

Feng Shui For Real Life E-zine

Volume 9, Issue #6, June 2009



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. This e-zine is available by request.

Please visit my website FengShuiForRealLife.com.

--Carol Olmstead

What's New This Month

Check Out What's New This Month!

Carol is the new Feng Shui editor at www.BellaOnline.com

I am the new editor of the Feng Shui website at www.BellaOnline.com, one of the web's top two social networking sites for women. I post weekly articles, moderate the discussion forum, and issue newsletter with tips beyond what I share in this e-zine.

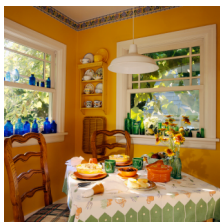
BellaOnlinesm
The Voice of Women

Please join me at [www.BellaOnline](http://www.BellaOnline.com) at
<http://fengshui.bellaonline.com/Site.asp>.

I look forward to your suggestions for topics to include in the discussion forum and in my weekly articles!

Feng Shui To The Rescue

Tip For June: Power Up Your Kitchen



No matter the size of your kitchen - or how frequently you actually cook in it - the kitchen is considered the soul of the house. Feng Shui principles associate kitchens with prosperity, nourishment, and health.

Here are a few of my favorite ways to power up the energy in your kitchen:

- Use each burner an equal amount. The stove is considered to be the center of wealth in Feng Shui and the burners are the "money generators." Therefore, using all of them equally ensures you are using all of your financial resources efficiently.
- Place a mirror behind the stove to symbolically double the number of burners and, consequently, your wealth. If you prefer not to hang a mirror, place a shiny teakettle on the burners for the same purpose.
- Promote health and wellness by displaying healthy green plants and flowers. Avoid dried flowers in this room because they symbolize dead energy.

- Fix any leaks or drips quickly, because leaking water symbolizes your wealth and abundance "going down the drain."
- Avoid keeping your cleaning products in the same area as your food because you will be symbolically cleaning out your good health.
- Empty the trash and recycling nightly in order to leave space for new opportunities to enter.
- Display a bowl of fresh fruit near the center of the room as a symbol of good health. For extra luck, display nine oranges in the bowl. Nine is a powerful number and the color orange symbolizes good luck.

Clutter Clinic

If in Doubt, Toss It Out



Are you accumulating too much paper? One solution to this universal problem is to practice the *Four F's*: **Finish, Forward, File, Flick**. This clutter-clearing strategy is a quick way to work through all of the paperwork that's piling on your desk or on the kitchen counter.

1. **Finish It.** This category is for any work in progress. It includes current things in three main categories: finance, projects, and correspondence.
2. **Forward It.** This is for the paperwork that needs to leave your space because it doesn't belong with you any longer. Examples include forms you've filled in that need to be sent elsewhere or something you've borrowed that needs returning.
3. **File It.** Likely to be the largest pile, this category will contain all the documentation you need to file for future reference. It's paperwork that you absolutely have to keep.
4. **Flick It.** This will be one of the biggest piles of paperwork and should include anything you're not sure about. If you can replace a piece of paper -- for instance a page you printed from a website -- get rid of it now.

The bottom line about paper is: "If in doubt, toss it out."

This advice comes from Australian organizing website, www.FlyingSolo.com. The direct link is: <http://www.flyingsolo.com.au/p251914855> **How-to-organise-your-paperwork.html**

Success Story

Red Wallet Stories

I have been collecting "red wallet success stories" from people who have followed one of my favorite tips: *If you want to attract wealth, buy yourself a new red wallet.* The color red represents wealth and abundance, and a new, uncluttered wallet makes room for that wealth to flow into your life. Here is one of my favorite stories:



This is long overdue, but I just had to get this to you since the red wallet advice is still working! I just landed ANOTHER client who wrote a check to secure my services right away. At the beginning of the year I was a bit worried about my business and with my finances. You suggested that I carry a red wallet with a \$50 bill stashed away in it. That immediately made a difference, and I received 2 job offers and got 2 new clients in that same month! I just finished a project for one of those clients and they recommended me to someone else. I met with them yesterday and they hired me immediately. Since I got my new red wallet I've felt more confident regarding my finances. I feel I have plenty of money to be able to buy exactly what I need. What a difference the red wallet made!

Treat yourself to a new red wallet, then send me your success story so I can post it along with the others on my forthcoming *Feng Shui For Real Life Blog*.

Feng Shui Q & A

Q: We recently moved into a house where the master bedroom is located at the end of a hall. We don't sleep well in the room, and my husband and I are arguing a lot in this house. I have read that this is not the best location for a bedroom, and wondered if that is contributing.

A: A bedroom located at the end of a hallway is exposed to the straight and rapidly moving energy known as "poison arrow chi." This harsh energy aimed directly at a bedroom can feel like there is an arrow pointed at you when you sleep. And this discomfort could certainly contribute to arguments. The best solution is to slow down the fast moving chi by hanging artwork or a mirror on one side of the hallway. This will add depth to the corridor and slow down the chi. Avoid using a long runner in the hall since this will accentuate the poison arrow effect. Also, make sure the hallway has good lighting.

