



Feng Shui For Real Life E-Zine

Volume 9, Issue #5 **May 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!

Carol is the new editor of the Feng Shui site at www.BellaOnline.com

I am delighted to announce that I have been selected as the new editor of the Feng Shui website at www.BellaOnline.com, which is one of the top information and networking sites for women.

BellaOnline.com is a site written by women, sharing helpful tips from a female point of view. I'm glad to be part of the team of talented writers! In addition to posting Feng Shui articles and moderating the discussion forum, I will be issuing a weekly e-newsletter of more Feng Shui tips and news, beyond what I share in this e-zine.

BellaOnlinesm
The Voice of Women

Please join me at www.BellaOnline.com.
The direct link to my Feng Shui site is:
<http://fengshui.bellaonline.com/Site.asp>. I look forward to your suggestions for topics to include on the site and in my weekly newsletters!

[Click here to read articles, visit the forum, and sign up to receive the BellaOnline Feng Shui Newsletter.](#)

Looking Ahead

As if you needed an excuse to visit beautiful Santa Fe in the Fall, here is another reason: I am one of 66 authors selected to participate in the second annual **New Mexico Women Authors' Book Festival**, September 26, 2009. I will speak about Feng Shui and sign my book, the *Feng Shui Quick Guide For Home and Office*. The event is sponsored by the Museum of New Mexico Foundation.

Feng Shui To The Rescue

Feng Shui Tip For May: Makeover Your Office for Job Security

Job security is a special concern for many people right now, but all too often the typical office creates strain, tension, irritability, and feelings of isolation rather than supports security. Whether you work in a cubicle, a corner suite, or telecommute from home, making a few Feng Shui adjustments can help ground your career.

Here are three quick makeover fixes for common workplace issues:



Problem: Your desk is in the wrong location.

Quick Fix: The most auspicious location for a desk is positioned diagonally across from the door. The worst place is with your back to the door. When you sit with your back to the entrance of a room you can't see what is going on behind you, making you vulnerable to being "caught off guard" by your competitors, clients, or colleagues. If you can't relocate your desk, hang a mirror or position a reflective object so you can see behind you.

Problem: Your desk is the wrong size.

Quick Fix: A desk that is too small for the work to be done makes you feel that your ambitions and aspirations are restricted. A desk that is too large makes you feel that you are not up to the challenge of the work. Choose the appropriate size work surface so you have room to spread out, create, and expand in your job.

Problem: There are sharp corners pointed at you.

Quick Fix: The edges of walls pointing at you are called "poison arrows" because they send harsh energy toward you, making you feel uncomfortable, threatened, or insecure. Place something between you and the sharp edge to provide protection, such as furniture, bushy plants, soft fabrics, or molding.

Clutter Clinic

Handling Family Genealogy Clutter

This tip for reducing clutter comes from my client and friend Autumn in Alamogordo, New Mexico. When I first came to do her consultation, Autumn was overwhelmed with enormous stacks, boxes, and suitcases of family history documents stored in her garage. Autumn is not alone in facing the challenge of what to do with this kind of priceless information.

Here is how Autumn tackled her clutter problem:



I found a fabulous product called ScanSnap that scans amazingly fast--30 pages front and back per minute, documents and photos. This was especially important for me since I estimated there were thousands of pages per carton in the garage. So I have been on a mission, working on it every morning before I leave for work. Sometimes it's slow because the letters are on super-thin paper or there are small pieces of paper, but I set aside time every day for this project. My goal is to get down to one suitcase of things to keep, and then send a copy of what I scanned to my siblings. I am so excited about all of this. It's been a lot of work so far, and there is still a lot to go through, but for the first time I can see the end.

And then this followup:

Just to let you know I have scanned in all of the genealogy. Over 8,000 documents as I had predicted! I am down to 4 suitcases of photos and documents that I don't want to toss, like marriage certificates and military discharges. The total gone is 6 empty suitcases, 2 empty file boxes, 4 empty large binders, and 10 large bags to the trash! I have such a relief in my heart.

If your family history documents are contributing to clutter in your garage, attic, guest room--or anywhere--they could be weighing you down. Follow Autumn's lead and start scanning!

Success Story

Moving Back

I started working with Tiffany when she and her husband were renting a run-down Cape Cod in Bethesda, Maryland, while he was finishing his fellowship in Internal Medicine with the Army. The house presented many Feng Shui issues, but Tiffany was up to the challenge and quickly made the house truly their

home. They even had a baby after six years of trying! Ultimately the family was transferred to El Paso where they bought a house.

