



Feng Shui For Real Life E-zine

April 2010 Vol. 10, Issue 4



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. For more information about Feng Shui, please read the weekly articles I post on BellaOnline.com at <http://fengshui.bellaonline.com/site.asp>, and visit my website <http://www.FengShuiForRealLife.com>.



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www.Facebook.com/FengShuiForRealLife

Carol Olmstead
Feng Shui Master Practitioner

What's New This Month

Purse Hangers For Mother's Day

In Feng Shui, keeping your purse on the floor represents disregard for your wealth. Order **Purse Hangers** as Mother's Day gifts for all the women on your list.



[Order now from the FengShuiForRealLife.com Online Store](http://www.FengShuiForRealLife.com) for delivery in time for Mother's Day.

Where to Hang Mirrors

"Feng Shui To The Rescue" Section

Spring Clean Your Workplace

"Clutter Clinic" section.

Ditching 800 Pounds of Clutter

In the News" Section.

Off-Site Consultations

A new service to provide Feng Shui recommendations based on a review of your floor plan and pictures of your home or office.

In the "Consulting" section.

Feng Shui To The Rescue

Where to Hang Mirrors

Mirrors are sometimes called the "aspirin" of Feng Shui because they can "cure" so many problems by attracting, moving, or redirecting energy. But like aspirin, mirrors should be used sparingly and only when necessary, so it's important to choose the right mirror and best location. As a general rule, it's important to pay attention to what is being reflected, because the mirror will double its energy. For example, if your mirror is near a pile of unpaid bills, the reflection is a symbolic doubling of your debt. On the other hand, if the mirror is reflecting a family photo from your happy vacation, it will symbolically double family harmony.



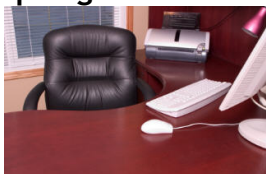
Here are some general guidelines for using mirrors in specific areas:

- Mirrors keep a room "awake," so limit them in a bedroom to no more than one, and make sure you can't see yourself in the mirror from the bed.
- If your bedroom closet has mirrored doors, hang a curtain above the doors that you can close at night and tie back open during the day.
- Attach a quarter-size round mirror to beams over a bed to symbolically lift the heaviness.
- Avoid placing a mirror in a child's bedroom where it could interfere with restful sleep.
- Hang a round mirror near your stove to symbolically double the number of burners and consequently double prosperity.
- If your oven is located directly opposite of your sink, the Fire and Water Elements "fight" each other and often lead to family arguments. Attach a nickel-size mirror to the oven door to reflect away the sink's energy.
- If you have any rooms where you must step down to enter, place a square mirror opposite the stairs to correct this imbalance.
- If you have a sharp corner of a neighbor's home aimed at your home, a telephone pole in front of your door, or a nearby cell tower, hang a mirror on the outside of your house to symbolically push away this negative energy.

You can read more tips for choosing and locating mirrors in the article "Mirrors in Feng Shui" on my BellaOnline.com Feng Shui site. [The direct link is http://www.bellaonline.com/articles/art528.asp/zzz](http://www.bellaonline.com/articles/art528.asp/zzz).

Clutter Clinic

Spring Clean Your Workplace



Whether you work in a corner office, a cubicle, home-based studio, or anything in between, here are nine quick things you can do today to clear the clutter. A fresh workspace will help you attract new clients, customers, and better career opportunities for Spring.

1. Remove all the outdated notes, phone lists, take-out menus, etc. from your bulletin board and replace them with new ones.
2. Get rid of dried up pens and markers and pencils with worn down erasers, then replace them with fresh ones.
3. Clean your computer, including keyboard and monitor.
4. Bundle up your electrical cords and contain them with a twist tie or tubes made specially to control cords.
5. Dust your desk.
6. Dust your chair.
7. Prune your plants and remove dead leaves; dust silk plants or replace them if they are faded.
8. Remove everything from your shelves and dust; put back only the books and manuals you currently use and recycle the rest.
9. Wash the inside of your windows so your vision will be clear.

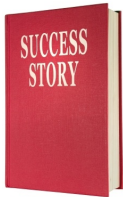
Read more office tips in the Feng Shui Quick Guide For Home and Office at <http://fengshuiforreallife.com/Detailed/119.html>.

