



Feng Shui For Real Life E-Zine

In Every Issue

[Feng Shui Tip](#)

[Clutter Clinic](#)

[Success Story](#)

[In the News](#)

[Consultations & Workshops](#)

[Beyond Feng Shui](#)

Quick Links

[PRINTABLE PDF*](#)

[Feng Shui For Real Life Online Store](#)

[*Click here for latest version of Adobe Acrobat](#)

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Welcome to Feng Shui for Real Life, a monthly e-zine that provides Feng Shui tips, success stories, clutter-clearing advice, and other information to help you bring simple Feng Shui improvements into your life. This e-zine is available by request.

--Carol Olmstead

New On My Website:

E-zine Archives

If you missed any previous issues of the *Feng Shui For Real Life E-zine*, the 2008 archives are posted on my website: FengShuiForRealLife.com.

Feng Shui Tip

Use Feng Shui To Hold On To Your Wealth

It will come as no surprise that in the last few weeks the majority of requests for Feng Shui consultations have been related to holding on to wealth. In these challenging economic times, everyone is looking for ways to retain the abundance they have worked so hard to achieve.

In Feng Shui, when you ignore things that aren't working right, you set an intention to attract scarcity rather than prosperity. And, when you surround yourself with things that are broken, stained, torn, or peeling it represents disregard for your wealth. Although most people would rather buy a new flat screen than invest in a new rain gutter, in the long run it's a better investment in your financial future when you spend money on the less glamorous, but necessary, repairs.

When something in your home or office is not working, I recommend you follow my Feng Shui **Rule of 3Rs**: *Repair, Replace, or Remove* it and you will clear the way for positive energy to flow into your life. Here are my top 10 Feng Shui fast fixes for your home and office to help you retain wealth:

1. **Clean Your Front Door.** The front door is where all good energy enters your home; a clean door attracts prosperity while a dirty or faded door repels it.
2. **Replace Burned Out Light Bulbs.** If your rooms are dark, so is your financial future; replace burned out bulbs and brighten your possibilities to attract wealth.
3. **Clean Your Windows.** Windows are the eyes of your home; dirty windows cloud vision, while clean windows represent a clear view of your opportunities.
4. **Remove Dead Plants.** Dead plants symbolize dead energy; replace them with healthy living plants to grow wealth in your life.
5. **Clean Your Desk Chair.** If you sit on a stained, broken, or torn desk chair it represents disregard for your work; clean your chair or get a new one to improve your career outlook.
6. **Repair Broken Mirrors.** If you have a broken mirror you can't see things smoothly; remove or replace it to reflect a smooth road to prosperity.
7. **Clear the Cobwebs.** Cobwebs symbolize being wrapped up and stuck; clear them away so you can move forward.
8. **Fix Drips and Leaks.** Leaking water represents leaking wealth; stop the leak and you will stop the drain of your abundance.
9. **Tighten Loose Door Knobs and Handles.** When handles are loose you can't get a grip on your money; tighten them and wealth will be within your grasp.
10. **Clean Your Stove.** The burners on your stove represent wealth and your ability to feed people; keep your stove clean and immediately fix any nonworking burners.

Want More Free Feng Shui Tips?

Check out my videos on the how-to site, MonkeySee.com. My two video series, **Feng Shui Tips for Attracting Wealth** and **Feng Shui Tips For Attracting Love**, are up and running. View them, then add your comments to the site to help me plan future video series.

Make Your Clothes Last

This fall, instead of moving all of your summer clothes into your storage area without sorting them, take a look at each item and decide whether you really need to keep it. The rule of thumb is that if you didn't wear an item of clothing even once this past season, it's time to donate it, sell it, or throw it out rather than store it.

