



## Feng Shui For Real Life E-zine

January 2010 Vol. 10, Issue 1



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.

I love to write about Feng Shui, but I must limit the length of this e-zine to keep it from getting caught in spam filters. If you want to read more about the topics in this e-zine, please read the weekly articles I post on BellaOnline.com at <http://fengshui.bellaonline.com/site.asp>.

For more about Feng Shui, please visit my website <http://www.FengShuiForRealLife.com>.



Join me on Facebook.  
[www.Facebook.com/FengShuiForRealLife](http://www.Facebook.com/FengShuiForRealLife)

*Carol Olmstead*

## What's New This Month

### 10th Anniversary Issue

This issue marks the start of the 10th year for my monthly newsletter. From a two-pager with only local distribution it has grown to an e-zine with an international audience. Thanks to all of my wonderful readers who continue to share success stories questions, and feedback for each issue. Many of you have been with me from the start and I appreciate your loyalty. I continue to welcome suggestions for topics to cover and new sections to add to the e-zine in 2010. And of course, keep your questions coming.

### Move 27 Things In January

Long time readers know that not only do I recommend moving 27 things in January to make room for new things to flow into your life in the coming year, but I also practice what I preach. This year my plan was to move 27 things in my pantry on New Year's Day. Well, that turned into a major kitchen clutter-clearing project. By the time I was finished, I had cleared and rearranged every kitchen drawer and cabinet, as well as the cabinets in the laundry room for good measure. It felt like I moved 27 *hundred* things. The result? In the first week of January, five new clients contacted me to

schedule appointments, I set up two workshops, and received a major book order. Will the same good luck flow into your life? Move 27 things this month, then write and tell me your results so I can publish them in the next e-zine.

### Upcoming -- Feng Shui, Food, Fun, and a Free Facial

Join me for a workshop about Feng Shui and love on February 6 at Great Face and Body Spa in Albuquerque. Everyone who attends will receive a free facial from the spa. Details are in the "Workshops" section.

## Feng Shui To The Rescue

### Feng Shui Tips For Weight Loss



Whether you are trying to get rid of a few excess pounds you put on from eating too many holiday cookies, trying to improve your health, or anything in between, a few Feng Shui changes can help.

- **Hide Your Kitchen From View.** If your kitchen is the first room you see when you enter the house, it may encourage eating. Keep the kitchen door closed or hang a mirror or artwork near the door that distracts your eye away from the kitchen and toward another part of your house.
- **Use Blue Plates.** To slow down your eating and help stick to a diet, switch to blue plates. Blue is the color of the Water Element, and it has been shown to slow down the body by reducing blood pressure and pulse rate.
- **Avoid the Color Red.** Restaurant owners know that red stimulates the appetite and they use it generously in their décor. But in your home, it's best to avoid using red dishes, tablecloths, or placemats if you want to lose weight.
- **Dine at a Beautiful Table.** Try to eat all of your meals at a table to make each meal a positive and pleasant experience, and place fresh flowers on the table.
- **Remove Clutter.** Clutter keeps you stuck in a rut, no matter where it is in your house, and a cluttered kitchen can psychologically add weight. Lose the clutter on your counters and in your cabinets to lose weight.
- **Clear Your Closets.** Get rid of old clothes you have been saving for "when you lose weight." If you hold on to clothes that don't fit, it symbolizes holding on to old behavior patterns.
- **Vary the Yin and Yang.** Vary the color and texture of the foods you eat and the dishes you serve them on. Since fruits and vegetables are the most colorful foods, mix their colors and you will naturally make healthier choices.
- **Remove Blocks to Weight Loss.** Locate your workout equipment in a room where you will actually use it.

You can find more tips in my article "Feng Shui Weight Loss Tips" on my Feng Shui site at BellaOnline.com. The direct link is

<http://www.bellaonline.com/articles/art381.asp/zzz>.

## Clutter Clinic

### Let Go of Hobby Supplies



January is “Get Organized Month,” and one first step in getting organized is to get rid of supplies from hobbies that no longer interest you. Here are a few steps to help you say goodbye to a hobby.

