



Feng Shui For Real Life E-zine

Volume 9, Issue #9, September 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

What's New This Month?

In this issue:

- Makeover your website with Feng Shui
- Stop clutter at its source
- Feng Shui For Real Life in the news
- Where to hang family photos
- Discount consultations in the DC area

"Move Without Moving" Package

To help sustain people through these complex economic times, I have put together my **"Move Without Moving"** discount package of Feng Shui and clutter clearing services. This comprehensive package is a \$150 savings over buying the services separately.

Check out the package details in the "Consultations" section.

BellaOnlinesm
The Voice of Women

Visit my Feng Shui site at www.BellaOnline and send me your suggestions for topics to cover in my weekly articles and in the discussion forum.

The direct link <http://fengshui.bellaonline.com/Site.asp>.

Feng Shui To The Rescue

Feng Shui Tip For September: Makeover Your Website With Feng Shui

In Feng Shui, colors and shapes represent the Five Elements that bring specific attributes into your life, like wealth, reputation, and clients. Similarly, the colors and

shapes in your website and the flow of your pages send a strong message about your profession, company, or service.

Here are a few suggestions for working some Feng Shui into your website.

- **Create An Attractive Entrance.** Your home page is equivalent to your front door, so make it an attractive entrance for clients to enter your site.
- **Balance Yin and Yang.** Bright, light, and clean pages (yang energy) generate more positive energy for a site than dark pages (yin energy).
- **Choose Your Colors.** The Five Elements represent the emotions you want customers to feel when they see your site, so match the colors of the Elements you use to your profession or business. For example, blue (Water Element) and white (Metal) make a good combination to show movement and focus, while green (Wood Element) and brown (Earth Element) show stability and grounding.
- **Add Appropriate Images.** Graphics should be natural looking, clear, and well defined. If your images are fuzzy, download good stock photos or art from a service like iStockPhoto.com.
- **Avoid Too Much Activity.** Resist the urge to add too many moving images, since they makes the chi of your site flow too fast, deflecting your readers from your message. Instead, have a place of stillness, such as a logo area, which appears on every page.
- **Encourage Flow.** In nature there are no straight lines and the chi ebbs and flows. However, many web sites have too many angles that keep the chi from flowing smoothly around the pages. It's better to break up the straight lines with curvy design elements. Make it easy for clients to navigate around your site and you will avoid stagnant chi.

As an example of how these principles work, take a look at the Feng-Shui friendly layout of my website www.FengShuiForRealLife.com, where all the design elements were placed with a Feng Shui purpose. My logo is in the Wealth/Power area, the pointed mountains (Fire Element) in shadow at the top of the site are in the Fame/Reputation area, and the waves (Water Element) are at the bottom in the Career area. My e-zine "subscribe" box is in the bottom left corner, which is the Knowledge/Wisdom area and the perfect place to link you to the newsletter Archives.



Can your website benefit from a Feng Shui review? Arrange your review at

<http://fengshuiforrealife.com/Detailed/103.html>

Clutter Clinic

Stop Clutter at Its Source - Shopping

If your clutter issues result primarily from buying too much when you go shopping, here are a few tips to help you stop clutter at its source.

1. **Notice How You feel.** If buying something new makes you feel safe and loved

or gives you a kind of "high," it's important to be aware of it. Once you're aware of why you're buying, you can take steps to make yourself feel better in ways other than shopping.

2. **Be Aware of Your Surroundings.** When you are inside the beautiful displays of your favorite stores, it's easy to forget how stressed a cluttered home makes you feel. Before you buy anything, clearly imagine yourself back at your house with your new purchase and ask yourself: *Where in your already cluttered space will I put this new purchase? Who will clean it? How much space will it consume? What will it give back to me? How long will it be valuable?* Asking yourself questions like these will help you make better buying decisions.
3. **Calculate Your Time Cost.** If money isn't enough of a motivator for you, think of how much time your new purchase will cost you. For example, if you make \$20 per hour and your new purchase costs \$100. In time currency, your new thing will cost you five hours of your life. Thinking of new purchases in this way will help you decide if you really need it or if you only want it to make yourself feel better.

The next time you're out shopping, try these simple tips and see if it doesn't help shift your shopping mindset so you can make better choices.

This advice comes from professional organizer Monica Ricci of Catalyst Organizing Solutions, LLC, in Atlanta.