Success Story

Katie's Second Time Around

A week after I helped Katie make quite a few Feng Shui changes in her bedroom, she received a Facebook message from a man she used to know professionally, whom she found quite attractive. At the time they were on the same meeting circuit, she was married and he was single, then he was married when she became single. So nothing ever came of it. Here is what she wrote:

My friend and I reconnected on Facebook. His latest message said that he left his wife after postponing that decision for three years, and now he will be in my area in May and wants to see me. I haven't seen him in 20 years, although I have seen photos and he is still a handsome guy. I'm anxious to see where it goes now that we both are free. I know that your Feng Shui advice to let go of what I was holding on to in my bedroom has made me feel lighter in many ways, and made room for this friend to find his way back into my life.



Follow Carol Feng Shui tips on Facebook.
www/Facebook.com/FengShuiForRealLife.com

Ask the Feng Shui Maven

Q: Can I place a mirror in my foyer next to my front door?

A: Yes, next to the door is fine, as long as it reflects an attractive view. Avoid placing a mirror across from your front door because it reflects the good energy that enters your home right back out the door.

Q: I won a wallet from a website I do business with, but it will arrive empty of money of course. I know you say never give a wallet empty, but what about winning an empty one? What can I do to ensure I keep my wealth?

A: Winning a wallet sounds like terrific, positive chi to me. Take a \$50 dollar bill (\$100 if you can afford it), fold it up, and tuck it into your wallet, and never plan to use it. This will symbolize that you always have cash in your wallet and that you never need to dip into this “stash.”

Q: I was planning to host a family dinner in my newly-redecorated dining room, and thinking of wearing red. But after reading your tip about avoiding red at family gatherings, I wonder if I should choose another color. Since I had the dining room table refinished there is lot of wood in the room.

A: You were probably thinking about wearing red because you instinctively felt there was too much of the Wood Element in the dining room. Red, the Fire Element, will reduce the Wood Element in the same way that a fire will destroy any wood in its path. Instead of adding Fire by wearing red, add the Metal Element because it will “cut” Wood and reduce it. You can do this by displaying actual metal objects or using metallic and pastel colors like silver, white, and light colors. There is more about the reduction and creation cycles of Elements on p. 47 of my book. Enjoy your gorgeous new table.

Read more about the Feng Shui Elements in the “Basics” section of my website
<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

Ditching 800 Pounds of Clutter

A clutter-filled home can be a source of stress - and can spur squabbles among couples. In “Ditching 800 Pounds of Clutter” *Wall Street Journal* reporter Sue Shellenbarger describes her six-week effort to remove clutter from key areas of her home using techniques from several organizers. She learned that it’s possible to squeeze spring cleaning into a busy schedule without taking time off, as long as you plan in advance how to organize storage space. After getting rid of 800 pounds of recycling and trash, hauling two SUV-loads of donations to Goodwill, and dropping off 17 boxes of books at the public library, Shellenbarger was exhilarated by the new-

found open space in her house, which seems bigger and more serene. The article includes an “interactive closet” function that shows how Shellenbarger organized things. You can read the article at <http://bit.ly/bFmVhD>.

Making Scents

In his *Albuquerque Journal* article, “Making Scents - Fragrances can be welcoming, but don't let them be overpowering,” Matt Andazole writes about how various aromas change the way people experience a home. He includes some of my Feng Shui tips for using scents, like vanilla for well-being and lavender for relaxation. [You can read the complete article in the Media Room on my website, www.FengShuiForRealLife.com.](http://www.FengShuiForRealLife.com)

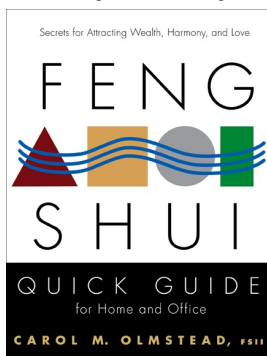


Do you want Feng Shui tips and tidbits to include in your blog, website, or newsletter?

Check out my website www.FengShuiForRealLife.com, or contact me at carol@FengShuiForRealLife.com with a specific request.

