

Feng Shui For Real Life E-zine

June 2011 Vol. 10, Issue 6



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. For more information about Feng Shui, please read the weekly articles I post on BellaOnline.com at <http://fengshui.bellaonline.com/site.asp>, and visit my website <http://www.FengShuiForRealLife.com>.



Join me on Facebook.
www.Facebook.com/FengShuiForRealLife

Carol Olmstead
Feng Shui Master Practitioner

What's New This Month

Feng Shui Your Car

Make the time you spend in your car more enjoyable and safe.
--*"Feng Shui to the Rescue"* section.

10 Quick Summer Clutter-Clearing Tips

Got a few extra minutes? Here are a few ways to clear clutter.
--*"Clutter Clinic"* section.

Small changes, big results.

Read about real people who saw big results.
--*"Success Story"* section.

Celebrity Feng Shui

Look who's using Feng Shui.
--*"In the News"* section.

Quick Tips for June

Time for a mid-year Feng Shui Checkup.
--*"Quick Tips"* section.

Southwest Book Design Competition

The *Feng Shui Quick Guide* won a design award.
--*"Quick Tips"* section.

Feng Shui To The Rescue

Feng Shui Your Car



June is the start of summer vacation season and many of us are taking "staycations" and traveling by car to nearby destinations. But a car that's out of symbolic balance can make the driver and passengers feel out of balance, too, even on a vacation trip. Feng Shui is not just for homes and offices -- a few Feng Shui adjustments can make the time you spend in your car more enjoyable and safe, whether you're running errands, commuting, or just cruising.

1. **Clear the Clutter.** Treat your vehicle like a room, rather than a moving trash can, and it will move your life and career forward. Remember to check the glove compartment, the storages spaces, the cup holders, and the junk in the trunk.
2. **Clean the Windows.** Windows represent eyes, so if you are driving with filmy, cracked, or broken windows your vision toward the future is cloudy as well.
3. **Drink Water.** The Water Element represents a smooth and flowing experience, so sipping water occasionally while you drive may help you smoothly cope with traffic and avoid road rage.
4. **Play Music.** Choose the music that matches the mood of your trip, like classical music when you need to relax and energizing sounds to stay alert.
5. **Wash Your Car.** Keep both the inside and outside of your car clean as a symbol that your future path will be clear and easy.

What Color Car Do You Drive?

In Feng Shui, each color has certain attributes and energy, so when it's time to get a new car, choose the color of the Feng Shui Element that matches your personality. Read more in the article I posted on my Feng Shui site at BellaOnline.com. The direct link is: <http://bit.ly/b9g8hc>

Clutter Clinic

10 Quick Summer Clutter-Clearing Projects



Here are a few quick clutter-clearing ideas that will make your home feel lighter as the temperatures get hotter. Try one of two of these tips whenever you have some extra time.

1. Wipe down your front door.
2. Clean all of your telephones.
3. Clear out the top drawer of your dresser.
4. Sweep your patio, aiming away from your house.
5. Wash all trashcans, including those inside your house and outside.
6. Remove old food from your refrigerator and wash the shelves.
7. Prune your houseplants.
8. Declutter the area where you pay bills.
9. Sort through your kids' school papers and selectively keep a few.
10. Rip out the articles you plan to read from your magazines, then recycle the rest.

For more clutter clearing tips, check out the month-by-month seasonal guide to clutter clearing in the *Feng Shui Quick Guide For Home and Office*. <http://bit.ly/FSQuickGuide>.

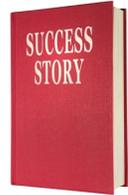
Are there other clutter-clearing and organizing tasks that can be completed in ten minutes or less? Post them on my [Feng Shui For Real Life Page on Facebook](https://www.facebook.com/FengShuiForRealLife), and I'll also share them in a future newsletter. The direct link is: www.facebook.com/FengShuiForRealLife.

Success Story

Small Changes, Big Results

Sometimes, a small Feng Shui change makes a big impact. Here are a few of the immediate positive results my clients experienced after making the small change I recommended in their home or workspace.

- The registrations for the painting class I am teaching were slow in coming in, until I did what you said and placed artwork with moving water in my studio; the next day five people signed up for my workshop.
- Yesterday morning the handyman removed the dead tree near my bedroom window. I am usually a restless sleeper who wakes several times a night, but last night was the first night without the dead tree and I slept so soundly that I felt like I woke up about 15 minutes after I went to bed.
- As you know my consulting business has been slow, so right after you left I moved my desk so I faced the door. Then, I took the cactus out of the room. This morning I received a call back from a potential client who I have been trying to reach for months.
- We rearranged the furniture in our living room the way you suggested, and now my husband and I smile every time we go in the room because the flow of energy is really open and wonderful. Even our dogs seem happier when they are in the room.



Follow Carol Feng Shui tips on Facebook.
www/Facebook.com/FengShuiForRealLife.com

Ask the Feng Shui Maven

Q: What is the best Feng Shui symbol to display in my wealth area?

