



Feng Shui For Real Life E-zine

August 2010 Vol. 10, Issue 8



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>.

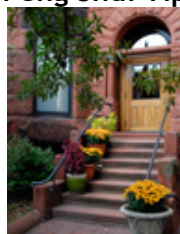
Carol Olmstead
Feng Shui Master Practitioner



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www.Facebook.com/FengShuiForRealLife

Feng Shui To The Rescue

Feng Shui Tip for August: Restore Your Front Door



The front door is called the "mouth of chi" in Feng Shui because it's where all good energy, or *chi*, enters your home. Even if you come in through the garage or the back porch, what goes on in your home is affected by the condition of the front door. When your front door is in shabby shape, if it squeaks, or if it is difficult to open and close, your wealth could be affected. Fix your front door, and you just might fix what's wrong with your finances. Clean your front door regularly, give it a new coat of paint or stain, lubricate the hinges, clean the glass, and make any other repairs so it is in good working condition.

What's lurking behind your front door is also important. For example, if your front door doesn't open completely and easily, or if it is blocked because you store things behind it, symbolically your energy is stagnant and opportunities may not "open" for you. Remove everything you have stored behind your front door, and relocate any objects so it opens completely.

I'm often asked if you have to paint your front door red to attract wealth and positive energy into your home. You can paint or stain your front door any color and still attract good energy. The key is to make sure your door is clean, attractive, and in good repair. Choose a color that relates to what you want to attract: red for wealth, blue for relaxation, green for growth, brown for stability.

Here is my Feng Shui challenge for this month: open your front door every day, and if you usually come in through another door, try entering your home through the front door for the next week, then watch the new opportunities flow into your life as a result. You can read more about "Front Door Feng Shui" in the article on my Feng Shui site at [Bella Online.com](http://www.FengShuiForRealLife.com).

The direct link is: <http://www.bellaonline.com/articles/art39935.asp/zzz>.

Clutter Clinic

Uses For Leftover Paint



If you finally got around to those household painting projects this summer, you probably have some paint cans cluttering up the garage or basement. According to the EPA, leftover paint is the largest volume material collected by hazardous materials collection sites. Instead of letting all of those half-used cans clutter up your house or a landfill, first save a small amount for touchups, then consider some of these unique uses for the rest.

1. **Recycle It.** Check out Earth911.com for a recycling center in your town that accepts leftover paint, which is then mixed together and resold.
2. **Turn It Into a New Color.** Blend leftover paint to create a unique color. Just make sure you don't mix water-based and oil-based paint.
3. **Re-tint It.** If you have a good amount of light-colored paint leftover, you can take it to the paint store and have it re-tinted to another color.
4. **Use It For a Floor Cloth.** Start with painter's canvas, fold and glue down a hem, strengthen it with several coats of canvas primer, paint a design with your leftover paint, then top with several coats of urethane.
5. **Use It for Base Coat.** If the leftover water-based paint is lighter than the top coat you need for a project, you can use your leftover paint as a base coat, especially if the existing wall color is dark.
6. **Facebook It.** Let your friends and family know you have leftover paint available and someone might take it off your hand.
7. **Freecycle It.** Join a local [Freecycle group](#) and post that you have paint available so you can give it to someone in your neighborhood.

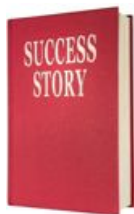
Read more at: <http://www.diy-life.com/2010/06/29/10-uses-for-leftover-house-paint>

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:
<http://fengshuiforrealife.com/Detailed/119.html>.

Success Story

Diana's Family Business

Diana and her two sisters have run an office cleaning business for the past 10 years, but lately they were losing a lot of customers. When I arrived at their office condo for the consultation it was obvious that the space was overwhelmed by clutter, especially boxes of cleaning products stored near the entrance. In addition, the front door was warped and difficult to open, and it was badly in need of repainting. I explained how the front door is the "mouth of chi" where all the positive energy enters, and that a door that was blocked and hard to open represented missed opportunities for their business, and symbolically blocked new clients from entering. We moved around a lot of furniture, and I gave them a plan to clear their space. Here is what Diana wrote:



I can't fully express what an impact your session had on me, my sisters, and everyone else in our office. Thanks so much for getting us started on this path. After you left we immediately called our handyman, who came the next day to sand and repaint the door. We decided on a red door, since you explained how this represents power and wealth. We have cleared out the entry area, and now we are working on a long-term plan to get rid of all our unnecessary supplies, files, and assorted junk. By the way, business has exploded since your visit, and I'm sure the Feng Shui process helped to clear the way for new clients to arrive on our doorstep.

Ask the Feng Shui Maven

Q: We have a ceiling fan over our bed, and I just read that this is considered bad Feng Shui. We don't want to stop using the fan because it makes such a difference in the summer, and there is no other location for the bed. What do I do?

