



**NEWSLETTER**  
**Volume #6, Issue #7—July 15, 2006**

Welcome to *Feng Shui for Real Life*, a monthly e-newsletter that provides Feng Shui tips and other information that can help you bring simple Feng Shui changes into your life. *Feng Shui for Real Life* is available by request. To subscribe or unsubscribe, visit: <http://www.FengShuiForRealLife.com>.



**Carol M. Olmstead, FSII**

*"What dreadful hot weather we have! It keeps me in a continual state of inelegance."*  
--Jane Austen, Letter of 1796

### **Summer Sizzle Sale!**

No matter how you describe the summer weather, the heat can make you feel sluggish. If your house is suffering from the same summer doldrums, I have the cure—my annual **Summer Sizzle Sale** on Feng Shui consultations. I am offering a **\$25 discount card** for home consultations in August for new clients. You can download the coupon at [www.FengShuiForRealLife.com/giftcertificate.html](http://www.FengShuiForRealLife.com/giftcertificate.html) and call now to schedule your appointment while you still have your pick of day and time.

Look for other Summer Discounts in the MarketPlace section at the end of this newsletter.

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**NEW! Feng Shui For Real Life** is a featured local resource for the websites [www.TheKnot.com](http://www.TheKnot.com), the premier wedding planning website, and [www.TheNest.com](http://www.TheNest.com), the companion site for married life. Go to either site, click on *Resources in Your Area*, choose *DC Area*, then look for my photo and Feng Shui For Real Life. Other locations will be coming in the future!

### **Feng Shui Tip: Five Cool Cures for the Summertime Blues**

No matter where you live, it's hot! Are soaring temps causing you to suffer from "summer burn out?" In Feng Shui, the summer season is associated with the Fire element. On the positive side, this makes us want to socialize (margaritas on the patio) and adds passion to our lives (summer romance). But too much Fire can have the opposite effect, making us feel tired, listless, and just plain burned out (perhaps that explains the beach book phenomena). Here are five Feng Shui "cures" for these summertime blues:

- Home décor colors too hot? No need to repaint, just add cool accents like light blue, periwinkle, or pale green bedspreads, pillows, or tablecloths to calm and soothe.

- House a mess? A cluttered room will make you feel overheated and tense. Clear the clutter to put out the fire.
- Feeling dry? Create the cooling effect of water with a small fountain, or mist your rooms with a light scent such as lavender.
- Too much light? Shut off the ceiling lights and use spot lights and table lamps, or burn small candles with light, fruity scents.
- Kitchen too hot to eat in? Change the location of your activities to minimize sun exposure. Cook out on the patio or the shady side of the house for a cooling change of place.

### **Clutter Clinic: It's Here...But Where?**

Do things tend to get lost on your desk? If so, you are not alone. According to *FastCompany Magazine*, people spend about 30% of their time hunting for lost documents, and executives waste six weeks each year searching for lost pieces of paper. While computers are supposed to free us from all of our paper, some of us are accumulating more than ever. One way to reduce the amount of paper you handle is to use e-mail instead of fax, and back up your critical files rather than printing a hard copy.

### **Success Story: Wendy's Home Office**

Wendy sent me a photo of her fabulous new home office, which she relocated from the basement to an upstairs room. The basement was the wrong location for Wendy's growing home-based marketing business. I recommended she switch places with the upstairs guest room, which was little used. Here is what she wrote:

*I moved my office upstairs and am convinced that move helped lead to the launch of my new website ([www.evolutionconsultinggroup.com](http://www.evolutionconsultinggroup.com)) among other things. I also began mailing things in red envelopes to encourage some prosperity for my business. Oh, I almost forgot...I am going to be on HGTV! They redecorated the room that used to be my office, which I made into the guest bedroom. I will be on a show called FreeStyle, where they take your existing things and transform the room. It was exciting to have them come over.*

### **Feng Shui Q & A:**

**Q: My husband and I downsized last year, but we are still struggling with storage issues at our new home. The main problem is shoe storage. I am considering purchasing a plastic, under-the-bed storage box that will hold all of our shoes. Is that okay, Feng Shui-wise? I already keep a small suitcase under there.**

**A:** In Feng Shui, we always recommend keeping the area under your bed clear to assure a peaceful night's sleep. Unfortunately, shoes and suitcases are an especially inauspicious choices for under bed storage since keeping them under a bed that you share can symbolize "walking away" or "moving away" from a relationship. If you cannot part with any of your shoes (something I understand!), consider what else you can move out of your bedroom closet to make room for the shoes. If you must store things under your bed, choose soft, seasonal clothing. Also avoid sharp objects or exercise equipment since they can cut into your sleep.

