



Feng Shui For Real Life E-zine

February 2010 Vol. 10, Issue 2



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>.



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Carol Olmstead

What's New This Month

Blue and Yellow For Chinese New Year

February 2010 is the start of the Year of the Tiger in the Chinese lunar calendar, and the lucky colors for the year are blue and light yellow. Blue symbolizes water, while light yellow symbolizes peace. Add these colors to your surroundings this month and see what happens.

Santa Fe Reporter Article

A reporter from this newspaper challenged me to Feng Shui her small space to help her attract a new relationship. Read the results in the "In the News" section.

Floor Plan Analysis Services

Extreme weather across the country is keeping so many people stuck inside, that I am now offering a new service that will provide Feng Shui recommendations based on a review of your floor plan. Read more in the "Consulting" section.

Move 27 Things -- The Results

I asked readers who followed my advice to move 27 things to send their results. This report came from Philadelphia:

Feng Shui works. Cleared my bed, had coffee with the man I met online, heard back from him almost right away and we have plans for a movie tonight. I am continuing to get things out of my house.

More results next month. Keep your stories coming!

Feng Shui To The Rescue

Feng Shui Tip For February: Bedroom Feng Shui

February is the month of Valentine's Day, when we naturally think about love and romance. Whether you're married, in a relationship, or looking for a new love, the first place to start making changes is in your bedroom. A bedroom should be for rest and romance only, so place objects in pairs and remove things that keep you from focusing on love, especially clutter, dirty clothes, and the cat's litter box. If you are single, clear some room in your closet and hang several empty hangers to demonstrate you are ready to share your space with someone special. Replace any bedroom furniture that is broken, stained, torn, or that has any unpleasant associations with past relationships.

Be sure to hang artwork in your bedroom that has romantic or paired themes. Also, display a current photo of you and your spouse/partner doing something fun or romantic. If you aren't in a relationship right now, display a romantic image of how you want love to feel. If you have a TV in your bedroom, choose the smallest one you can live with and avoid locating it where it dominate the room.

If your love life has gone stale, treat yourself to new, luxurious bedding to freshen your relationship and encourage your spouse or partner to linger in bed with you. Make sure you have the right size bed for your relationship: if it's too big your relationship could drift apart, and if it's too small you could feel limited. Avoid placing your bed against two walls where one partner is symbolically trapped in the corner, and symbolically, in the relationship. Instead, locate your bed so there is equal space on either side, giving both of you equal room to enjoy the relationship. As Groucho Marks said, "Anything that can't be done in a bed isn't worth doing."

For more tips to help make Feng Shui changes in your bedroom, [e-mail](#) me requesting my Special Report, **"27 Ways To Rev Up Your Love Life."**

Clean Out Your Computer Day

February 8 was declared "National Clean Out Your Computer Day" by the Institute for Business Technology. Did you miss it? Computer clutter is just as much of a Feng Shui issue as clutter anywhere else in your home and office because it slows you down and keeps you from moving forward. But don't fear if you missed the "official" celebration of this day, because you can still set aside one day this month to tackle this clutter challenge. Here are a few ways suggestions to take control over computer clutter.



Clear Your Desktop

Clear some of the icons from your computer desktop, because clutter there has the same negative effect on your career as a messy desk, blocking productivity and success.

Clear Your Operating System

Back up your data and update your operating system with the built-in utilities or an external tool to fix common problems and reduce demands on your system.

Clear Out Files

Do a little early spring cleaning by removing files you don't need from your main computer and storing them on a separate hard drive. Purge some things you have saved on other storage media, especially floppy disks, because you probably don't have access to anything that can actually read them.

Clear the Hardware

Wipe down your monitors, clear out vents, and clean your keyboard and mouse, because the simple act of removing dust can extend your computer's life.

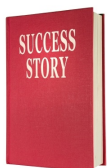
And don't forget to mark Clean Out Your Computer Day on the calendar for next year.

Quick Tip From the Calendar of Tips in the Feng Shui Quick Guide For Home and Office: *Place a living plant within three feet of your computer to help clean the air in your office.*

Success Story

Lisa's New Contract

Lisa is a consultant, who like most independent contractors, has to work harder these days to win every new contract. She had been following the tips in the daily calendar in my book, but got stuck when it came to hanging up all the artwork she had stored in her closets. Here is what Lisa wrote:



On New Year's Day I dug out artwork that needed to be hang up, but I couldn't find time to hang the last piece. So I placed it on the floor, against the wall in the most appropriate spot. Soon after New Year's I received a phone call from someone who wanted to meet with me to discuss possible contract work, and we agreed to meet two days later. Now, keep in mind the artwork is still on the floor. The meeting went well, but I needed to meet with more people from his company, so we scheduled it for the next week. The morning of the meeting I decided I should hang up the artwork. The meeting went so well that they offered me the contract, and we signed it the next week. I have never had a contract negotiation finished so fast. I really believe doing one Feng Shui change a day brought in new energy into my life. Now, I am working hard to get rid of my clutter. Keep those tips coming.

Quick Tip from the Calendar of Tips in the Feng Shui Quick Guide For Home and Office: *If you want to earn more money, display art in your office that shows a waterfall or a river, which are associated with a prosperous career and increasing income.*



Follow Carol Feng Shui tips on Facebook.
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Ask the Feng Shui Maven

Q: I had a failed relationship two years ago and I kept the mattress but brought a new metal bed. Since then I met a new friend last year, but we separated in December. I know that I should replace the mattress, but do I also have to replace the bed I brought two years ago?

A: The Feng Shui advice would be to replace the mattress, because when you continue to sleep on bedding from a failed relationship you continue to sleep with all of the problems from that relationship. If you bought the bed after the relationship ended it is probably okay to keep it. However, if your unfortunate luck with relationships continues you might want to think about a new bed as well. Choose a wood headboard to represent growth in your relationship.