A: There is no one object that symbolizes wealth to everyone, so instead choose to display objects and art that represent wealth to you. Whatever you value most in your life can give you ideas for symbols of wealth, abundance, and prosperity. For example, if wealth means being able to take fabulous vacations, display photographs taken on your favorite trips or images of new places you want to visit.

Q: I downloaded a bagua map from your website and realized that there is a bathroom in my Wealth area. Help! How do I fix this so all my wealth doesn't go down the drain?

A: Water is associated with wealth, but in bathrooms there is too much water that is associated with "waste" (i.e., it goes down the toilet and down the drains). To balance this, you need to symbolically "dry up" some of that water by adding the Fire Element or the Earth Element to the room. This is especially important for a bathroom located in the Wealth/Abundance area. Paint the room or one wall in a Fire Element color (red, orange, or brown), choose towels in those colors, or add terracotta and tile objects. It's especially important to hang artwork with images that make you feel wealthy, abundant, and prosperous. And resist the urge to decorate with seashells and beach scenes for this room.

[Where is the bathroom located in your home? Download a bagua mapping chart from the basics section of my website. http://bit.ly/FSBasics.](http://bit.ly/FSBasics)



Do you have Feng Shui questions for the Feng Shui Maven?
Submit them to carol@FengShuiForRealLife.com.

In the News

The Fable of the Magic Red Geranium

Thanks to Professional Organizer Miriam Ortiz y Pino of [More Than Organized](#) for posting my  "Fable of the Magic Red Geranium" on her blog. The fable, which reminds us that seeing things from a new perspective can be the catalyst to positive change, appears in the "Clutter Clinic" section of the [Feng Shui Quick Guide for Home and Office](#). Miriam and I have given Feng Shui and Clutter workshops together and have worked in tandem with clients.

Celebrity Feng Shui Stories

In my book I talk about how actor **Rob Lowe** used Feng Shui to secure his "West Wing" role. Now, Lowe and his belief in Feng Shui are in the news again because the star of the TV show "Brothers and Sisters" admits he consults a Feng Shui practitioner to make sure good fortune stays on his side. "I think there is a lot to that stuff," says Lowe. "A billion Chinese can't be wrong. I'm looking for any edge I can get."

After two of "Top Chef" star **Anita Lo's** New York restaurants closed and another burned down, she and her partner turned to Feng Shui. The Feng Shui analysis of the restaurant showed there had been too much of the Fire Element in the space, notwithstanding the fire that destroyed it, and that the partners had too much Fire. So round shapes, metal, and water were added to diminish that Fire, water was strategically placed in vases, and a round metal mirror hangs in the front of the restaurant. Six Chinese lucky coins were placed on both sides of the stairs leading from the kitchen to the dining room. Lo was advised not to place important guests at certain tables, and the restaurant now plays piano music to bring in even more Metal. The dining room maintained its golden coloring but a red wall was added because these two colors "encourage digestion in food," Finally, the existing logo was changed because it looked too much like a flame on a log.

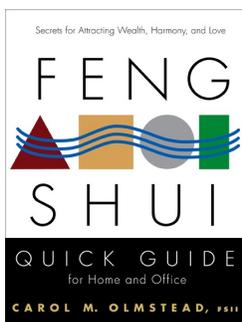


Do you want Feng Shui tips and tidbits to include in your blog, website, or newsletter? Check out my website www.FengShuiForRealLife.com, or contact me at carol@FengShuiForRealLife.com with a specific request.

Quick Tips from the *Feng Shui Quick Guide For Home and Office*

Quick Tips For June -- Mid-Year Feng Shui Check Up

It's mid-year, a great time to walk-through of your home and conduct a "Feng Shui Checkup" to make sure your adjustments are still in place. Re-adjust where necessary to help recharge your space to ensure prosperity for the second half of the year. And while you are making changes, here are three summer tips from the "Calendar of 366 Tips" in the *Feng Shui Quick Guide For Home and Office*:



1. Your **stove** represents wealth in Feng Shui, so even if you prefer using the barbecue grill and microwave in hot weather, use your stove occasionally since an unused stove implies untapped resources and ignored opportunities.
2. The corkscrew energy of a **ceiling fan** directly over your bed could cause pain or illness; hang a crystal from the pull chain to balance its cutting force.
3. Place matching planters or ceramic pots filled with bright red flowers on both sides of your front door to act as a **threshold** to usher positive energy into your home.

Celebration Sale

Earlier this month the *Feng Shui Quick Guide For Home and Office* won a **Southwest Book Design Competition Award**. To celebrate, I'm offering a discount on book sales through May and June.

Regular Price: \$15.95 plus S&H

Celebration Sale Price: \$12.95 plus S&H

To take advantage of this special offer, e-mail and let me know how many books you want to order, and I'll send payment instructions.

View the **Table of Contents** at: <http://fengshuiforreallife.com/images/links/59-Contents.pdf>.

