



Feng Shui For Real Life E-zine

May 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

Feng Shui and Pets

Are your pets contributing to good Feng Shui?
--In the "*Feng Shui To the Rescue*" section.

Quick Organizing Projects

How much clutter-clearing can you do in just a few minutes a day?
--In the "*Clutter Clinic*" section.

May is National Rose Month.

Read Feng Shui tips about roses, other flowers, and plants
--In the "Quick Tips" section.

Southwest Book Design Competition

The *Feng Shui Quick Guide For Home and Office* is a finalist in this prestigious competition, and to celebrate, I'm offering a **Celebration Sale** on the book for May and June.

--In the "*Quick Tips*" section.

Links and Apps

Interesting links and free apps that can help you save time or money.
--*Beyond Feng Shui* section.

Feng Shui To The Rescue

Feng Shui and Pets



Pets are considered positive, yang energy in Feng Shui because they add activity to our homes, even when we are not there. For example, fish represent abundance, dogs bring active chi, turtles symbolize longevity, cats are seen as financial success. The love we put into caring for our pets also represents positive energy. But when pets dominate your life, the result can be an upset in the natural balance that is critical to good Feng Shui. Are you attracting what you want into your life? If not, take a good look at how you have arranged your household around your pets. Here are a few suggestions for balancing the yin-yang of pets.

- Clean up pet waste in your yard.
- Locate the litter box in the garage, basement, or bathroom, and avoid keeping a litter box in the kitchen or bedroom
- Clean the fish tank regularly since a dirty tank represents a cloudy financial future.
- Keep pet out of your bed, because when a pet sleeps between a couple it symbolically splits the relationship and deters romance. If you must have pets in your bedroom, give them their own specifically-designed beds on the floor.
- Avoid keeping pet cages near the cooking and eating spaces, since pet waste symbolically contaminates your food supply.
- Remove the ashes from deceased pets from inside your home because they represent stagnant energy.
- Train your pets to stay off your chairs and tables, and instead add a climbing tower; a strip of clear packing tape attached to the bottom edge of upholstered furniture will help deter a cat from scratching.

Thanks to Ceil Petrucelli of Ceil Petrucelli Interiors in Bennington, Vermont, for some of these tips. Ceil specializes in family, pet, & eco-friendly design solutions for your home. Her website is <http://www.ceilpetrucelliinteriors.com>.

Read more about Feng Shui and pets in the article on my BellaOnline.com Feng Shui site, <http://www.bellaonline.com/articles/art41788.asp/zzz>

Clutter Clinic

Quick Organizing Projects



In Feng Shui, clutter represents postponed decisions and the inability to move forward, so it's important to keep your home and office as clutter free as possible. But we're all busy, and some days you only have a few minutes to spare. When your time is limited, try these quick organizing projects that can be completed in 10 minutes or less.

1. **Find It.** If you have books all over your home collect them and return them to their proper space. Or maybe it's coffee cups, drinking glasses, or shoes. Pick just one category of items and quickly get it in order.

2. **Enter it.** Are there phone numbers on business cards, on scraps of paper, or in e-mails that need to be entered into your address book? Give yourself ten minutes and enter as many contacts as you can into your permanent system.
3. **Empty it.** Spring is the perfect time to collect and store your winter weather coats, hats, and gloves, snow shovels, and window scrapers. Make sure you go through the pockets of your winter things before you send them to the cleaners or pack them away for the season.

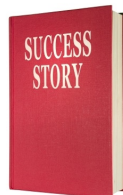
These organizing projects were suggested by www.unclutterer.com. Are there other clutter-clearing and organizing tasks that can be completed in ten minutes or less? Post them on my Facebook Fan Page, and I'll also share them in a future newsletter. <http://www/Facebook.com/FengShuiForRealLife.com>.

There is a month-by-month guide to clutter clearing in the Feng Shui Quick Guide For Home and Office. Read more at <http://fengshuiforreallife.com/Detailed/119.html>.

Success Story

Attracting Good Luck

I receive wonderful feedback from my newsletter readers and clients about the small Feng Shui changes they make that yield big results. I received this e-mail from a reader last month.



Sometimes I can't believe how right-on Feng Shui can be. We had the interior of our house repainted and my decorator rearranged the artwork and relocated a mirror from the dining room into the hallway, then placed my lucky bamboo plant in front of it. Wouldn't you know, I won three things shortly after that -- a fantastic package of Sisley make-up products in a drawing at Saks Fifth Avenue, a massage in a drawing at my golf group kick-off, and a trophy for being "closest to the pin" in a golf tournament. I didn't make the connection until I read your article about mirrors.



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

Ask the Feng Shui Maven

Q: I'm trying to buy a new home and found one that's almost perfect, except for the exposed beams in the bedroom over the bed. I read that's not such a good thing in Feng Shui and that I should hang bamboo flutes from the beams. I have no interest in doing that, so should I keep looking?

A: Bamboo flutes were originally used in old world Feng Shui to "cut" the beam and keep it from "weighing down" on you or splitting a couple in bed. I recommend more contemporary ways to symbolically lift the pressure, including painting or staining the beams the same color as the ceiling, aiming light up at the beams, painting clouds, stars, or a vine on the beam to simulate sleeping in nature, or using a canopy,

lightweight fabric, or swag over your bed. A ceiling fan also works, since its blades symbolically cut across the beams and lessen their weight.

Q: What Feng Shui training do you recommend for professional organizers?

