

September 2010 Vol. 10, Issue 9



Welcome to the *Feng Shui For Real Life E-zine*, a monthly e-mail magazine with Feng Shui tips, success stories, clutter-clearing advice, and other information to help you bring simple Feng Shui improvements into your life.

Can't get enough Feng Shui? Check out my new [Feng Shui For Real Life Blog](#), my weekly articles on the [BellaOnline.com](#), and my website, [www.FengShuiForRealLife.com](#).

Feng Shui For Real Life Blog

My blog has gone live. Take a look and share your thoughts about topics you want me to cover. <http://bit.ly/FengShuiBlog>.

Carol Olmstead
Feng Shui Master Practitioner

Feng Shui To The Rescue

Feng Shui Tip for September: Creating Home Sanctuary



Do you have a special place set up at home where you can go to rest and restore? That was the simple question from my friend and colleague Lainie Grimmer of [CreatingClarityCoaching.com](#) that got me thinking about using Feng Shui to create a home sanctuary. Most of us spend the bulk of our time at the workplace or working from a home office, which makes it important to have a special place to relax when the workday is done. We all need to recharge before our next work day, especially in light of the current stressful and challenging economic climate. Home sanctuary doesn't mean a religious space, and it doesn't mean you have to designate an entire room. What is most important is that you create a safe haven at home where you can renew, restore, slow down, and just let go.

If you can, locate your private retreat space in the Harmony/Wisdom Area of your home, which is the room located in the lower left hand corner of your home, according to the bagua mapping chart. You can download a bagua map

from the Basics section of my website, www.FengShuiForRealLife.com. Your sanctuary could be a comfortable reading chair near a sunny window, or any area in your home that feels nourishing, comforting, and inspiring. Once you select your space, try these Feng Shui tips to make it feel special:

- Clear the clutter so you can avoid distractions and clear your mind.
- Surround yourself with the color blue for relaxation and the color green for renewal.
- Add the scent of lavender for its calming effect.
- Play soothing music.
- Connect to nature by including flowers or artwork showing flowers.
- Surround yourself with artwork and photographs of your favorite people and places.
- Display some of your favorite objects.

Clutter Clinic

Clutter Clearing After Vacation

Whether your summer vacation was a grand trip to Europe, a long holiday weekend, or anything in between, returning to your office or workplace can be difficult. Now that summer is officially over, try these quick office uncluttering techniques:



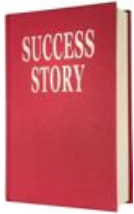
1. **Return it.** Find all of the things in your office that don't belong to you, or don't belong in an office, and return them to your coworkers or to other rooms in your house.
2. **Take it down.** Collect all the sticky notes off your monitor and enter their data into a more appropriate and permanent storage location. Check bulletin boards for out-dated calendars, memos, menus, and phone directories. Remove, recycle, or shred these unnecessary papers.
3. **Test it.** Gather together all your writing utensils, throw out any pens and markers that don't work, and sharpen all your pencils.
4. **Dust it.** Give your desk, chair, and electronics a pass with a dust rag. Work from the top of your office downward so that you're not brushing dust onto something you have already cleaned.
5. **Do it.** Complete any task on your "to-do" list that could take fewer than three minutes to finish. Set a timer for 15 minutes and get five of these tasks done right now.
6. **File it.** If you're still feeling unmotivated after completing these tasks, you can always tackle your stack of filing.

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://fengshuiforreallife.com/Detailed/119.html>.

Success Story

Attracting New Clients

I heard from a long-time client that her business has been way down this month because a major client lost their funding source and didn't renew her retainer contract, and two new clients who seemed like a "sure bet" ended up not having enough money to proceed. For the first time since she launched her business many years ago, she didn't have enough work and was seriously wondering how she was going to pay all the bills. Then, she read the [office clutter-clearing article on my BellaOnline site](#), and Feng Shui came to her rescue. Here is what she wrote:



I took your office clutter clearing column to heart last week. I spent almost all day Sunday clearing out the paper clutter in my home office and removing anything that wasn't related to my business. It's not perfect, but right now my office is neater than it has been in two years. Yesterday I got a call out of the blue from the VP of communications for a significant trade group that works on consumer issues. She was a total stranger to me, referred by another client, but she hired me almost on the spot to write a major speech for her organization's CEO! It's a fast turn around project that will double my September income. In addition, there is a possibility of much more to come, as they are a growing industry and in need of a fresh voice for speech writing. Meeting you has been such a God-send for me! It's taken me longer to "dig out" from living with a hoarder than I would like, but each time I tackle a room, something good happens!

Read more Feng Shui advice at www.Facebook.com/FengShuiForRealLife.

Ask the Feng Shui Maven



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

Q: I was leafing through your book a week or two ago, and ran across your great idea of clearing out unfinished projects. I mentioned this to a friend, who gave me a horrified look and said "Surely that doesn't mean I should throw out all of the photos and albums I've been meaning to put together all these years!" Were we taking your idea too literally?

A: Of course your friend doesn't have to clear out all unfinished projects, just those that she knows she is never going to finish. But the bigger question is why has your friend been putting off doing something with all of those photos? Since this was the first unfinished project that popped into her mind, she might set aside a block of time to just do it. She can go through the photos, pick the best, and throw out the duplicates and similar shots. Next, she can scan in the good ones and put them on a disk, or, upload them to a service like

Snapfish.com and create albums. Then she can get rid of all the printed photos.