## **In the News: Better Wines Through Feng Shui**

Wine critics in Northern California's wine region are raving about Pipestone Vineyards, the first grower to lay out its vineyard based in Feng Shui principles. Dozens of California wineries claim to grow their grapes organically or according to the even more rigorous biodynamic system, but Pipestone is the first winery that claims to have used Feng Shui design for its vineyard. Critics are not sure how much of the credit goes to Feng Shui, but most agree that Pipestone wines are worth a try. You can read about Pipestone and Feng Shui at this website: [http://www.sanluisobispo.winecountry.com/winecountry\\_publication/archive/2005/pipestoneWine\\_1005.html](http://www.sanluisobispo.winecountry.com/winecountry_publication/archive/2005/pipestoneWine_1005.html).

## **Consultations and Workshops**

### **\*\*\*Upcoming Workshops\*\*\***

#### **Santa Fe Design Week, October 22-29**

As if you needed an excuse to come to Santa Fe in the Fall, here is another one: Plan ahead to be in Santa Fe in October for the second annual **Santa Fe Design Week**. This year's events will be held in conjunction with the prestigious UNESCO Creative Cities Summit. There will be more than 50 events focusing on design as form and function, and I will be hosting at least one Feng Shui workshop during the week. Mark your calendar and watch this newsletter and the Santa Fe Design Week website for more information: [www.SantaFeDesignWeek.com](http://www.SantaFeDesignWeek.com).

#### **Jewish Community Center of Greater Baltimore, November 9, 2006, 7-9pm**

#### ***Feng Shui For Real Life with Carol Olmstead, AKA The Feng Shui Maven.***

Join me for a two-hour, hands-on workshop to learn the basics of Feng Shui and to create a plan to change your home to sustain health, wealth, happiness, and love in your life! Bring a sketch of the floor plan of your home or a room you want to analyze. The cost is \$25/members, \$35/nonmembers, and advanced registration required. To register, contact Miriam Abramovich at the JCC of Greater Baltimore at 410-356-5200 x320 or [mabramovich@jcc.org](mailto:mabramovich@jcc.org).

**Home and Office Consultations:** On a regular basis, I offer consultations for homes and offices in the **Northeast** (Maryland, Northern Virginia, Washington, DC) and the **Southwest** (Santa Fe, Albuquerque, Los Alamos, Phoenix, Scottsdale). Appointments do fill up fast, especially on the weekends. **Do you want a consultation or workshop in your city?** Please e-mail me ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) for details about setting up a session or consultation in your location.

#### **Here is my current planned travel:**

**DC, Maryland, Virginia:** August 1-10

**Santa Fe/Albuquerque/Los Alamos:** August 14-25

**New York City:** September 14-18. **Note:** If you are interested in scheduling a home or office consultation while I am in the New York/New Jersey area, please contact me ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) for available dates and times. *I am offering a special rate for consultations scheduled in advance of this trip.*

I welcome your referrals in these and other locations.

**Workshops and Seminars:** I offer Feng Shui workshops are customized to meet the needs of individuals, organizations, and groups. Here are some of the most popular topics I have presented, which I can present at your location:

*Introduction to Feng Shui*

*Bedroom Feng Shui*

*Feng Shui Clutter Clinic*

*Feng Shui for Children's Rooms*

*Home Office Feng Shui*

*Feng Shui Goes To Work*

*Look Twice, Buy Once for Home Buyers*

*Sell It Fast with Feng Shui*

*Feng Shui, Love, and Relationships*

*Feng Shui in the Garden*

*Asian Pacific American Heritage Month Themes*

*Holiday Luncheons*

### **Luncheons, Membership Meetings, Fund-Raisers**

Feng Shui is a popular topic for luncheon and dinner meetings, special events, and fund-raisers. Whether it is a talk at the golf group luncheon, the garden club meeting, Temple Sisterhood meeting, office staff development session, or Christmas luncheon, my Feng Shui presentations are fun and always sell out! I am already starting to book Fall and Winter presentations, so please call 800-652-9038 to reserve your date!