After you decide what you are keeping, use these tips from New York textile preservationist Jonathan Scheer to store your clothes and make them last longer:

- Launder or dry-clean everything, even if you've only worn it once to avoid setting invisible stains from perspiration, perfume, and beverages (especially wine).
- Remove dry-cleaner bags as soon as you get home, since plastic doesn't allow clothes to breathe and traps residual moisture that can grow mold or mildew.
- Store your clothes in a cool, dark, dry place, rather than in garages, attics, and unfinished basements.
- Invest in cedar moth repellent, rather than toxic and malodorous mothballs.
- Group clothes by fabric so you can keep the proteins (silks, wool, fur, suede, and leather) apart from plant fibers (cotton, linen, rayon, and ramie).
- Heavy garments, cashmere sweaters, and beaded gowns should be folded with muslin or acid-neutral tissue paper to prevent creases. Cloth garment bags are preferable for long-term storage and are essential for leathers and furs, which could crack or break if kept in plastic.

Sheer's final tip can also be found in the "Calendar of 366 Tips" that is part of my book, the ***Feng Shui Quick Guide For Home and Office***:

- Avoid wire hangers. There is a reason they are free: they are flimsy, do hideous things to shoulders, and lead to sloppy closets and chaotic chi. Use wide, shaped plastic or wood ones instead.

Donating Men's Clothing

I frequently get requests for places to donate men's suits, so I was happy to pass along this suggestion from one of my e-zine readers. Men's Wearhouse is holding a National Suit Drive until October 31 and will be collecting gently used professional attire to benefit at-risk men and youth transitioning into the workforce. All clothing they receive will be distributed throughout the community by local nonprofit

organizations. You can see a list of local participating nonprofits by going to www.menswearhouse.com and clicking on the link for National Suit Drive.

To donate, visit your nearest Men's Wearhouse store and make a tax deductible donation of suits, sport coats, slacks, ties, and belts, and you will receive a coupon for 10% off your next Men's Wearhouse purchase. Plus, the company will contribute a new dress shirt for every suit they receive.

The "Clutter Free and Clear" E-Book Is Here!

Is clutter complicating your life? Are you struggling to find time to organize or de-clutter and not sure where to begin? Free yourself from the grips of clutter and reclaim your time and your space by downloading the new e-book, **Clutter Free and Clear: Take Charge of Your Time and Space**. This is a collaborative e-book written by eight clutter-clearing experts. I wrote the chapter *Feng Shui and Clutter: You Are What You Keep*, which includes a month-by-month guide for clutter clearing. Get your copy at ClutterFreeandClear.com.

Success Story

Feng Shui in a Shared Space

Elizabeth is a therapist who sees patients in a space she shares with three other colleagues. She needed some help arranging her shared space so that it supported her practice, and in a way that the other therapists found pleasing as well. Here is what Elizabeth wrote:

I was confused where to start because I didn't feel like I had complete control over the space, so your consultation helped me get a burst of energy to get moving. As you suggested, I moved the sofa so my patients had a clear view of the door to help make them feel more secure. Then, I brought all the other therapists together for a brown bag lunch and we looked for art on the art.com web site you recommended, and found things we all agreed on. I hung the art one weekend and moved other furniture and decorations around, per your suggestions. The other therapists agreed it was a great improvement. Then, a funny thing happened this morning, I had a couple come in who had been here twice before. The husband asked me if I had always been in this office or if it was a new office for me, and that he really felt more comfortable in this one. I am hanging more new pictures this afternoon and we'll see how that spruces things up too.

Feng Shui Q& A

Q: My daughter started kindergarten last month, but she is still uncomfortable around new people. Is there anything Feng Shui can do to help her feel more relaxed?

A: You can use the Feng Shui colors in your daughter's bedroom to help her feel more secure. First, surround her with blue to calm her and lessen anxiety. Add a lot of green because this color helps people feel more at home, and some gold accents to enhance her self-esteem. Dress her in pink accessories to reassure her that she is loved.

Q: We love the beams over the bed in our new home, but I have heard that they can be negative in a relationship. What do you think?

A: The Feng Shui concern about beams over a bed is that they represent too much weight over your head while you are sleeping. If you have a high ceiling and the beams are rounded, they are probably not creating much negative energy. However, if the beams hang low over the bed and have sharp edges, they can challenge your relationship and your health. The adjustments for low hanging beams include painting or staining them the same color as the ceiling to help camouflage and lift them; aiming spot lights at them to scatter any oppressive chi; weaving silk vines and flowers around them to simulate sleeping outdoors; adding an overhead ceiling fan to spin the chi up and away from the bed below; or drape fabric over your bed like a canopy to protect you from any negative energy.