Q: I want to lose weight, is there any particular place I should use Feng Shui to enhance my house to help me with my goal?

A: The first place you should focus on when trying to lose weight is your kitchen. You want a clutter free kitchen that has a sense of lightness to it. In regard to kitchen colors, choose a calm color like blue which can help curb your appetite, or a healing color like green. Avoid the Fire Element colors like red, oranges, and purple since they heat things up. Keep a bowl of fresh fruit on the counter and grow fresh herbs or plants. The second place to lighten up is your bedroom closet, where you should get rid of old clothes you can no longer wear. Overstuffed closets represent holding on to things, like weight.

Q: What is the appropriate place to display photos and objects that remind me of my mother? She died last year and I want to create a sort of shrine with photos, a framed letter from her, and other things.

A: The Family Area of your home is the best area to display this memorabilia. Just make sure you also display current family photos and objects in the same area to symbolize a positive future for your family as well as a tribute to a deceased member. To locate the Family Area of your home, download a Feng Shui bagua at <http://fengshuiforreallife.com/basics/index.html>.



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

In the News

Feng Shui and Romance

Last month, *Santa Fe Reporter* writer Charlotte Jusinski challenged me to help her attract a new relationship. She chronicled the changes I recommended, especially regarding her choice and placement of artwork, in her article, "The Shape of Love - Learn Feng Shui and Learn the Rules of Romance." Here's an excerpt:

Over the New Year's weekend, I went on a few dates with a new guy. One night he was sitting in my living room and I told him about my latest writing assignment. "I have a feng shui consultant coming to the house on Monday," I said excitedly -- albeit with a sense of cynicism. "She's going to tell me how to improve my love life." Simultaneously, we both looked accusingly at the piece of artwork that hangs in the most prominent spot in the house. It's a beautiful drawing -- lonely, desolate and enthralling of an abandoned farmhouse, in a place I imagine to be Kansas, rendered in bled-dry shades of tan and yellow, surrounded by anemic grass and bare trees. Terribly depressing. I love it. "She's not gonna like this," I said with a laugh, and rose from the couch to adjust it. As I was gingerly moving it, its hanging wire snapped and it fell off the wall, into my hands. When I later related this story to Carol M. Olmstead, founder of Feng Shui for Real Life, she smiled warily as she

eyed the painting (which I had re-hung and which, indeed, she did not like). "Nothing happens by accident," she said knowingly.

You can find the complete article in the Media Room on my website,
http://fengshuiforreallife.com/media_room/About_Carol_Olmstead_-_Media_Coverage_and_Podcasts/index.html

**Do you want Feng Shui tidbits to include in your blog, website, or newsletter?
Contact me at carol@FengShuiForRealLife.com for more information.**

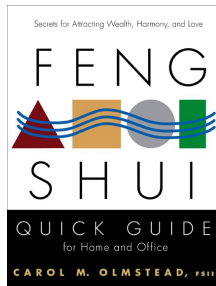
Quick Tips

Quick Tip For February

This quick tip comes from the "Calendar of 366 Tips" in the *Feng Shui Quick Guide For Home and Office*:

To improve your love life, remove photographs of your children, parents, pets, and friends from your bedroom so they won't be "watching" you in bed.

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>

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Home, Office, and Business Consultations

New -- Feng Shui Floor Plan Analysis Services



With so many people trapped inside because of extreme weather, by request I am now offering a new service, **Feng Shui Floor Plan Analysis**. This service includes review of your layout and a telephone consultation to provide recommendations and changes you can make to the placement of furniture, artwork, and objects to activate the positive energy in your home. The service also includes 30 days of follow-up consulting.

You can sign up for this service through the [Online Store on my website](#), then I will send a questionnaire and instructions for preparing and submitting a floor plan, property map of the surrounding area, and photos of the interior and exterior of your home. The fee includes analysis of your floor plan and a one-hour telephone consultation.

For more information, check out the [Online Store](#), 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.



Here is my schedule for February and Early March:

Nashville: February 22-23

A few appointments remain, call 1.800.652.9038 to schedule.

Washington, DC Area and Baltimore: February 24-26

Santa Fe/Albuquerque: March 1-5

I welcome your referrals nationwide.

If your city is not on my current schedule and you would like to schedule a consultation, e-mail carol@FengShuiForRealLife.com or call 1.800.652.9038

Custom Workshops

Workshops Open to the Public

Coming Summer 2010 -- Feng Shui Weekend Retreat in Santa Fe

This weekend will include Feng Shui training, gourmet meals, visits to some of the city's most Feng Shui friendly locations, and much more. Watch this section for registration details.

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.

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

Knife Handling Tips from a Butcher



Many of my clients will tell you that I gave them advice about where to keep their kitchen knives, because sharp edges can have negative meaning in Feng Shui. The other obvious danger of knives is cutting yourself, so I was glad that Brooklyn butcher Tom Mylan shared his hard-earned tips on avoiding bad blade slips in *The Atlantic*. Mylan is the executive butcher and co-owner of the The Meat Hook, a sustainable butcher shop in Brooklyn, NY. Beyond the basics of having very sharp blades, Mylan -- who admits to be an expert at cutting himself -- offers tips from his lifelong, love-hate relationship with knives. His first tip for avoiding your blade is to keep it in your hand. He advises holding your knife like the butt of a pistol, fingers wrapped tightly around the grip "like someone was trying to take it away from you," rather than "...like a conductor's baton during a particularly slow part of Pachelbel's Canon." Second, Mylan advises that you do not, under any circumstances, cut toward yourself. And third, he advises to keep your knives clean. This is a most enjoyable and informative article that will make you think twice about how you use your knives.

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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.

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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 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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