Q: We are thinking of installing a skylight in our bedroom. Is that bad luck?

A: One of the problems associated with a skylight is that cutting a hole in the ceiling of your bedroom to install one is thought to let the positive chi escape from the room. If you do install the skylight, hang a faceted crystal from the skylight to deflect any negative energy and to prevent the chi from leaving the room. Also, try to locate the skylight so it is not directly over your bed. If you can't avoid sleeping under the skylight, consider covering it with translucent shades or curtains, but avoid sharp-edged metal blinds.

Q: I am about to buy a home that was a foreclosure. Is there anything that I should do to make sure the previous owner's negative financial situation doesn't affect me?

A: My recommendations for a foreclosure are pretty much the same as for any home that you buy. First, I recommend hiring a professional cleaning service to clean everything, inside and out, as thoroughly as possible before you move in any of your furniture. Be sure to wash all the windows, clean the front door, scrub wood cabinets and floors, and paint all the walls with new colors so you don't inherit any "sha chi," or negative energy from the previous owners. Next, conduct a space clearing before you move in any of your furniture. Third, pay special attention to the furniture, art, and decoration you add to the Wealth Area of the home and make sure this area feels wealthy and prosperous. For a foreclosure, you can also write an affirmation to "release" the former owners of the home and wish them a better and more prosperous future in another location.

This Month in Carol's Blog

Feng Shui For Real Life Blog

My [Feng Shui For Real Life Blog](http://FengShuiForRealLife.com) went live this month. Some topics that I



blogged about so far include "Creating Home Sanctuary," "Real Feng Shui," "The Four Questions." I invite you to check it out and let me know what you think. And I welcome your suggestions for topics for future posts. *E-mail your ideas to include in the Feng Shui For Real Life Blog to: carol@FengShuiForRealLife.com*

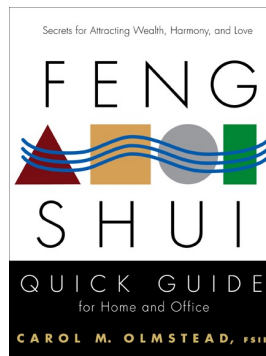
Quick Tips from the *Feng Shui Quick Guide For Home and Office*

Quick Tips For September

Here are a few tips for September from the "Calendar of Tips" in my book:

- To get ahead of school paper clutter early in the school year, create one place for the homework, books, and notices that children bring home from school.
- To attract new opportunities, change your doormat now and at the beginning of every new season.
- Display a bowl of seasonal fruit on your kitchen or dining room table, a symbol that your table will always be overflowing with food and friends.

You will find hundreds of practical tips like these in the *Feng Shui Quick Guide For Home and Office - Secrets For Attracting Wealth, Harmony, and Love*



*Feng Shui Basics * Calendar of Tips * Clutter-Clearing Strategies
Success Stories from people who made small changes with big results*

Southwest Book Design Award for 2009-2010

New Mexico Book Award, 2010

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://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 September:

Santa Fe/Albuquerque, NM: September 20-24

Denver, CO: September 25-26

Washington, DC, Maryland, Virginia: September 27-30

[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 - or need an excuse to visit - put this fun event on your calendar. **No cost event.**

October 28, 2010, 11:30am-1:30pm

Munch and Learn Session

"Welcome to Your Sanctuary - Using Feng Shui To Create a Balanced and Harmonious Home"

Samuel Design Group, 703 Camino de la Familia, Santa Fe, NM

Where do you go to unwind at home after a stressful day at work? Most of us spend the bulk of our time at the workplace or working from a home office, which makes it especially important to have a special place to relax when the workday is done. Join me at the [Samuel Design Group](#) studio as I share Feng Shui tips for creating a private sanctuary and safe haven at home where you can renew, restore, slow down, and just let go. Bring your questions and a simple diagram of a room for me to analyze and help you create your special space. **No cost event, light lunch and beverages provided.**

SAVE THE DATE!

April 29-May 1, 2011

**Feng Shui Getaway Weekend and Certification Training in Santa Fe
La Fonda Hotel, Santa Fe, NM**

[Early Bird Discount Registration Now Open](#)

If you have ever thought about becoming a Feng Shui consultant, or want to learn more about Feng Shui from a Master Practitioner, or just want a fun getaway, this weekend is for you. The [Feng Shui Getaway Weekend](#) includes Feng Shui training 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 me in an ideal setting of blue skies, golden cottonwoods, and red sunsets.

[Click here to register at the Discount Early Bird Rate and save \\$200.](#)

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

Here are two simple ways you can help out someone in need this month:

Cup O' Joe For a Joe

Green Beans Coffee has launched "Cup of Joe For A Joe" to let anyone say thanks to our troops through the simple act of buying a cup of coffee and having it delivered into the hands of a deployed soldier, along with their own personal note of encouragement. You choose a purchase of any amount and Green Beans Coffee will deliver your gift and message, and they will give each soldier a chance to respond. [Click here for more information.](#)

Help Him Find His Strong Suit

Throughout September, the Men's Wearhouse chain is holding their Third Annual National Suit Drive, where their stores will act as drop off locations for your gently used men's professional clothing. Clothing donations are directed to local nonprofit organizations. Through this program, the chain has helped thousands of low-income men that are striving for self-sufficiency. Their goal is that no man be deprived of the opportunity to work because he does not have the appropriate attire to make that important first impression on a job interview. [Check out their website for a list of participating stores.](#)

Do you know other simple ways to help out? Share them 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.

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