



Feng Shui For Real Life E-zine

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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>.



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Carol Olmstead
Feng Shui Master Practitioner

Feng Shui To The Rescue

Hotel Room Feng Shui



It's summer travel season, and whether your trip is for pleasure, business, or both, it probably involves staying at a hotel. One way to make your hotel room your own is to make a few simple changes so you feel refreshed, relaxed, and ready for anything that comes your way.

- When you first make your reservation, ask for a room well away from the elevator, ice machine, the hotel lounge, or the pool. These areas generate a lot of strong chi that could interfere with your ability to relax. Then, when you arrive at your hotel, check out your room carefully. If it has any odors, immediately request another room.
- Next, if possible open the windows or door to the patio or balcony to let some fresh air and new positive chi into your room and help remove any negative from a previous guest. Unpack as soon as you can to immediately settle in and bring your own positive energy into the room.
- After you unpack, run the water in the shower and the sink for a minute or two to get the chi flowing in the bathroom.
- As soon as you can, treat yourself to fresh flowers for your room, and replace them when they fade if you are staying for an extended period. This is especially important when you are on business travel, because when you see this powerful symbol of the Wood Element, your self-esteem will soar and your business contacts will be successful.

- Keep the bathroom door closed at all times during your stay to allow the chi to flow around your bed rather than into the bathroom and “down the drain.” This is especially important if you can see the toilet from the bed.
- If the mirror is directly across from the bed, use the scarf from your travel kit to drape it before you go to sleep. This symbolically helps to reduce the active -- or yang -- energy in the room and helps you sleep soundly. If the TV is in a cabinet, close that before you go to sleep.
- Also before you go to sleep, check the clock to make sure the alarm is set to “off” if you don’t need it, or set to a station with music that is familiar to you if you do need to wake up early the next morning. And be sure to adjust the volume to a pleasant level.

Whether you fly, drive, or take the train, a few Feng Shui changes for your hotel room can make your vacation or business trip more relaxing, enjoyable, and successful, and make you ready to face the world refreshed when you get back home.

You can find more tips for “feng-shuing” your hotel room in my article on the BellaOnline Feng Shui website. The direct link is <http://bit.ly/9vMrr4>.

Clutter Clinic

Reducing In-Box Clutter

You may feel like there is little you can do to stop “professional” spammers from clogging up your in-box, but one way to keep it clutter free is to reduce the amount of e-mail you request, knowingly or unknowingly. Here are a few tips for keeping unnecessary e-mail out of your in-box from organizing expert Hazel Thornton of Organized For Life.

- Limit what you subscribe to.
- Unsubscribe from unwanted lists.
- When ordering online, check the box to “opt out” of receiving ads, or uncheck it if it’s pre-selected.
- Set up a separate e-mail account for online activities that are likely to generate “junk.”
- Create “rules” for automatically funneling mail to specified folders.
- Avoid taking surveys, especially since the odds of actually winning the prize are slim.
- Log on to social networks to check for messages rather than opting for e-mail notification.
- Select “digest” mode whenever possible.
- Mark unwanted mail as junk so it automatically gets directed to your junk folder.



Remember to scan your junk folder daily, since important messages will get in there occasionally. And for newsletters that you do like to read, delete all that are older than one month, because after that time the event dates, sale notices, and networking info will be out of date.

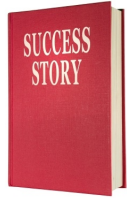
Check out Hazel’s “Tuesday Time Tips” on her website, <http://www.org4life.com>.

You can find more clutter-clearing tips in the month-by-month guide to clutter clearing in the Feng Shui Quick Guide For Home and Office. Read more at <http://fengshuiforrealife.com/Detailed/119.html>.

Success Story

Shoes at the Front Door

Like so many people, my client Michelle kept her shoes near the front door instead of in the bedroom closet because it was more convenient to choose a pair as she left her apartment each day. I explained that not only did it add clutter to an area that should be kept clear to allow the positive chi to flow into her space, but the Feng Shui symbolism of shoes visible near a door is “running away” from something. She told me she had no other place to keep them. Michelle’s primary reason for setting up the consultation was to find a new relationship. Here is what she wrote:



First, I placed a few masculine-looking hangers in my bedroom closet as you suggested, and made room in there for a partner’s clothes. Next, I cleaned out my front coat closet. I removed so much junk that after I was done I had plenty of room to keep my shoe in there. The front entrance looks so much better and clearer without all those shoes. And, I am happy to report that I recently got back in touch with this guy I knew about three years ago. Back then I was “too busy” to date, but out of the blue he called.

Coincidence or Feng Shui? Who knows, but I am thrilled that we are going out to dinner this Saturday night.



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www/Facebook.com/FengShuiForRealLife.com

Ask the Feng Shui Maven

Q: *I have been trying to promote my upcoming lecture series, primarily through my website and printed materials, but with limited success. How can I use Feng Shui to get more exposure?*

A: First, make sure the room where you design your materials is supporting you. For example, what is placed in your Wealth and Clients/Helpful People Areas? You should be working in a space where everything surrounding you is positive, upbeat, prosperous, and supportive. Next, take a look at your website and marketing materials to make sure they conform to good Feng Shui guidelines and placement according to the bagua. As an example, the home page of my website www.FengShuiForRealLife.com was designed according to Feng Shui principles. At the top there are mountains for strength (Fire Element in the Future area of the bagua), and water at the bottom for creativity (Water Element in the Career Area), etc. Finally, make sure you choose colors for your marketing materials that reflect what message you want to send through your communications, such as red for passion, yellow for cheerfulness, etc. If you are interested in a Feng Shui review of your website, check out this service in the Online Store on my website: <http://bit.ly/FSStore>.