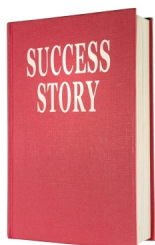
Success Story

Natalia's New Art

Natalia called me because her relationship had been on the rocks since she moved into her new condo. Everything had been fine in her previous apartment, but soon after buying the condo her relationship with her long-time boyfriend Rob went down hill and he stopped coming over as often. Natalia said she bought new artwork to fill up the walls of her larger space. When I arrived at Natalia's home the problem was immediately clear: she had hung too many "single" images on the walls. There were prints of solitary, lonely-looking woman in almost every room. Making this solitary message even stronger was the large painting of woman Natalia had hung above her bed. All of this solitary art was sending the message to her boyfriend that he was not needed in the house. I recommended that Natalia remove the single art and replace it with romantic scenes and paired images.

A few months later, I received this e-mail from Natalia:

I removed all of the solitary artwork from my condo, especially the painting from over the bed. Rob and I picked out some replacement picture together. We hung a picture of a scene in Tuscany over the bed. That's where we want to go for our honeymoon because...we just got engaged!



Feng Shui Q & A

Q: I read in your book that I should remove family pictures from my bedroom. Where do you recommend hanging them to encourage family harmony?

A: The ideal locations for family photos is in the Health/Family and the Creativity/Children areas of your home. It's best to avoid photos of your family and friends in your bedroom so this space can be reserved only for rest and romance.

Q: Do I have to have a fish tank in my home in order to attract wealth? Everyone in my household is busy so I'm not sure we want to get involved with maintaining the tank.

A: Contemporary Feng Shui is all about surrounding yourself with what you love to make you feel comfortable in your surroundings. If you don't like fish or don't want the responsibility of caring for them, of course it's not necessary to have them. A fish bowl or tank is considered a sign of wealth in some approaches to Feng Shui, but the modern equivalent is to display objects that represent wealth and abundance to you -- whether or not that includes fish or images of fish!

Note: For anyone who does want to set up a fish tank, the ideal Feng Shui choice is a tank with nine goldfish, one of which is black.



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

In The News

In the Blogs

Feng Shui Friendly House Plants

Thanks to BellaOnline editor Lisa Russell for including my article "Feng Shui Friendly House Plants" in her blog, Cheap Decorating Info.

Red Wallet Success Stories

Blogger Dana Claudat writes about my collection of success stories from people who bought new red wallets in her blog The Tao of Dana.

In Print

Fear of Public Speaking



Did you know that the only thing most Americans fear more than public speaking is snakes? Many thanks to writer Matt Andazola at *The Albuquerque Journal* for including my experiences in his excellent article "Spotlight on Fear" about the fear of public speaking. Even though I am comfortable speaking in front of groups of any size about my favorite subject -- Feng Shui -- Matt

wanted to know if I ever got stage fright. I shared with him a story of my early public speaking experiences when I was in another career field. You can read the article in the Media Room on my website <http://fengshuiforreallife.com/Detailed/142.html>.

Do You Want Feng Shui News Tidbits?

If you want Feng Shui tips and news tidbits to include in a blog, news article, marketing materials, or e-zine/newsletter, please e-mail or call 1.800.652.9038.

Home and Office Consultations

New! "Move Without Moving" Package

Recession got you down? Afraid to try to make a move in this poor economy, but need to "do something?" Overwhelmed by clutter? Move the energy in your home with my new **"Move Without Moving"** Feng Shui home makeover package. You will be amazed at the positive things that flow into your life after a home makeover.

Package includes:

- On-Site Feng Shui Home Consultation
- Step-by-Step Makeover Plan
- 30 Days of E-mail Follow-up
- Phone Consultation Progress Report
- 90 Days Follow-up Maintenance
- Signed copy of the *Feng Shui Quick Guide For Home and Office*



Once you purchase the package you can schedule your consultation immediately or at your convenience. Travel charges may apply to some locations. For prices and to reserve your package, [e-mail carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) or call 1.800.652.9038.

Where is Carol This Month?

Nationwide, I schedule consultations for homes and offices on request.

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). Appointments do fill up fast, especially on weekends, so schedule your consultation now to get the date you want.

