-4pm. Other authors will be showcasing their books as well, so stop by and see what Santa Fe's finest writers are offering. Contact [Clear Light Books](#) for more information (505) 989-9590.

June 12, 2009

Women Make a Difference Luncheon

Tanoan Country Club, Albuquerque

"Feng Shui Goes To Work" with Carol Olmstead

Make new business contacts at this networking luncheon where I will give Feng Shui tips for growing your business and your career during this challenging economic times. To register or for additional information, contact [Val Romero](#) at val.romero.ppl@gmail.com, or check out their website at www.abqwomenmakeadifference.com.

September 10, 2009

Celebration of Excellent Women

Sandia Resort and Casino, Albuquerque

I am a Platinum Sponsor of this networking event showcasing outstanding women in the community. I will also have a booth and will be signing books. If you know an outstanding woman you would like to nominate to be honored at this annual event, or if you would like to be a sponsor or vendor, please contact me by e-mail or call 505-690-1814. Also check out the website for details:

www.CelebrationofExcellentWomen.com.

Custom Workshops For Your Group or Organization

Bring one of my workshops to your city!

From keynote speeches, to "munch-and-learn" workshops, to half-day or full-day seminars, my interactive workshops are full of practical advice, tips...and fun. Please check out the "Workshops" page on website to see the sample of workshop topics I can personally customize for your group's objectives and your location:

http://fengshuiforrellife.com/workshops_and_seminars/index.html.

If you have a group or know of an organization that would be interested in booking me as a speaker, please [e-mail](#) or call 1.800.652.9038.

Beyond Feng Shui

Recycling Your Old TV



The switch to digital broadcast television is coming on June 12, and on that date your old analog TV won't work without a converter box. But what can you do with an old TV that you no longer need? It's best not to toss out a television because it can contain lead, chromium, and mercury inside the glass tube, which, in a landfill, can contaminate our soil and water supplies. A good alternative is to try to find a recycling location.

- Try searching www.Earth911.com, a site that helps you find a local recycling centers for many products.
- Another possibility is to bring the set to any [Best Buy](#) store for recycling. Best Buy does charge \$10 for TVs (and CRTs, monitors and laptops), but at least this is offset with a \$10 gift card. They will accept up to two items per household per day.

Do you know of other options for recycling your old TV? Please e-mail your ideas and I'll share them in the next e-zine.

Because (Almost) Everyone Screams For Ice Cream

Here are a few dates that ice cream lovers across the country will want to mark on their calendars:

***April 21--[Ben & Jerry's](#)** is offering one free cone as a way to thank customers for their support and to celebrate 31 years of scooping.

***April 29--[Baskin-Robbins](#)** 31 Cent Scoop Night to honor America's firefighters.

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: http://fengshuiforreallife.com/online_store/index.html.

Purse Hangers make great gifts!

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 the e-mail address carol@FengShuiForRealLife.com to your address book or approved senders list.

Check the 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.

Schedule a Consultation or Workshop

If you would like to set up a home, office, or business consultation, or schedule a customized workshop, contact:

Carol M. Olmstead, FSII

Certified Feng Shui Practitioner

Call toll free 1-800-652-9038 or [e-mail](#)

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.