Do you have a Feng Shui question that you would like to see answered in this column? Submit your queries to: questions@FengShuiForRealLife.com.

In The News

Feng Shui Furniture For Hotels

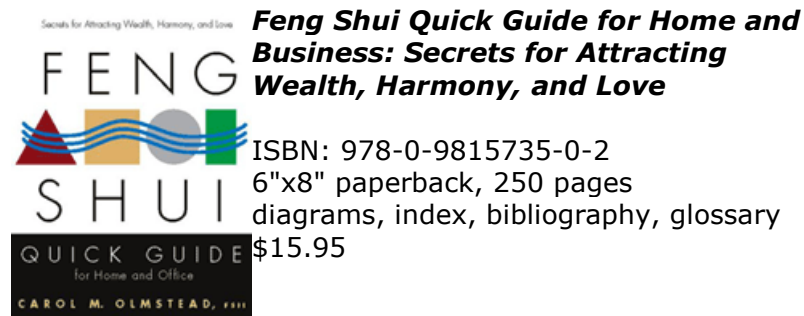
There is now a line of Feng Shui furniture specifically designed for hotels with the goal of transforming a hotel room into a harmonious and comforting oasis designed to promote relaxation. Wilson Associates interior architectural design firm has combined with furniture company Mark David Inc. to launch Prosperity, a nine-piece line of Feng-Shui friendly furniture for hotels. Margaret McMahon, managing director of Wilson Associates, explained that "having been inspired by the use of Feng Shui in our New York office to reposition the energy and create balance, we collaborated on the design of a

collection that adopts this philosophy to provide hotel guests with an ultimately peaceful environment." Feng Shui principals are woven throughout the furniture collection, including colors and shapes that represent the Five Elements. The flow of chi is represented in design elements including softly rounded corners and desk, dresser, and nightstand legs that wrap around the sides. The polished chrome, glass, and rich lacquer finishes capture and reflect light to lend a welcoming aura to a room. In addition there are nine pieces in the collection, which is especially auspicious in Feng Shui.

Want More News Tidbits?

If you want Feng Shui tips and news tidbits to include in a blog, news article, e-zine/newsletter, or marketing materials, please e-mail me at carol@FengShuiForRealLife.com or call 1-800-652-9038 to discuss the range of topics that I can provide. Feng Shui is also a terrific topic for teleseminars and radio programs.

Book Update



My book is coming next month!

Watch for details about a special offer for pre-ordering the *Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony, and Love*.

The 250-page book includes clear, concise, and easy-to-follow tips to make the practical magic of Feng Shui work for you. Sprinkled among the Feng Shui basics and practical advice are success stories from real people who made simple changes with big results. The book will help you learn how to attract wealth, achieve harmony, improve relationships, advance your career, and clear clutter seasonally. The highlight of the book is a day-by-day calendar of 366 fast fix Feng Shui tips, organized seasonally.

As a **Special Bonus**, when you buy my book you will find links to download reports and tip sheets, including my Special

Report ***Feng Shui Tips to Recession-Proof Your Life.***

Consultations and Workshops

Home and Office Consultations

On a regular basis I visit 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).

Nationwide, I schedule consultations for homes and offices on request. Appointments do fill up fast, especially on the weekends, so schedule your consultation now to get the date you want.

WHERE IN THE WORLD IS CAROL THIS MONTH?

Santa Fe/Albuquerque: October 15-23

South Florida: October 26-28

Washington, DC/Maryland: October 29-31

Do you want to schedule a consultation in a city not on my current schedule?

E-mail me (carol@FengShuiForRealLife.com) for details about scheduling a consultation in your location.

I welcome your referrals in these and other cities nationwide.

