



## Feng Shui For Real Life E-zine

October 2009  
Vol. 9, Issue 10



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 <http://www.FengShuiForRealLife.com>.

--Carol Olmstead

### What's New This Month

\*The *Feng Shui Quick Guide For Home and Office* is now available on the Museum of New Mexico Foundation, [www.NewMexicoCreates.org](http://www.NewMexicoCreates.org). You can buy it at a discount if you are a museum member.

\*To help move you forward during these complex economic times, I have created the **"Move Without Moving"** discount package of Feng Shui and clutter clearing services. Four months of Feng Shui consulting for little more than the cost of one on-site visit. Details in the *Consultations* section of this e-zine or on my website, [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com).

\*Listen to my new podcast **"Clutter Free and Clear with Feng Shui"** and find out how to download the e-book. Details in the *In the News* section.

\*I love to write about Feng Shui, but I must limit the length of this e-zine to keep it from getting caught in spam filters. If you want to read more about Feng Shui, check out the weekly articles I post on my Feng Shui site at *BellaOnline.com*. You can also post your questions via the BellaOnline Feng Shui discussion forum. The direct link is <http://fengshui.bellaonline.com/Site.asp>.

## Feng Shui To The Rescue

### Feng Shui Tip For October: Halloween Feng Shui

By popular request, here are some Halloween Feng Shui decorating tips:



**Use the Colors Orange and Black.** It's natural to use lots of the orange and black in Halloween decorations, and it's also good Feng Shui because of what these colors represent. Orange is a Fire Element and the "social color" that promotes excitement and encourages conversation and communication, which is especially important to assure a lively and festive Halloween. Black is the Water Element color that represents the flow on energy. When used by your front door it will help "call" the good energy --and lot of trick or treaters -- to your home.

**Hang Cobwebs.** Halloween is the one time that cobwebs are considered positive Feng Shui because they help create atmosphere. Normally, cobwebs around your front door or outdoor furniture represent being so stuck that you are unable to move forward. Just be sure to quickly remove all webs from around the outside and inside of your home after Halloween, and sweep away the real cobwebs while you're at it.

**Use Animal Symbols.** Owls, bats, and ravens are obvious Halloween Feng Shui symbols. Outdoors, display owls and bats by your front door and inside place them in windows ominously peering out. Ravens are a powerful Halloween Feng Shui symbol because their deep black color represents mystery.

**Clear Clutter.** As with all Feng Shui advice, Halloween will be more fun if you thoroughly clear the clutter before you decorate to remove negative energy and renew your home for the season. And a few days after Halloween be sure to clear all the candy clutter from your house after your children pick out their favorites.

**Want more Halloween tips?** Read more about "Halloween Feng Shui" on my Feng Shui site at BellaOnline.com. The direct link is <http://www.bellaonline.com/articles/art742.asp/zzz>.

---

## Clutter Clinic

### Handling Magazine and Newspaper Clutter



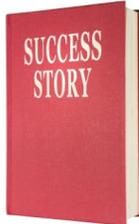
*Here is a clutter-clearing project you can tackle this weekend: organizing your magazines, newspapers, and holiday catalogs.*

1. Go through all your rooms (don't forget the bathroom) and gather your newspapers, magazines, and catalogs, then place them in piles on the kitchen or dining room table.
  2. Go through your piles and if a newspaper is more than a day old, toss it into the recycling bin.
  3. If you have any magazines or catalogs that you know you will never read, toss them in the recycling; consider canceling your subscription to magazines you aren't interested in anymore or you can read online.
  4. If you have flagged magazine articles or catalog pages, tear out those pages and scan them so you have an electronic version, then add the pages and the entire issue to the recycling bin.
  5. For magazines and catalogs you still want to read, write today's date on the cover and place them in your "reading area;" if you haven't read them in a month, recycle immediately.
-

## Success Story

### Laura's Missing Love Area

When I walked into Laura's L-shaped home it was obvious that the love/relationship area was missing. Divorced for many years, Laura was more than ready for a new relationship but it wasn't happening for her. I explained how the missing area related to the love that was missing in her life. Then I helped her mark the missing corner of her house with a pair of red ceramic flower pots that she had been storing in the basement, and urged her to plant red geraniums in them. Some time later, I received this e-mail from Laura:



*What an eye-opener when you said I was missing the love/relationship area of my house. I couldn't stop telling people about it, and how it was the perfect metaphor for what was going on in my life. I moved the red planters to help anchor the love area and bring love back. Almost immediately after that I met Mike. Really, I couldn't believe it, he is such a wonderful man. Thank you for this eye-opening explanation of the missing area in my house. When can you come back and help us look for a new house together?*

---

## Ask the Feng Shui Maven

**Q:** I am trying to sell a house that has a light green bedroom. Several potential buyers have commented that the color is uncomfortable for them. What color should I repaint it?

**A:** Green is the color of the Wood Element, which represents growth and expansion, and it is too stimulating for a bedroom. The ideal color for a bedroom is a "skin tone," ranging from ivory to mahogany. So you can see why a light green doesn't feel right to buyers. However, if your buyers see a room in a color such as blush, rose, or peach, they will feel more comfortable in the room. And you will sleep better in the room knowing that you have taken a step toward attracting a buyer for your house.

**Q:** Is it bad Feng Shui to buy cast-offs and other second hand items from a consignment store? My budget is strained these days so I'm trying to save money where I can.