A: Professional organizers already know how to deal with the biggest Feng Shui issue that most people face -- clutter. I recommend they also have a basic understanding of the “Five Power Principles of Feng Shui” and how to use these basics to help organize a home or office. These principles are Chi (energy), the Five Elements (color and shape), the Bagua (mapping a home), Yin and Yang (balance), and Continuity and Connectedness (connecting with the natural world).

Thanks to Emily Herwig of Tidy Life, LLC, a professional organizer in Baltimore, Maryland, for this question. Visit her site at www.MyTidyLife.com.

Q: I'm single and want to be in a relationship. I have a favorite painting with a deep rich red background, but it shows only a single female draped in black. I don't want to move the painting from my bedroom. Is there anything I can do to complement it rather than get rid of it and still invite a relationship into my life?

A: Feng Shui principles recommend that when you are trying to attract a relationship it is best to remove all art and images that show single people and replace them with images that show couples, romantic scenes, or objects in pairs. This is especially important in your bedroom and in the area of your home that occupies the Love/Relationship area. Therefore, I suggest moving the image of a single female out of your bedroom and replace it art that feels romantic and coupled.

You can download a mapping chart from the basics section of my website that will help you locate the Love area in your own home at www.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

IFSG Connections

My article “Feng Shui Friendly House Plants” was included in the May 2010 issue of *Connections*, the monthly publication from the International Feng Shui Guild. The article discusses how plants are used in Feng Shui to connect with the outside world, counteract negative energy, raise a low ceiling, and balance the Water Element. *You can read the complete article, which include a list of Feng Shui uses for the most common houseplants, on my BellaOnline website, <http://www.bellaonline.com/articles/art2055.asp/zzz>.*



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.

Quick Tips from the *Feng Shui Quick Guide For Home and Office*

Celebration Sale -- Southwest Book Design Competition

I am delighted to announce that the *Feng Shui Quick Guide For Home and Office* has been selected as a finalist in the Southwest Book Design Competition (www.nmbook.org). Winners in each category will be announced in June so wish us luck. To celebrate this prestigious award, I'm offering a **Celebration Sale** for e-zine readers. Through May and June, you can buy single copies of the book at \$10.00, plus shipping.

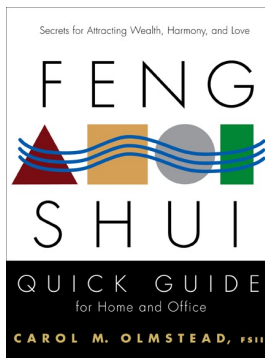
Regular Price: \$15.95 per book

Celebration Sale Price: \$12.95

To take advantage of this special offer, e-mail me at carol@FengShuiForRealLife.com and let me know how many books you want to order, and I'll send payment instructions.

Quick Tips For May

Here are three tips for May from the "Calendar of 366 Tips" in the *Feng Shui Quick Guide for Home and Office*.



- *If you give roses for any occasion, be sure to remove the thorns to assure a smooth relationship.*
- *Avoid planting prickly or spiky plants like cactus near your front door, or surround existing sharp plants with fragrant bushes and flowers.*
- *Dried flowers symbolize dead energy; remove them from your home and office and replace them with fresh, seasonal flowers.*

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://fengshuiforallife.com/images/links/59-Contents.pdf>.

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 and photos of your home, office, or business, followed by a telephone consultation with 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 or call 1.800.652.9038. The direct link is <http://fengshuiforrealife.com/Detailed/102.html>.

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 May and early June --
Colorado Springs, CO: May 15-16
Santa Fe/Albuquerque, NM: May 17-28
Washington, DC Area: June 5-10

[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](tel: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

June 2, 2010, 12:30-7:30p -- Artgraze - Feng Shui Art Gallery Tour

I will lead a Feng Shui Art Tour as part of Artgraze, an alliance of artists, galleries, architects, and interior designers. The tour starts with lunch at Tomasita's Restaurant in Santa Fe, then the group travel to Canyon Road for a Feng Shui guided tour of selected art galleries to learn about the Feng Shui

meaning of color and shape, and how to use this knowledge to choose art for yourself and your clients that will help you attract wealth, harmony, and love. The group will end up at Zane Bennett Contemporary Art for a reception and Feng Shui book signing, including wine and munchies, door prizes, discounts on Feng Shui consultations, and other surprises. The only cost for this event is your lunch. To register, send an e-mail with your name and phone to carol@FengShuiForRealLife.com.

For more information about Artgraze, check out their site at www.Artgraze.com.

Coming Soon -- Feng Shui Getaway Weekend in Santa Fe

Learn 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://fengshuiforrealife.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

Links and Apps

Occasionally in this section, I will include interesting links and free apps that can help save time or money, which is always Feng Shui-friendly. Here are a few to check out this month --

www.Filleritem.com -- Type the amount you are missing to qualify for free shipping on Amazon and the site will give you a list of Amazon-sold products that cost that much.

www.Web2pdfconvert.com -- Enter any URL and with the click of a button you can convert the web page into a PDF.

<http://www.inumbr.com> -- Generate a virtual phone number to use with Craig's List and similar sites so you don't need to give out your real phone.

www.FreeShipping.org -- Check for links to free shipping deals offered by more than 2,300 online retailers.

"Cardstar" App on iTunes Store - Store your frequent-buyer and frequent-flyer numbers and this program will recreate the scannable bar code on your iPhone screen so you can claim your rewards even if you forget your cards.

Do you have favorite links and apps you would like to share in this column. Please e-mail them to carol@FengShuiForRealLife.com.

From the FengShuiForRealLife.com Online Store

Purse Hangers

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 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.



[Click here to order now from the Feng Shui For Real Life Online Store.](#)

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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 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.

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