



## Feng Shui For Real Life E-zine

March 2010 Vol. 10, Issue 3



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

### **Passover and Easter Feng Shui**

Read my tips for encouraging family harmony around the table for these two spring holidays. Read more in the "Feng Shui To the Rescue" section.

### **Albuquerque Journal Article**

A reporter for the *Journal* interviewed me about which scents to use in specific rooms. Read more in the "In the News" section.

### **Floor Plan Analysis Services**

I am offering a new service that will provide Feng Shui recommendations based on a review of your floor plan. Read more in the "Consulting" section.

## Feng Shui To The Rescue



### Passover and Easter Feng Shui

Why is this Passover dinner going to be different from all other Passover - or Easter - dinners? Because you can follow a few Feng Shui seating guidelines to help ensure a happy, harmonious family meal. These Feng Shui guidelines apply not only to these two celebrations where the family comes together, but also to all family gatherings.

First, since both Easter and Passover are spring holidays, it's good Feng Shui practice to give the house a thorough cleaning before the holiday meal. The Feng Shui parallel to the Passover tradition of searching the house for crumbs of bread (called "chametz") is to search for dust, remove old dried flowers, replace air filters, wash windows, and make other seasonal adjustments. Passover and Easter are about new beginnings, which is similar to the Feng Shui theme of creating a fresh flow of energy in your home every spring.

Here are a few other tip for a harmonious holiday gathering --

- Avoid seating a husband directly across from a wife, which is known as confrontational seating.
- A round or oval table is the best to encourage the easy flow of conversation; if you have a rectangular table, soften the hard edges with a white tablecloth.
- Decorate the table with a Feng Shui color scheme that includes blue for harmony and new beginnings, white for clarity, and gold for power.
- Place fresh flowers in the room to symbolize growth and rebirth, preferably in front of a mirror to symbolically double their positive energy.
- It's Easter and Passover tradition to wear new clothes, but be sure to avoid wearing red at your dinner. This color represents the hot Feng Shui Fire Element, and adding more heat and fire could lead to family arguments, especially mixed with the heat of all that cooking and the warmer weather.

Read more about Passover and Easter Feng Shui in the article I posted on my Feng Shui site at BellaOnline.com: <http://www.bellaonline.com/articles/art32066.asp>/zzz.

## Clutter Clinic

### Ten Minute Clutter-Clearing

Even if you only have a short time each day to clear clutter, here are a three things you can do for ten minutes each and still make progress in busting clutter in one of the "clutter-magnet" areas. You'll be surprised how much you can clear if you focus on one area.

1. Check the expiration dates on the food in your refrigerator, freezer, or pantry. After you determine if anything has actually expired, ask yourself if anything else has been around too long. If you have questions about whether a food is still safe to eat, check out [www.stilltasty.com](http://www.stilltasty.com).

2. Give your children zip-top plastic bags and help them gather all the small parts of toys that easily get lost under the sofa and other dark places. Label each bag and store all of the bags in a basket or bin.
3. Walk around your main gathering room (family room, living room, great room) for ten minutes and return as many out-of-place objects as you can to their proper place. After the timer rings, relocate any items that don't belong in the room. If any object doesn't have a permanent home, decide whether to keep it in another room or whether it is time to trash, recycle, sell, or donate it.



**Quick Tip For March From the *Feng Shui Quick Guide For Home and Office*** -- *Clear the piles of paper off your desk each night because they symbolize obstruction and keep the prosperity chi from reaching you.*

Read more at <http://fengshuiforreallife.com/Detailed/119.html>.

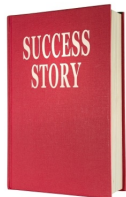
## Success Story

### Denise's New Jeans

Followers of my **Feng Shui For Real Life Fan Page** on Facebook know that last month on my birthday I shared this tip from my book, the ***Feng Shui Quick Guide For Home and Office*** -

*Buy YOURSELF a gift today as a symbol that you will have continuing prosperity and be able to afford whatever you want.*

One of the many Facebook friends who followed this advice sent me her story:



*I wanted to share the story of buying myself a gift in honor of your birthday. I bought a pair of jeans. It started with a Secret Santa gift of a blouse from Macy's that I returned for a gift card. I'm newly divorced and my girlfriends are challenging me to start dating, so I thought I would use the card for some cute new black jeans for evening. So when you offered to share in your birthday blessing, I thought it was the perfect time to do this. I went to Macy's and the first pair of jeans I tried on was perfect -- and you know how picky some of us are and how difficult it can be for every dimension to fit right. The cashier took my gift card and rang up the jeans and said I only owed one penny. Now, whenever someone tells me I owe them one penny, I'll think of you and my perfect jeans. And yes, I did meet a guy the first night I wore them, and he did ask for a date.*



**Follow Carol Feng Shui tips on Facebook.**  
**[www/Facebook.com/FengShuiForRealLife.com](http://www/Facebook.com/FengShuiForRealLife.com)**

## Ask the Feng Shui Maven

**Q: Can we put our elliptical machine in the room that is in the Wealth Area of our home? Would that be detrimental to wealth or serve as a purpose for that room?**

**A:** Where to place your workout equipment can be a complicated issue because there is some concern that when you are using the equipment you are "walking to nowhere." In a perfect world the ideal location for your elliptical would be in your Health or Grounding areas, but if that's not possible, place it in your Wealth Area. Just be sure to add something to the room that represents wealth and prosperity, like art or objects that make you feel prosperous when you look at them. Wherever you locate the equipment, make sure you use it frequently. If not, it represents negative energy because every time you look at it you might blame yourself for letting it just sit there.