Recently, I received an update that they had sold their home in Texas and were on their way back to Maryland. Selling a home in a tough real estate market could have been a challenge, especially since they needed to sell for top dollar in order to buy a house in a more expensive market, but Tiffany again made Feng Shui work for her.

Here is what she wrote:



Our house in Bethesda was in sorry, sorry shape, but we did so many of the things you suggested that by the time we left for El Paso it looked fabulous. I've never loved a place more! When we bought a house in El Paso, little by little I did more things to make it feel like home. Then, when it was time to sell I took everything that I learned from you (so far, more to come!) and sold it in 13 days. Such a thrill, and a huge relief. People loved it... you should have heard all the positive comments. Whew... thank you! We turned around and bought a house in Bethesda and will close on it in early June. Looking forward to seeing you again at the new house.

Feng Shui Q&A

Q: I am looking for a new headboard and want something different this time. Do the different shapes have different meanings in Feng Shui?

A: The main reason for a headboard in Feng Shui is to ground and support you while you sleep, but the shape you choose can also affect your relationship and prosperity. A **square** headboard is ideal. This represents the Earth Element that symbolizes stability and balance, nurtures a relationship, and stabilizes finances. A **rectangular** headboard is also a good choice because it symbolizes the Wood Element that brings growth and expansion. A **triangular** headboard has a point that represents the Fire Element. Although you do want to add Fire to relationships, when used as a headboard this shape could cause arguments and disputes. A **semi-circular** headboard represents the Metal Element that symbolizes authority, elegance, and an abundant lifestyle. A **curvy** headboard represents the Water Element that is constantly moving, so it is not recommended since it could mean instability in your prosperity and relationships.

[Click here to see a description of the Five Elements on my website.](#)

Q: Is there such a thing as Feng Shui for a resume? My friend was unexpectedly laid off and sent me her resume to review.

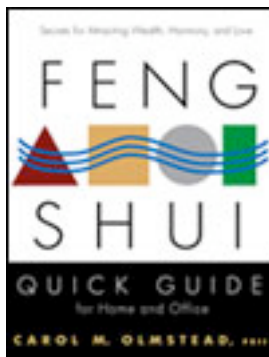
A: From a Feng Shui perspective, I would advise your friend to pay as much attention to the area where she works when she sends out cover letters and resumes as she does to the resume itself. I recommend setting up a special "office" area so the action of finding a new job becomes her full-time occupation right now. She should decorate that space with artwork that sends a positive message about her job search. Good examples include a picture of a rising sun to suggest a new beginning for her career, birds flying or a hot air balloon rising to give flight to her career, a healthy live plant with rounded leaves to represent wealth, and artwork or objects that specifically relate to her career field or a specific company she is interested in. And of course the resume should be neat and error-free.

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

Feng Shui Quick Guide For Home and Office

What Element Are You? Take the **Elemental Personality Quiz** in the *Feng Shui Quick Guide For Home and Office*.

If you are ready to have some fun with Feng Shui, take the *Elemental Personality Quiz* in my book (pp. 47-49) to see which is your dominant Element. Is the Element you are most drawn to the same one you are already using to decorate your home or office? [Send me an e-mail after you take the quiz](#) to let me know if your Element matches your current style.



Check out the book on [Amazon](#) and "[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

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Feng Shui basics · Guide to Clutter Clearing · Daily Calendar of 366 Tips · Index · 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

Spheres/Circles Online Magazine

My tips for "wearing green to attract green" appear in the Spring 2009 issue of the online magazine *The Spheres Circular*, which is dedicated to promoting the principles of positivity and connectivity. [Click here to read the tips](#). In each issue, Publisher Deborah Koppel Mitchell focuses on positive musings, resources, news and stories of people and organizations making a positive impact in our world. You can sign up to receive the magazine at Deborah's website, www.SpheresCircles.com.

West Coast Writers Blog

Blogger Laura L. Hoopes used my tips for writers in her informative blog, westcoastwriters.blogspot.com. Laura says she is going to apply the principles to her writing space. [Click here to read the tips](#).

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 work with clients 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, 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?

Washington, DC/Maryland/Virginia: May 11-15, June 2-5

Santa Fe/Albuquerque: May 18-29



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:

June 12, 2009

Women Make a Difference Luncheon

11:30am-1:00pm

Tanoan Country Club, Albuquerque, NM

"Feng Shui Goes To Work" with Carol Olmstead

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

June 19, 2009

Now That I Bought It, Where Do I Hang It?