Home, Office, and Business Consultations

Off-Site Feng Shui Consulting



To help you get started with a plan of Feng Shui changes for your home, I am now offering **Off-Site Feng Shui Consulting**. This service includes review of the floor plan and photos of your home, office, or business, followed by a telephone consultation with recommendations and changes you can make to the placement of furniture, artwork, and objects to activate the positive energy in your home and clients into your business. The service also includes 30 days of follow-up consulting. You can sign up for this service through the Online Store on my website or call 1.800.652.9038. The direct link is <http://fengshuiforreallife.com/Detailed/102.html>.

Where is the Feng Shui Maven 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 fill up fast, especially on weekends, so schedule your consultation now to get the date you want.



Here is my schedule for the rest of June and early July:

Santa Fe/Albuquerque, NM: June 15-30

Washington, DC Area: July 8-9

I welcome your referrals nationwide.

If your city is not on my current schedule and you would like to arrange a consultation, contact me at carol@FengShuiForRealLife.com or **1.800.652.9038**.

Custom Workshops



There is a seat waiting
for you
at one of these
upcoming events:

October 3, 2010, 12:45pm-1:30pm

New Mexico Women Authors' Book Festival

I was once again select to speak and sign books at the [3rd Annual New Mexico Women Authors' Book Festival](#), October 3, 2010, at the New Mexico History Museum. More than 100 authors will participate this year. If you are planning to be in Santa Fe this Fall - or need an excuse to visit - put this outstanding event on your calendar. I'll post the complete list of the outstanding women authors who will be presenting as soon as it is available.

April 29-May 1, 2011

Feng Shui Getaway Training Weekend in Santa Fe

Here's your chance to learn about Feng Shui in the Land of Enchantment. This **Getaway Training Weekend** includes Feng Shui training with Carol Olmstead at the historic [La Fonda Hotel on the Santa Fe Plaza](#), a tour of some of Santa Fe's finest galleries to learn about art and Feng Shui, plus gourmet dining to taste how food relates to Feng Shui. There will be time for shopping, spa services, golf, and tours. You will come away a **Level 1 Feng Shui Certification** from the Feng Shui For Real Life Institute that gives you all the skills you need to do a Feng Shui consultation for your home and office. Plus, this is the first step in attaining senior level certification training. Santa Fe is celebrating its 400th anniversary as the Oldest Capital City in the US, so join the fiesta and study with the Feng Shui Maven in this ideal setting of blue skies, golden cottonwoods, and red sunsets.

For registration information, [e-mail](#) or call **1.800.652.9038**.

Custom Workshops

Invite Carol to Speak to Your Group

Bring one of The Feng Shui Maven's workshops 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.

Please check out the "Workshops" section of my website for a sample of the topics I can customize for your group:

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

Thank you for a great presentation! Really great stuff.... you are a whiz.

--Val Romero, [Women Make A Difference Luncheons](#), Albuquerque

I welcome your referrals.

If you know of a group or organization that would be interested in scheduling me as a speaker, please contact me at carol@FengShuiForRealLife.com or 1.800.652.9038.

Beyond Feng Shui

Caring for Your Books



Sometimes it's hard to part with books, even when you know you need to declutter your shelves to make room for new energy to flow into your life. So one compromise is to keep only those books that have special meaning or value, or that have been in your collection for a long time. The problem is that these older books often have mold and mildew problems. According to Yasmeen Khan, rare-book conservator for the Library of Congress, all books are susceptible to mold and mildew because of the high moisture content in paper. "Since paper is made of moisture-sucking cellulose, the pages dry at a snail's pace," she says, "creating the ideal damp environment for bacteria to thrive." To solve this problem, get rid of any moisture in a book by standing it upright in front of an air conditioner or a fan for two to three days, with its pages fanned out. Then store the book inside a closed plastic storage container with an open box of baking soda until the mustiness clears. Khan says this may take up to a week for hardbacks because their thick covers retain more moisture.

If you just finished reading a book and want to read another like it, go to www.Bookseer.com and type in the title and author. Site compiles suggestions based on information from Amazon and LibraryThing.

From the FengShuiForRealLife.com Online Store

Purse Hangers

In Feng Shui, keeping your purse on the floor represents disregard for your wealth, plus scientific studies show that your purse can pick up all kinds of bacteria when it sits on the floor. The remedy is a Purse Hanger that lets you hang your purse safely from a table or desk. I have finally found folding purse hangers that fit neatly in your purse. It's the perfect gift for all the women on your list. The 2" disk opens to a sturdy 3" hanger. I stock them in elegant black and silver, plus I have a few available in assorted colors.



Order now from the Feng Shui For Real Life Online Store: <http://bit.ly/FSSStore>

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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 <http://www.FengShuiForRealLife.com> when you print the article or use it online.

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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 credit Carol M. Olmstead as author and include my website address or link to <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:

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Carol M. Olmstead, FSII, was certified by the Feng Shui Institute of America, and 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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