- Call up friends you know who are still into the hobby and let them take what they want from your supplies.
- Sell the supplies on a website whose community is dedicated to the hobby.
- Have a yard sale, and include in your advertising the types of things you are selling; target publications that people interested in these hobbies will read.
- Call local stores that sell your supplies to see if they will sell your used supplies on consignment, or if they can identify clubs that could use the supplies.
- Locate nonprofits and/or schools that teach the hobby to see if they will buy the supplies at a discount, or take free supplies off your hands.
- Sell your supplies on sites like eBay or Craigslist, or recycle them via Freecycle.

Read more about letting go of your hobbies at the great de-cluttering website, [www.unclutterer.com](http://www.unclutterer.com). <http://unclutterer.com/2008/04/04/saying-farewell-to-a-hobby>.

**Clutter Clearing Quick Tip from the *Feng Shui Quick Guide For Home and Office*:**  
*Remove clutter from your car; your car moves you forward, and a clean one attracts opportunities to move forward in your life.*

## Success Story

### Matt's Expanding Business

The first time I did an office consultation for Matt, he was moving his software development business from his basement to leased space. I recommended he take the smaller of the two offices in the suite because it was in the power position, and give his marketing manager the office that occupied the relationship area. He reluctantly followed the advice, and six months later called to thank me and arrange another consultation. He was moving his growing company into bigger space and expanding from three staff members to seventeen. I recommended the most auspicious location for his office, and where to locate his managers. Eighteen months later, I was delighted to get more good news from Matt.



*At our last consultation, you asked whether I believed that my Feng Shui changes had anything to do with the success of my company. My answer then was that it probably had and that was why I wanted another consultation. Well, my answer now is “of course” because we just landed our largest contract to date, and we are ready to sign a lease for half a floor in a new office building. I want you to take a look at the space before we move to make sure we locate everyone in the right place. Yes, this Feng Shui does work.*

## Ask the Feng Shui Maven

**Q:** Why am I supposed to have a current photo of my husband and I in our bedroom? The only photos we have in frames right now are our wedding photos, which are nine years old, but obviously we are very happy in them.

**A:** It's certainly OK to display your wedding photos in your bedroom, but it's equally important to balance them by adding recent photos to emphasize your current life together. Just as you "update" your relationship throughout the years, I recommend you update your photo display. Symbolically, your relationship would be stuck in the past if you are surrounded by only nine-year-old photos.

**Q:** We have an enclosed screened porch off our family room that we use all spring, summer, and early fall, but it isn't heated so we don't use it in the winter. Should we treat it as a room when using the bagua to map our house?

**A:** Since the screened porch is connected to your home it should be included in the bagua map of your home. Be sure to decorate the porch with the same care you use for other rooms in your home, rather than consigning the old furniture to this area. And try to enter the porch occasionally during the winter months when you don't use it, even if it is only to sweep away the dust and cobwebs.



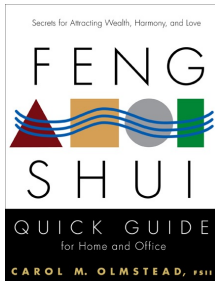
*Do you have Feng Shui questions for the Feng Shui Maven?  
Submit them to [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com).*

## Quick Tips

Here is one of the January tips from the "Calendar of 366 Feng Shui Tips" in my book: *Burned out light bulbs represent burned out energy; replace them and you will brighten your future prospects.*

Read more tips in the Feng Shui Quick Guide. Order your copy at [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com).