An Afternoon of Feng Shui and Art

with Carol Olmstead, Feng Shui Expert

3:30pm-6:00pm

Corrales, NM

Join us for tea and munchies, conversation and networking, all hosted by Diane Furie at her home in Corrales. Learn what the different colors, shapes, and images in your artwork really mean, and how where you place it can affect what you attract into your life. Call 505-690-1814 to register and for directions.

September 10, 2009

Celebration of Excellent Women

3:00pm-6:30pm

Sandia Resort and Casino, Albuquerque, NM

I am a Platinum Sponsor of this annual networking event that showcases 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.

September 26, 2009

New Mexico Women Authors' Book Fiesta

11:00am-5:00pm

Milner Plaza at Museum Hill, Santa Fe, NM

I am one of 66 women selected to participate in this second annual event. I will speak about Feng Shui and sign my book, the *Feng Shui Quick Guide For Home and Office*, in the Creative Arts Pavilion at 1:30 pm.

Custom Workshops For Your Group or Organization:

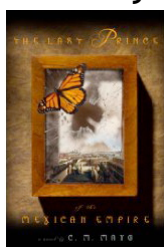
Bring one of my workshops to your city!

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. [Click here](#) to see a sample of workshop topics I can personally customize for your group's objectives and your location.

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.

Partner Profile

C.M. Mayo, Author, *The Last Prince of the Mexican Empire*



Writer C.M. Mayo, a long-time follower of this e-zine, has published her novel *The Last Prince of the Mexican Empire* (Unbridled Books, May 5, 2009). Set in the mid-19th century, the novel is based on the true story about a half-American, half-Mexican boy who

became a prince and then a pawn in the struggle over Mexico's destiny. Publisher's Weekly says the book is: "Epic in scope, impressively researched. Mayo's reanimation of a crucial period in Mexican history should satisfy history buffs and those in the mood for an engaging story brimming with majestic ambition." You can buy the book at www.Amazon.com and in bookstores.

Did the Feng Shui changes in Mayo's writing space help her write her novel? Here is what she says:

Does Feng Shui work? Well, as I see it, quantum theory suggests reality may be holographic, in which case, strange as it may sound, moving your stuff could change your life, working on levels far beneath surface appearances and so-called logic. I do know this: after Carol's in-depth Feng Shui consultation, I began noticing what I happen to place in various parts of the bagua. I ask myself, hmmm... is that what I want? Or not? Or what? So I think of Feng Shui as a tool for clarifying my intentions and certainly, back when I began writing this novel, Carol helped me do exactly that.

You can read my Feng Shui tips for writers on [C.M. Mayo's informative blog](#):

C.M. Mayo's upcoming book signings:

Albuquerque, NM: June 6, 7pm, Bookworks

Bethesda, MD: June 18, 7pm, Barnes and Noble

Beyond Feng Shui

Compact Fluorescent Bulbs



I want to be as "green" as the next person, but it's no secret that I have been worried about those new compact fluorescent light bulbs (CFLs). The earliest types have not been very Feng Shui friendly--plus it's hopeless using them to put on makeup. Some of my clients who have made the switch to these energy-efficient versions are not happy with the harsh light and the unattractive shape of the new bulbs, and some report problems with migraine headaches.

However, there is hope as newer versions of these bulbs are being developed, and no less than Martha Stewart has published a list of the more Feng Shui-friendly options. Energy-saving bulbs have adopted the shapes, sizes, and appearance of traditional bulbs, making it easier to phase them in to your décor.

Here are a few of Martha's suggestions for choosing the right bulb to minimize any harsh effects:

- **Table and floor lamps:** Compact fluorescent in warm white.
- **Reading and Task Lamps:** 23-watt CFL in warm light or daylight.
- **Recessed Fixtures:** CFL in warm white or a halogen.
- **Warm White:** When in doubt, opt for a warm-white CFL, 3,000 degrees Kelvin or lower. It has the color quality most associated with traditional bulbs.
- **Cool White:** This color temperature is best avoided. It washes out skin tones and makes reds, oranges, and browns look muddy.
- **Daylight Bulb:** In general, you should use a daylight bulb only in a reading or task light. The cool, bright tone makes text jump off the page.

Read more at MarthaStewart.com.

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 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

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While articles in the *Feng Shui For Real Life E-zine* are copyrighted, I encourage you to reprint them and link to my website. 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.

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