**A:** The key word in your question is "cast-offs." If you have negative feelings about anything you buy, no matter what kind of store it comes from, you will bring that negative energy into your home. Buying second-hand can be positive Feng Shui as long as you feel good about the object you are acquiring. It will be negative Feng Shui if you feel you are accepting second best because it's all you can afford. The one exception is bedding, where new is always better for something you sleep on every night.



**Do you have Feng Shui questions for the Feng Shui Maven?  
Submit them to [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com).**

---

## In The News

### Listen to My New Podcast



Earlier this month I was interviewed by Life Coach Sallie Felton for her informative Internet radio program "A Fresh Start with Sallie Felton." The topic was "Clutter Free and Clear with Feng Shui." Among other things we discussed how clutter holds you back, and how my 5-Step Feng Shui Clutter Clearing Process can help you move forward. One tip from the show: set aside 20 minutes each day to clear clutter, instead of trying to get it all done in one weekend. You can find the podcast in the Media Room on my website [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com) or at <http://contacttalkradio.soundwaves2000.com:8080/ctr/salliefelton100709.mp3>.

Sallie and I are among the eight editors who wrote the e-book *Clutter Free and Clear: Take Control of Your Time and Space*, which includes tips and techniques for getting organized. You can download the e-book at <http://www.ClutterFreeandClear.com>.

## Home, Office, & Business Consultations

### "Move Without Moving" Home Makeover Package



Recession got you down? Afraid to make a move in this poor economy, but need to do something to get your energy moving? Overwhelmed by clutter?

Move the energy in your home with my new "Move Without Moving" Feng Shui home makeover package.

The package includes 4 months of Feng Shui consulting services at a \$150 savings over buying them individually:

- 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*

You'll be amazed by the positive things that will flow into your life after a Feng Shui home makeover. For prices and to reserve your package, e-mail me at [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).

Here is my schedule for late October and early November. Appointments fill up fast, especially on weekends, so schedule your consultation now to get the date you want.



**Santa Fe/Albuquerque: October 19-31**  
**Washington, DC/Maryland/Virginia: November 5-9**  
**Denver: November 19-20**

**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.

---

## Custom Workshops

### Upcoming Workshops, Open to the Public

Friday, December 4, 2009

"Feng Shui Tips For Assuring Holiday Harmony"

\*Includes a list of gifts not to give this year\*

Women Make a Difference Luncheon, 11:30am-1:00pm

Chamisa Hills Country Club, Rio Rancho, NM

Register at <http://www.abqwomenmakeadifference.com>

### 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. Feng Shui workshops make great fund-raisers because they always sell out!

For more topics that I can customize for your group, see the Workshops page on my website, [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com).

**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 carol@FengShuiForRealLife.com or call 1.800.652.9038.

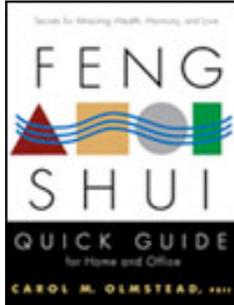
---

## Feng Shui Quick Guide For Home and Office Special Pre-Holiday Discount Offer

Give all of your friends and clients the gift of wealth, harmony, and love. Save up to 40% over retail price when you order multiple copies of the  
***Feng Shui Quick Guide For Home and Office:  
Secrets For Attracting Wealth, Harmony, and Love***

**10 copies for only 99.95 plus S&H  
5 copies for 59.95 plus S&H**

Order your signed gift copies while this offer lasts  
[carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)  
or 1.800.642.9038



***Feng Shui Quick Guide For Home and Office:  
Secrets For Attracting Wealth, Harmony, and Love***  
By Carol M. Olmstead, FSI  
296 pages, \$15.95 retail  
Feng Shui Basics • Monthly Clutter Clearing Guide  
Success Stories • Daily Calendar of Tips  
**Order single copies at [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com).**

## Beyond Feng Shui

### Top 10 Opt-Out Lists



Are you are overwhelmed with unsolicited letters, e-mails, and phone calls? I call these annoyances "energy vampires" because they eat up your time and your energy. Opting out can range from the easy (such as the FTC's "Do Not Call" list) to the challenging (the National Advertising Initiative). Now, help is available to sort through the options.

TheWorldPrivacyForum.org provides easy access to the 10 top opt-out lists:

1. Do Not Call Registry
2. Credit and Insurance Offers
3. Direct Marketing
4. Financial Institutions
5. SPAM
6. Credit Freeze
7. Student Information
8. Data Brokers
9. Internet Portal
10. Web Tracking

To get started, check out the World Privacy Forum's opt out website. The direct link is <http://www.worldprivacyforum.org/toptenoptout.html>.

### **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 website. I ask only that you credit Carol M. Olmstead as author and include my website address or link to [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com) when you print the article or use it online.

**Make Sure You Receive Every Issue of This E-zine.** I hate spam, but unfortunately sometimes spam catchers block the words “feng shui.” To ensure that your copy of the Feng Shui For Real Life E-zine does not get caught in your SPAM filters, please add the e-mail address [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) and the domains [www.constantcontact.com](http://www.constantcontact.com) and [ui.constantcontact.com](http://ui.constantcontact.com) to your address book, approved senders list, or white list.

**Check the E-zine Archives.** If you missed any previous issues of the Feng Shui For Real Life E-zine, you can download them from the Archives page on [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com).

**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  
E-mail [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)**

Carol M. Olmstead, FSII, was certified by the Feng Shui Institute of America, and awarded Red Ribbon Professional Status from the Int'l 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.

©2009, Carol M. Olmstead