A: I get this question frequently in the summer. One option is to hang a round, faceted crystal from the center of the fan. This represents the Water Element and reduces the Metal Element energy of the fan. You can use a small crystal hung with fishing line or similar filament line so it doesn't show. There is usually something on the fan housing that you can hang it on, like the switch that reverses the direction. The second option is to place a red dot on the top side of each of the blades. The dots represent the Fire Element, which symbolically "melts" some of the Metal Energy and therefore reduces its hardness. I haven't personally used this second remedy, but I know other practitioners who do.

Q: I just became engaged, but my fiancé is going to be working overseas for several months. How do I keep the communication between us as clear as possible while we are separated by an ocean? While he is gone I will be living in a small temporary apartment and I can't decide if two nightstands are better than one.

A: Placing two nightstands in your bedroom is a classic Feng Shui symbol for attracting love, and this would be especially important for both partners to do in a long-distance relationship. Also, decorate each of your bedrooms with the same art and images so that you are each "present" in the other's bedroom no matter how far apart you are geographically. For example, hang the same romantic artwork in both bedrooms and display the same photo of the two of you, and if you can paint, use the same color. Knowing that you are looking at the same things in your bedroom can help enhance communications while you are separated.



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

In the News

New York Times: Feng Shui for Beds

In his New York Times article "Married But Sleeping Alone," Bruce Feiler writes about the trend for married couples to sleep in separate beds. He cites a National Association of Home Builders report that 60 percent of custom homes will have dual master bedrooms by 2015. Feiler offers four steps to restore what he terms the "honor and dignity" of the American bed, and one of them involves Feng Shui. He writes: *Declutter it. Feng Shui masters say that adjusting the environs around a bed can bring couples closer. Time to admit you're not going to read those books gathering dust on your night stand or order things from those catalogs from before the recession.* Feiler also recommends draping a red cloth over the line that separates the two box springs under a large mattress. You can read the entire article at <http://nyti.ms/9i2qv4>.

These Feng Shui suggestions make sense, and I also recommend that couples avoid storing anything under your bed, especially shoes, which symbolize "walking away" from a relationship.

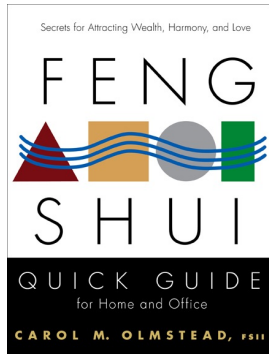


Do you want Feng Shui tips and tidbits to include in your blog, website, or newsletter? Check out my website www.FengShuiForRealLife.com, or contact me at carol@FengShuiForRealLife.com with a specific request.

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

Quick Tips For August

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



** The number eight is especially auspicious, so in this eighth month of the year, display a figure-eight-shaped gourd at your dinner table to symbolize good health and long life for the entire family.*

** Make sure your house number is clearly visible from the street, both during the day and at night, so positive chi can find you.*

** If you want to travel, keep books, magazines, and literature about the places you want to visit in your Helpful People area of your home. [Click here to download a bagua chart to locate this area in your home.](#)*

You will find hundreds of practical tips like these in the *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://fengshuiforrealife.com/images/links/59-Contents.pdf>

Order your signed and personally inscribed copies at:

<http://bit.ly/FSQuickGuide>

Also available at Amazon.com.

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 and Floor Plan Review**. 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://fengshuiforrealife.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 August:

Santa Fe/Albuquerque, NM: August 16-25
Washington, DC Area: August 26-29

[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](tel:1.800.652.9038).

Custom Workshops



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

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

New Mexico Women Authors' Book Festival

New Mexico History Museum, Santa Fe, NM

I was once again selected to speak and sign books at the [3rd Annual New Mexico Women Authors' Book Festival](#). 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 fun event on your calendar. I'll post the list of the outstanding women authors who will be presenting as soon as it is available.

April 29-May 1, 2011

Feng Shui Getaway Weekend and Certification Training in Santa Fe

La Fonda Hotel, Santa Fe, NM

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 from the training with 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. 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](tel: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://bit.ly/Workshops>

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

What Bugs You?

Consumer Reports released a survey of what annoys Americans the most, and the top winners - or you could say losers - were hidden fees, the inability to get a human on a customer service line, and inaccurate weather forecasts. Women were significantly more irritated than men by 11 of the 21 choices, including speeding drivers, having to remember passwords and PINs, and products that shrank but still cost the same. People older than 50 were more annoyed than younger respondents about speeding drivers, e-mail spam, and cell-phone use while driving. Respondents who identified themselves as Democrats were more annoyed than Republicans by television or radio shows during which people shout their opinions, and residents of densely populated urban areas were more annoyed than rural residents by unscooped dog poop. When it comes to driving habits, Americans in general were more annoyed by people who tailgate than by very slow drivers or speeders.

You can read the article at: <http://www.consumerreports.org/cro/magazine-archive/2010/january/shopping/what-bugs-america-most/overview/what-bugs-america-most-ov.htm>.



What bugs you? Share your pet peeves on my Facebook Fan page, [Facebook.com/FengShuiForRealLife](https://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.

[Click here to order now from the Feng Shui For Real Life Online Store.](#)

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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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