### **Partner Profile: Jill Sussman, Virtual Office Assistant**

The new look for my newsletter this year is courtesy of my Virtual Office Assistant, Jill Sussman, owner of The Sussman Company. Working with Jill lets me do what I love—write the newsletter—and turn over to her the part I don't like—the mechanics of getting it formatted and distributed to 650+ subscribers nationwide. Jill also maintains my website, taking my ideas and making them an on-line reality. In addition to working on newsletters and websites, The Sussman Company provides services for small businesses that need desktop publishing, general administrative tasks, and has a specialty in real estate support services. Check out her website ([www.SussmanCompany.com](http://www.SussmanCompany.com)) to learn more about how a Virtual Office Assistant can help you. You can reach Jill at 1-800-818-6097 or [info@sussmancompany.com](mailto:info@sussmancompany.com). The company is offering a 20% discount to new clients through August.

### **Beyond Feng Shui: Romantic Getaway in Washington, DC**

So many of my clients are looking for love or trying to rekindle the spark in their marriage, that I want to introduce Swann House, a charming B&B in Washington, DC, described by Frommer's as "the inn that launched a thousand marriages." This romantic hideaway, elegantly located in the Dupont Circle area, offers luxurious accommodations in an 1833 mansion. Crystal chandeliers, flower-filled decks, and a cozy garden with a pool are some of the exquisite details that help Swann House

earn the ratings of Best B&B in Washington and One of the Nation's Top 10 Most Romantic Inns. Whether you are a DC area local or an out-of-towner looking for a romantic escape, Swann House is the place. Contact owner Mary Lotto Ross at 202-265-4414 and check out the website at: [www.swannhouse.com](http://www.swannhouse.com)

### **More Summer Sizzle**

#### **MarketPlace: Services to Help You Grow Your Business.**

This sections highlights business-to-business services that can help you grow your own entrepreneurial ventures. I welcome contributions from readers of business services that have been useful to you. *When you access these companies via the web address listed, you will be eligible for any special discounted services.*

#### **Free Business Coaching Session--Beth Cole and Associates**

The difference an hour can make! Coach, business advisor, and entrepreneur Beth Cole, head of Beth Cole and Associates ([www.beth-cole.com](http://www.beth-cole.com)), has found that a 60-minute consultation can pay big dividends in growing your business or advancing professionally. This summer, she is offering my friends, associates, and clients a free telephone session. Beth, who is the former president and CEO of the prestigious Women's Business Center in Washington, DC, has more than 25 years of entrepreneurship experience to share. **E-mail her for details and to set up your free session: [beth@beth-cole.com](mailto:beth@beth-cole.com)**

#### **Broadcast Interview Source**

Broadcast Interview Source is a great way to bring the media to your website and promote your business, product, or services. I issue monthly press releases about my Feng Shui consulting service through this service, and they receive hundreds of "hits" each month. **You can save \$100 on your membership if you use this link:** [http://www.expertclick.com/referral/Carol\\_M\\_Olmstead](http://www.expertclick.com/referral/Carol_M_Olmstead)

#### **The Publicity Hound, Joan Stewart**

If you want to learn how to generate thousands of dollars in free publicity, check out the website for Joan Stewart, also known as The Publicity Hound. Joan offers a free monthly newsletter of PR tips and advice, and she sells low-cost tools to teach you how to develop relationships with the media. Click here to check out her website and subscribe to her free e-newsletter: <http://www.marketerschoice.com/app/?af=374705>.

#### **The Sussman Company, Virtual Office Assistant**

Administrative services for small businesses that need desktop publishing, general administrative tasks, with a specialty in real estate support services. Check out [www.SussmanCompany.com](http://www.SussmanCompany.com) to learn more about how a Virtual Office Assistant can help you. **20% discount to new clients through August.**

***My Client-Centered Approach to Feng Shui:*** *When I recommend cures for a home or office, I consider each client's goals. I try not to recommend anything that you will find unattractive or unacceptable. Rather, I suggest practical, appropriate,*

*and workable cures that are based on solid Feng Shui principles and fit in with the way you live. I try to recommend several practical solutions that are appealing to you and fit your decor and your budget.*

Carol M. Olmstead,  
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**Don't miss an issue of the Feng Shui For Real Life e-newsletter. To ensure receipt, please add this e-mail address ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) to your Address Book or Approved Sender's list. Thank you!**