The Feng Shui Quick Guide For Home and Office includes:



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

View the Table of Contents at:

<http://fengshuiforreallife.com/images/links/59-Contents.pdf>

**Regular Price:** \$15.95 per book

**Buy 5 Books and Save:** \$13.95 per book when you purchase 5 books

[Order your copies at www.FengShuiForRealLife.com.](http://www.FengShuiForRealLife.com)

## Home, Office, and Business Consultations

### "Move Without Moving" Home Makeover Package

Recession got you down? Afraid to make a move in this poor economy, but need to do something to get your energy moving? Overwhelmed by clutter? Move the energy in your home with my **"Move Without Moving"** Feng Shui home makeover package that includes four months of Feng Shui consulting services at a major savings over buying them individually:



- On-Site Feng Shui Home Consultation
- Step-by-Step Makeover Plan
- 30 Days of E-mail Follow-up
- Phone Consultation Progress Report
- 90 Days Follow-up Maintenance

Plus a signed copy of the *Feng Shui Quick Guide For Home and Office*

You'll be amazed by the positive things that will flow into your life after a Feng Shui home makeover. For prices and to reserve your package, e-mail me at [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) or call 1.800.652.9038.

## 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.



**Santa Fe/Albuquerque: Jan. 20-29**

**Washington, DC/Maryland/Virginia: Jan. 14-19; Feb 24-March 1**

**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](mailto:carol@FengShuiForRealLife.com) or 1.800.652.9038.

## Custom Workshops

### Workshops Open to the Public

#### *Feng Shui Tips to Rev Up Your Love Life*

Great Face and Body Spa, Albuquerque

Saturday, February 6, 11am-12:30pm



Join me at Great Face and Body, the fabulous new eco-urban spa and lifestyle market in Albuquerque, to learn how the practical magic of Feng Shui can make a dramatic improvement in your love life this Valentine's Day and beyond. This interactive session will focus on bedroom Feng Shui, as well as changes in other rooms that can activate your love life. Be sure to bring your questions.

Join us for Feng Shui, food, fun...plus everyone who comes gets a **free facial** from Great Face and Body!

#### Details and RSVP:

Great Face and Body

105 Gold Street SW

Albuquerque, NM 87102

505-404-6670

[www.GreatFaceandBody.com](http://www.GreatFaceandBody.com)

### 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://fengshuiforreallife.com/workshops\\_and\\_seminars/index.html](http://fengshuiforreallife.com/workshops_and_seminars/index.html).

*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](mailto:carol@FengShuiForRealLife.com) or 1.800.652.9038.

## Beyond Feng Shui

### Home Improvements That Make the Sale



If you are waiting for the housing market to recover, this is a good time to make improvements in your home that will pay off when you are ready to sell, according to *Remodeling* magazine's annual "Remodeling Cost vs. Value Report." The report suggests that the remodeling projects need to mirror the mood of the market:

instead of granite countertops and designer fixtures, homeowners need to become more practical, opting for replacing the roof, installing energy efficient windows or making small cosmetic changes, such as a new entryway door.

According to Kermit Baker, director of the Joint Center for Housing Studies at Harvard University, homeowners trying to sell their property are concentrating on changes to make their home stand out in a market with too much inventory and not enough buyers. These are the home improvement projects that the report found returned the most bang for the buck when it comes to selling your home:

- Installing a steel entry door
- Adding an attic bedroom
- Adding a wood deck
- Installing vinyl siding
- Making a minor kitchen remodel
- Replacing worn out windows with energy efficient wood or vinyl ones

You can read more at: <http://www.housingwatch.com/2009/12/31/think-twice-before-you-start-that-home-improvement-project/>

## F Y I

**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 website. I ask only that you credit Carol M. Olmstead as author and include my website address or link to <http://www.FengShuiForRealLife.com> when you print the article or use it online.

**Make Sure You Receive Every Issue of This E-zine.** I hate spam, but unfortunately sometimes spam catchers block the words "feng shui." To ensure that your copy of the *Feng Shui For Real Life E-zine* does not get caught in your SPAM filters, please add the e-mail address [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) and the domains [www.constantcontact.com](http://www.constantcontact.com) and [ui.constantcontact.com](http://ui.constantcontact.com) to your address book, approved senders list, or white list.

**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@FengShuiForRealLife.com**

**www.FengShuiForRealLife.com**



Carol M. Olmstead, FSII, was certified by the Feng Shui Institute of America, and awarded Red Ribbon Professional Status from the Int'l 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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