Here is my schedule for September and early October:

Santa Fe/Albuquerque: September 21-October 7

Washington, DC/Maryland/Virginia: October 8-14

I am extending the "summer sizzle" discount offer in the DC area through October 14.

I welcome your referrals in these and other cities nationwide!



If your city is not on my current schedule, e-mail carol@FengShuiForRealLife.com or call 1.800.652.9038 to schedule a consultation.

Workshops and Author Events

There's a seat waiting for you at these fun and informative workshops and author events.

New Mexico Women Authors' Book Festival

September 26, 2009 -- 11:00am-5:00pm

Milner Plaza at Museum Hill, Santa Fe, NM

Join me in the Creative Arts Pavilion at 1:30 pm when I speak about using Feng Shui to attract wealth, harmony, and love. Other authors who will be presenting include Natalie Goldberg and my colleagues novelist Judith Ryan Hendricks, nonfiction writer Anne Hillerman, and historian Nancy Bartlit.

Download the complete list of the talented women authors who will be participating this free event on the Workshops page of my website www.FengShuiForRealLife.com.

Author Event at Bookworks in Albuquerque

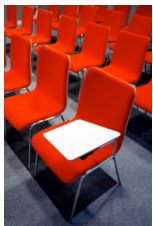
October 4, 2009 -- 3:00-4:30pm

4022 Rio Grande Blvd NW, Albuquerque, NM

I will be signing books at this local independent bookstore. I have a special thank you gift for my e-zine readers, so stop in to say "hello" if you are in the area.

Custom Workshops

Invite Carol to Speak To Your Group



Bring a custom Feng Shui workshop to your city!

I will create a custom presentation to motivate your business or group to make simple changes that will attract wealth, harmony, and positive relationships. 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. These workshops make great fund-raisers because they always sell out!

A selection of my workshop clients includes:

- American Association of Medical Colleges
- Arlington Arts Center
- Booz Allen Hamilton
- Brandeis University National Women's Committee
- Business and Professional

- Georgetown University
- Greater Washington Academy of Women Dentists
- IKEA
- JCC of Greater Washington, DC
- Marriott
- New Mexico Bar Association
- University of Maryland University College
- US Mint
- Women in Public Relations

I welcome your referrals!

If you know of a group or organization that would be interested in scheduling me as a speaker, please [e-mail](mailto:carol@FengShuiForRealLife.com) or call 1.800.652.9038.

You can find a list of additional workshop clients and topic I can customize for your group on my website at

http://fengshuiforreallife.com/workshops_and_seminars/Frequently-Requested_Workshop_Topics.

Feng Shui Quick Guide For Home and Office



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***Feng Shui Quick Guide For Home and Office:
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By Carol M. Olmstead, FSHI

296 pages * \$15.95

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Daily Calendar of Tips

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Beyond Feng Shui

Preventive Maintenance For Fall



The helpful people who run AngiesList.com, a referral site with reviews of local service providers, went to the experts to develop a list offering simple ways homeowners can save money by doing a bit of preventive interior and exterior maintenance this Fall before the heating season.

Interior Maintenance

Check your insulation. Insulation is a great cost effective way to lower heating costs. If your attic isn't already insulated or is under-insulated, now is a great time to upgrade.

Apply weather-stripping to window and doors. Warm air can escape through cracks, so also caulk around windows and doors.

Check your home and garage for any signs of insect damage. Summer is the height of insect season now is a good time to look for signs of termites or other pests that may have damaged your home.

Outdoor Maintenance

Inspect your roof. When shingles are old and worn out, they lose their waterproofing effectiveness. It may be time for a new roof if the corners of the shingles peel up at the edge and you can see the underlying roof.

Clear gutters. Gutters should be clear of leaves and debris, which can cause them to pull away from your home. Clear them often during the fall and avoid problems with frozen gutters in the winter.

Check your trees. The summer storm season can cause limbs to weaken and land on other trees, homes, and cars during autumn winds. Have professionals look for potential problems such as stress cracks, weak branches, and hollow or decayed areas.

Pressure wash the deck. A good pressure washing on your deck can remove dirt, mold and mildew that can rot the surface over the winter.

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.

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 carol@FengShuiForRealLife.com



Carol M. Olmstead, FSII, has been certified by the Feng Shui Institute of America, and was awarded Red Ribbon Professional Status from the International Feng Shui Guild.

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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