Custom Workshops

Feng Shui is a popular topic for luncheon and dinner meetings, special events, fund-raisers, college, and university training sessions. My Feng Shui workshops are customized to meet the needs of your group or organization. Whether it is a talk at the golf group luncheon, the garden club meeting, office staff development session, or holiday luncheon, my Feng Shui presentations are fun and always **sell out!**

Here are some of the most requested topics:

Asian Pacific American Heritage Month Themes

Bedroom Feng Shui

Clutter Clearing Tips to Fatten Your Bank Account

Feng Shui Clutter Clinic

Feng Shui for Children's Rooms

Feng Shui Goes To Work
Feng Shui in the Garden
Feng Shui, Love, and Relationships
Feng Shui and The Secret
Holiday Luncheons (December)
Home Office Feng Shui
Introduction to Feng Shui
Look Twice, Buy Once for Home Buyers
Quick Fixes for Common Decorating Mistakes
Sell It Fast with Feng Shui

E-mail me (carol@FengShuiForRealLife.com) or call (1-800-652-9038) for details about scheduling one of these topics or a customized session for your group in your location.

Partner Profile

Sherie Stiver Zinn

Coldwell Banker Trails West Realty, Ltd, Santa Fe

In these days of slumping real estate sales, it's a rare treat to find a real estate broker who is joyously succeeding in matching buyers and sellers and having a record year. Sherie Stiver Zinn of Coldwell Banker Trails West Realty in Santa Fe is just such a broker. And in fact, Sherie is the realtor who helped my client, who I wrote about in the last issue, sell her home in less than two months.

Sherie's explanation for her success in this tight market is simple: her expectations for the future include optimism and great opportunity for all involved. She carefully matches buyers and sellers, and remains enthusiastic and positive as she helps buyers and sellers fulfill their real estate dreams. If you are thinking of buying or selling your home or have friends or family who may be interested in a Santa Fe real estate investment, check out her website at www.stiverzinn.com or call Sherie at 505-930-4105.

Beyond Feng Shui

How Safe Is Your Bank?

These are challenging financial times for all of us. Most experts warn that you shouldn't make any quick decisions, but that you should have a clear understanding of where all of your money is located. It is equally important to check the safety of your bank or financial institution. Many banks are struggling, so it's critical to know how yours is doing.

One way to check the financial stability of your bank is by going to www.bankrate.com. This rating system provides

information on the relative financial strength and stability of U.S. commercial banks, savings institutions, and credit unions. The system employs a series of twenty-two tests to measure the capital adequacy, asset quality, profitability, and liquidity (CAEL) of each rated financial institution. This service gives an objective Safe & Sound® rating to banks across the country.

This tip comes from my colleague Kathy McGee, Vice President of Corporate Banking and Senior Account Manager at 1st National Bank of Santa Fe. Kathy advises that to use the bankrate.com service, you need to know where your bank is located, which may be a different town than where you bank.

On-line Store

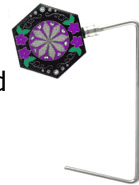


FengShuiForRealLife.com On-Line Store

This section of my website features products and services available to help you make Feng Shui improvements in your home and office. Check out what is available: [FengShuiForRealLifeOnLineStore](#).

Purse Hangers make great gifts!

Putting your purse on the floor represents disregard for your wealth in Feng Shui. A purse hanger lets you hang your purse safely from the table.



Order your purse hanger at [FengShuiForRealLifeStore/Pursehangers](#).

FYI

Do You Want to Use Articles From This E-zine?

While articles in the *Feng Shui For Real Life E-zine* are copyrighted, I encourage you to reprint them and link to my web site. I ask only that you credit *Carol M. Olmstead* as author and include my website address or link to my website [FengShuiForRealLife.com](#) when you print the article or use it online.

Make Sure You Receive Every Issue of This E-zine.

To ensure that your copy of the *Feng Shui For Real Life E-zine* does not get caught in any SPAM filters, please add my e-mail address (carol@FengShuiForRealLife.com) to your address

book or approved senders list. Thank you!

My Client-Focused Approach to Feng Shui:

When I recommend Feng Shui changes or "cures" for a home, office, or business I consider the goals of each client. I try not to recommend anything that you will find unattractive or unacceptable. Rather, I suggest practical, appropriate, and workable improvements that are based on solid Feng Shui principles and fit in with the way you live in your home and work in your office. I try to recommend several practical solutions to Feng Shui issues that are appealing to you and fit your decor and your budget.

For more information, contact:

Carol M. Olmstead, FSII
Certified Feng Shui Practitioner
1-800-652-9038

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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