Q: *My husband’s ex-wife is a constant presence in our life, and she even shows up at family events where she is not invited and ends up in the photos. There are boxes of photos of her in our attic, and she is always giving us gifts, books, and magazines. Could that be part of why she won’t let go of him? My husband thinks throwing away pictures of someone is like throwing the person away. I am working with my husband on this, but I need Feng Shui help.*

A: Get rid of anything around you that belonged to, or reminds you of, this woman, including objects, furniture, artwork. Remove the photos from your attic because anything that is above you “weighs down” on you, and storing them there could indeed be a big part of the problem. Symbolically this woman is occupying a place in your home when you have so many

images of her around. If your husband doesn't want to get rid of the photos, give them back to her, or rent a storage unit for them away from your home. There is nothing like paying to store something to make you realize that you don't really need it anymore. Donate the books, magazines, and other things she sends to a charity, and make sure she knows that you have removed the photos and donated her gifts and that you will not keep them in your home.



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

In the News

LA Times

According to the LA Times, if Alice decided to decorate Wonderland using Feng Shui, it would resemble Vera Wang's Los Angeles flagship store. Wang's new 3,500-square-foot boutique is separated by a "looking glass" fireplace into two rooms: A dark purple foyer showcases Wang's feminine ready-to-wear designs, and a sunny and modern bridal salon takes up the rear. Wang ensured all Feng Shui elements were present -- water flows down a window fountain, fire glows inside a glass tube, stone fixtures represent earth, and air flows from the entrance toward an outdoor fireplace. It's her first standalone presence on the West Coast and only her third boutique Wang said she wanted something that established a presence beyond just "red carpets and weddings." "I wanted my own home here," Wang says. You can read the complete article at <http://bit.ly/9Fczz1>.

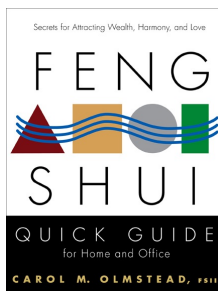


Do you want Feng Shui tips and tidbits to include in your blog, website, or newsletter? Check out my website www.FengShuiForRealLife.com, or contact me at carol@FengShuiForRealLife.com with a specific request.

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

Quick Tips For July

Here are two tips from the July Calendar of Tips in the *Feng Shui Quick Guide For Home and Office - Secrets For Attracting Wealth, Harmony, and Love*.



- To ward off **intruders** while you are on vacation, set a radio to a talk station and put it on a timer so you will have conversation in your home, which creates active yang energy.
- Keep your **garden** fresh, natural, and flowing: deadhead flowers when they fade but avoid over-pruning your shrubs into tight shapes.

Feng Shui Quick Guide For Home and Office

- * Feng Shui Basics * Calendar of Tips * Monthly Clutter-Clearing Strategies
 - * Success Stories from people who made small changes with big results
- Southwest Book Design Award for 2009-2010

View the **Table of Contents** at:

<http://fengshuiforreallife.com/images/links/59-Contents.pdf>

Order your signed and personally inscribed copies at: <http://bit.ly/FSQuickGuide>

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 July:

Washington, DC Area: July 8-9
Santa Fe/Albuquerque, NM: July 20-31

I welcome your referrals nationwide.

If your city is not on my current schedule and you would like to arrange a consultation, contact me directly:

carol@FengShuiForRealLife.com
1.800.652.9038.

Custom Workshops

Plan Ahead To Attend These Events

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

<http://www.newmexicocreates.org/press.php?id=6>

April 29-May 1, 2011 -- Feng Shui Getaway Weekend in Santa Fe

Here's your chance to learn about Feng Shui in the Land of Enchantment. This **Getaway 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**, plus all the skills you need to do a Feng Shui consultation for your home and office. And, this could be the first step in deciding if you want to pursue 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 carol@FengShuiForRealLife.com 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

Save Money at Restaurants

Saving money is always good Feng Shui, especially when you dine out. The "blue plate special" is not just a marketing gimmick -- you will eat slower when you dine on blue plates, feel full sooner, and can avoid ordering dessert. Here are a few ways to save when you dine out:

1. If the menu doesn't include dollar signs, mentally imagine them there. Studies by the Culinary Institute of American and the Cornell University School of Hotel Administration have shown that in restaurants where there is no actual dollar sign, diners spend 8% more per person.
2. Avoid the selections printed on the menu's top right hand corner. Your eye goes there first so that's where many restaurants list their most expensive selections.
3. Take your leftover wine home with you. Most states now have laws allowing you to recork and take home your unfinished bottle of wine.
4. Buy a gift certificate at sites where you can buy them at a discount. Try www.restaurants.com, or in New Mexico and Colorado visit www.999dine.com.

5. Make a reservation through www.OpenTable.com, where you earn points toward dining cheques that are good at participating restaurants, and you can get reservations at places that otherwise are unavailable.

Do you know other sites where you can buy restaurant gift certificates at a discount. Share them on my Facebook page, www.Facebook.com/FengShuiForRealLife

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

F Y I

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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:

Carol M. Olmstead, FSII
Feng Shui Master Practitioner
1.800.652.9038
carol@FengShuiForRealLife.com
www.FengShuiForRealLife.com



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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