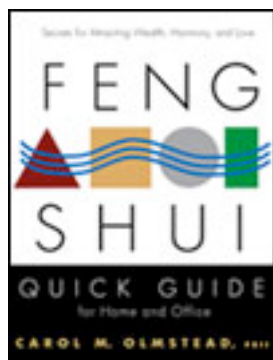
Q: My husband was fired without warning and had to quickly move out his personal items and artwork. We are storing all of it in the garage right now. Can we bring these things into our house and display them or is that a bad idea?

A: Right now your husband's personal items might be associated with negative energy. It's best to keep them out of your house, at least for a while, until he finds a new job. Instead, hang artwork with upbeat, positive images in the area where he sits when he sends resumes and makes calls about a new job. When he finds a new position and settles into a new office he can decide about the

old artwork. If anything reminds him of his former job he should avoid bringing it to his new surroundings.

Do you have a Feng Shui question that you would like to see answered in this column? Submit them to: carol@FengShuiForRealLife.com, then check this section for the answer.

Feng Shui Quick Guide For Home and Office



***Feng Shui Quick Guide For Home and Office:
Secrets For Attracting Wealth, Harmony, and Love***

By Carol M. Olmstead, FSII

ISBN: 978-0-9815735-0-2

296 pages. \$15.95

• Feng Shui basics • Guide to Clutter Clearing •
Daily Calendar of 366 Tips • Basics • Glossary

Order your copy at Amazon.com.

The direct link is: www.tinyurl.com/fengshuiquickguide.

By popular request, I am again offering signed and personalized copies of my book, and discounts for orders of multiple copies to give as gifts to friends, colleagues, and clients. E-mail or call 1-800-652-9038 for details.

In The News

Republic of Tea

California company The Republic of Tea has used Feng Shui to arrange its office environment. Marideth Post, the company's "Minister of Enlightenment" in their media relations department, believes the Feng Shui arrangement will improve conditions for employees and impress prospective and returning customers, benefiting the corporation on multiple levels. Wall colors are red to represent strength and power, and green to connect with nature. The office in the power corner of the space has a light on at all times as a beacon to attract wealth. According to Post, ergonomics and etiquette also guided the design of office cubicles and there are desktop mirrors so occupants who have to sit with their backs to the door can see what is going on behind them. The use of Feng Shui for their office layout had been successful for the company, and garnered appreciation from employees. Even the company's warehouse is Feng Shui designed.

Do You Want More Feng Shui 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 or call 1-800-652-9038 to discuss the range of topics that I can provide.

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 IS CAROL THIS MONTH?

Santa Fe/Albuquerque: June 17-31; July 1-10

Washington, DC/Maryland/Virginia: July 17-23

If your city is not on my current schedule, call 1.800.652.9038 for details about scheduling a consultation in your location.

I welcome your referrals in these and other cities nationwide.

Workshops and Author Events



There is a seat waiting for you at these fun and informative workshops and events!

Workshops Open to the Public

Celebration of Excellent Women

September 10, 3:00-6:00pm—Sandia Resort and Casino, Albuquerque

I am a Platinum Sponsor of this event, and will also have a booth and will be signing books. Check out the website at www.CelebrationofExcellentWomen.com.

September 26, 2009

New Mexico Women Authors' Book Fiesta

11:00am-5:00pm

Milner Plaza at Museum Hill, Santa Fe, NM

I am one of 65 women selected to participate in this second annual event. I will speak about Feng Shui and sign my book, the *Feng Shui Quick Guide For Home and Office*, in the Creative Arts Pavilion at 1:30 pm.

Custom Workshops

Bring one of my workshops to your city!

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. Click here to see the sample of workshop topics I can personally customize for your group's objectives and your location.

If you have a group or know of an organization that would be interested in booking me as a speaker, please e-mail or call 1.800.652.9038.

Beyond Feng Shui

Tips for Spending Less

This month's Success Story illustrated how a new wallet can help you attract and retain wealth. Another way to hold on to wealth is to spend less money. If you're trying to cut down on your spending, try following these 10 strategies suggested by Real Simple Magazine:



1. Pay cash. People find it easier to spend money when they're using a cash substitute.
2. Avoid telling yourself "I can always return it." Instead, tell yourself "I can come back if I really need it."
3. Make a list and stick to it
4. Don't shop when you're hungry, even for non-food items.
5. Don't shop as an activity with friends, because it's easy to spend more when you're distracted by conversation.
6. Don't buy too much at one time, because you lose track of what you are spending.
7. Don't buy anything at a bargain store that you haven't bought before at full price.
8. Focus on small items first. When you buy an expensive item first it's easy to toss in a lot of smaller items, which add up quickly.
9. Before paying, make sure you are only buying things you really want, especially clothes.
10. Be skeptical of anything that's on sale.

Feng Shui For Real Life On-Line Store

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. It's the perfect gift for friends, family, or yourself!

Order your purse hanger from the online store at www.FengShuiForRealLife.com.

The online store on my website features other products and services available to help you make Feng Shui improvements in your home and office. *Check out what is available in the Online Store this month:*

http://fengshuiforreallife.com/online_store/index.html

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.

Check the E-zine Archives.

If you missed any previous issues of the Feng Shui For Real Life E-zine, the archives can be accessed via the newsletter subscribe page on my website.

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

Certified Feng Shui Practitioner

Call toll free 1-800-652-9038 or e-mail carol@FengShuiForRealLife.com



Carol M. Olmstead, FSII, has been certified by the Feng Shui Institute of America, and was 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.

©2009, Carol M. Olmstead