Download a color version of the 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](mailto:carol@FengShuiForRealLife.com).**

## In the News

### Feng Shui and Weight Loss

Blogger Marsha Thole quotes me about the effect that kitchen colors can have on weight loss in her post "Could the Color of Your Kitchen Be Contributing To Your Weight Problems? You can read the article in her Albuquerque Weight Loss Examiner column: <http://bit.ly/dvNVlk>.

### Feng Shui and Scents

I was interviewed by writer Matt Andazola of the *Albuquerque Journal* for an article about choosing scents for your home. Here are some of the preferred Feng Shui locations for specific scents that I described for Matt:

- Front Door: Vanilla for well-being
- Living Room: Cinnamon for harmony and intellectual conversation
- Kitchen: Citrus to stimulate your mind
- Dining Room: Mint to encourage appetite
- Bathroom: Cedar or sandalwood to balance water
- Children's Rooms: Lavender for relaxation
- Master Bedroom: Rose, ylang ylang, musk, and jasmine for love
- Workout Room: Strawberry to encourage exercise
- Office: Peppermint for prosperity, rosemary for memory, bergamot for wealth



Check out the "Media Room" on my website to read these and other articles about Feng Shui.

**Do you want Feng Shui tidbits to include in your blog, website, or**

## Quick Tips

### Quick Tips For Spring Holidays

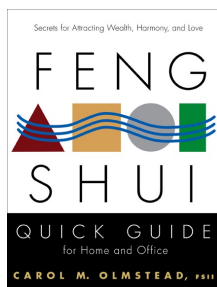
These quick tips for Spring holidays come from the "Calendar of 366 Tips" in the *Feng Shui Quick Guide For Home and Office -- Secrets For Attracting Wealth, Harmony, and Love*.

**St. Patrick's Day** -- *Wear something green on March 17, not just because it's St. Patrick's Day, but also because it is the color of the Wood Element that stimulates creativity and growth.*

**Passover** -- *Place the Seder Plate in the center of the table and arrange the traditional items on the plate according to the Feng Shui bagua - the egg is on the far left of the plate, the shankbone is on the top right, the bitter herbs in the middle, the vegetable in the lower left, and the charoset in the lower right.*

**Easter** -- *If your children color Easter eggs, display the results in the Creativity Area of your home, because this area is activated by round shapes and white colors. Display the palms from Palm Sunday in the Family Area, which is activated by the Wood Element and the color green.*

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

### New -- Floor Plan Analysis



To help you get started with a plan of Feng Shui changes for your home, I am now offering **Feng Shui Floor Plan Analysis**. This service includes review of the layout of your home photos, then 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 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 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 March:

**Washington, DC Area and Northern Virginia:** March 15-16

**Santa Fe/Albuquerque:** March 17-31

**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**

**May 13, 2010, 6:00pm -- "Feng Shui and Art,"** Art League of New Mexico  
Learn how to choose art when making Feng Shui changes in your home and office.

3407 Juan Tabo, NE  
Albuquerque, NM 87111

For more information, call 505.293.5034

[www.newmexicoartleague.org](http://www.newmexicoartleague.org)

### October 1-3 -- Feng Shui Getaway Weekend in Santa Fe

Learn all about Feng Shui in the Land of Enchantment. This Fall Getaway Weekend includes Feng Shui training with Carol Olmstead, a tour of some of Santa Fe's finest galleries to learn how to use art in Feng Shui, plus gourmet dining to taste how food relate to Feng Shui. Also discounts on spa services and tours. Santa Fe is celebrating it's 400th anniversary as the Oldest Capital City in the US, so join the fiesta and study with the Feng Shui Maven in this ideal setting of blue skies, golden cottonwoods, and red sunsets. Call 1.800.652.9038 for 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](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

### Spring Cleaning for Safety

You remembered to "spring forward" and change your clocks to Daylight Savings Time, but here are three more quick spring forward activities you can do that can help insure home safety:

1. **Change your batteries** -- When you replace the batteries in all of your home smoke and carbon monoxide detectors, use this as a reminder to vacuum the dust that may have collected on the sensors over the past year. Replace your smoke detector if it is older than 10 years, because that's the end of the life

cycle of an average lithium battery, and sensors can lose their detection ability after a decade of use. Check with places like Best Buy, Radio Shack, and Staples about recycling the batteries.

2. **Clean out your medicine cabinet** -- Search through your medicine cabinet for expired prescription medications and other products that you have had too long. Make a list of what over-the-counter products you need to replace, then discard the old ones rather than flush medicines down the toilet or a sink drain. Drop them off at your local pharmacy or hospital to be incinerated with other medical waste.
3. **Clean out your car** -- Carrying around all those extra pounds of things in your car, like tools, the extra stroller, a snow shovel, or a sack of ice melt, can not only affects your gas mileage, but can also become dangerous if they fly around the car if you are ever in an accident. Clean out both the inside and trunk of your car and only keep what is necessary.

## F Y I

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**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:

**Carol M. Olmstead, FSII, Certified Feng Shui Practitioner**

**1.800.652.9038 • [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) • <http://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.