Feng Shui Quick Guide For Home and Office

Quick Tips For April



- **For Your Home** -- If you paid too much in taxes this year, place three valuable coins in the wealth area of your home to help activate the flow of prosperity.
- **For Your Workplace** -- To encourage career success, add objects to your office in shades of red or purple (Fire Element) for excitement and black (Water Element) for smooth movement ahead in your career.
- **For Your Garden** -- If you have nasty neighbors, plant orange flowers or shrubs with orange blooms between your houses to encourage conversation and communication between the households.

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

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

Home, Office, and Business Consultations

Off-Site Feng Shui Consulting



To help you get started with a plan of Feng Shui changes for your home, I am now offering **Off-Site Feng Shui Consulting**. This service includes review of the floor plan of your home, office, or business, as well as photos of your space. Then we will schedule 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 and clients into your business. The service also includes 30 days of follow-up consulting.

You can sign up for this service through the [Online Store on my website](#). As soon as I get your registration 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, the one-hour telephone consultation, and 30 days of followup consulting.

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 late April and Early May --
Washington, DC Area: April 19-23; May 10-11
Santa Fe/Albuquerque, NM: April 26-30
Scottsdale, AZ: May 17-18

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 or 1.800.652.9038.

Custom Workshops

Workshops Open to the Public

May 13, 2010, 6:30pm -- "Feng Shui and Art," Art League of New Mexico

Learn how to choose art when making Feng Shui changes in your home and office. There is no charge for my workshop, which follows the Art League's membership meeting.

3407 Juan Tabo, NE

Albuquerque, NM 87111

For more information and registration, call 505.293.5034.

www.newmexicoartleague.org

Coming Soon -- Feng Shui Getaway Weekend in Santa Fe

Learn all about Feng Shui in the Land of Enchantment. This Getaway Weekend includes Feng Shui training with Carol Olmstead, a tour of some of Santa Fe's finest galleries to learn about art and Feng Shui, plus gourmet dining to taste how food relates to Feng Shui. There will be time for shopping, spa services, golf, and tours. You will come away with the skills you need to do a Feng Shui consultation for your home and office. Plus this could be the first step in deciding if you want to pursue certification training. Santa Fe is celebrating its 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.

Custom Workshops

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

The Best Time To Buy Everything

If you want to get the best deal on everything you buy, it helps to know what to shop for each month. Here are some things that typically go on sale in April, May, and June:

Televisions: New models are starting to roll in, models stocked for the holidays and Super Bowl sales might still be lingering, plus, most Japanese manufacturers' fiscal years end at the end of March, so they often push out "old" models at a 20 percent discount.

Used Cars and Car Accessories: Car dealers are stocking up for their more lucrative warm weather season, and have a lot of inventory on hand they'd be willing to let go of for less. Makers of gear that sells easily when it's "cruising season" have inventory to move now before they can concentrate on their summer sales.

Laptops: Laptops are cheap in April, probably for the same end-of-fiscal-year reasoning as for TVs, or just because it's a "sweet spot" between selling seasons.

Fabric: Some winter prints still look beautiful in the spring, and craft stores are starting to change focus away from heavier material.

Cookware and Vacuum Cleaners: With graduations right around the corner, many cookware makers are pushing their wares, and multi-piece sets in particular. New vacuum models usually come out in June, so older models start to price downward right before the new stock appears.



For a month-by-month guide to the biggest bargains, check out:

http://frugalliving.about.com/od/bargainshopping/tp/Best_Time_To_Buy_Everything.htm

From the FengShuiForRealLife.com Online Store

Purse Hangers For Mother's Day

In Feng Shui, keeping your purse on the floor represents disregard for your wealth, plus scientific studies show that your purse can pick up all kinds of bacteria when it sits on the floor. The remedy is a Purse Hanger that lets you hang your purse safely from a table or desk. I have finally found folding purse hangers that fit neatly in your purse. It's the perfect gift for Mother's Day for all the women on your list. The 2" disk opens to a sturdy 3" hanger. I stock them in elegant black and silver, plus I have a few available in assorted colors. They go fast around Mother's Day, so order now while they are still in stock.



[Click here to order now from the Feng Shui For Real Life store for delivery by Mother's Day.](#)

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 and the domains www.constantcontact.com and 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 •

<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.

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