



Feng Shui For Real Life E-Zine

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Welcome to Feng Shui for Real Life, a monthly e-zine that provides Feng Shui tips and other information to help you bring simple Feng Shui improvements into your life.

I hope you enjoy the new format for the e-zine. The cleaner lines are much more Feng Shui-friendly! Be sure to check out the Quick Links section each month as I will be updating it frequently.

Quick Links

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As always, I welcome your comments about the e-zine, and your questions for the Q&A section.

This e-zine is available by request. To add your e-mail address to the distribution list, please click on the Join Our Mailing List box in the menu on the left.

Carol Olmstead

Feng Shui Tip

Romantic Seating for Valentine's Day

Charlotte was a firm believer in the Feng Shui laws of dating: change location, change luck.

--Carrie Bradshaw

If you are inviting someone special for a romantic Valentine's Day dinner, give some thought to where you locate your companion at the table. Feng Shui principles teach that by making people feel good about themselves we also make them feel good about being with us. So follow these Feng Shui tips to elevate your dining companion's self esteem and you will set the stage for romance:

- The ideal table for two is square or round with only two chairs; too many chairs can make you feel like you are having a party and the rest of the guests didn't show.
- If the only table you have is a rectangle, set two places at one end and locate a flower arrangement and decorative objects at the other end to fill up the empty area.
- Seat your companion at your side rather than across the table from you, which can be too confrontational.
- Position your companion facing away from the kitchen in the "power

position," which will make him or her feel more important; if this isn't possible, close the kitchen door or screen off the view of dirty dishes.

Don't forget to light candles to brighten your Valentine's Day dinner, since we all look and feel better in candle light. One pair on the table is plenty, or else you will risk overheating your relationship.

Special Article

Feng Shui and Attracting Wealth

It was bound to happen--a participant in my workshop asked a question using the dreaded "R" word: *With the economy on this downward trend, how can I use Feng Shui to help stay afloat if the money ship starts to sink into a recession?*

It was a timely question that made me think. Feng Shui changes certainly can't guarantee that you will be recession-proof, but a few simple Feng Shui adjustments can keep wealth flowing into your home despite a poor economy. Feng Shui is all about rearranging your surroundings to set the intention for something to happen. But while you are waiting for your "big intentions" to come flowing through the front door, it is important not to neglect the small things that contribute to a feeling of prosperity. When you ignore things that need to be repaired, replaced, or removed, you set an intention of neglect. Here are 10 simple adjustments you can make to set the attention to attract wealth--whether or not you are worried about a recession:

1. **Clean Your Front Door.** The front door is considered the "mouth of chi" where all the good energy enters your home; a clean door attracts prosperity but a dirty or faded door repels wealth.
2. **Add a Water Feature to Your Foyer.** Water represents abundance in Feng Shui; if you display a fountain or artwork that shows flowing water at the entrance to your home, wealth is sure to follow.
3. **Replace Burned Out Light Bulbs.** If your rooms are dark, so is your financial future; replace burned out light bulbs and brighten your possibilities to attract wealth.
4. **Clean Your Windows.** Windows are the eyes of your home; dirty windows cloud your vision, but clean windows represent a clear view of the opportunities coming your way.
5. **Remove Dead Plants.** Dead plants symbolize dead energy; replace them with healthy living plants to grow wealth in your life.
6. **Remove Items From Under Your Bed.** If you have too many objects under your bed you won't sleep well, and lost sleep results in missed opportunities for prosperity.
7. **Clear Clutter.** Clutter represents postponed decisions and the inability to move forward; remove the clutter throughout your home so nothing is blocking advancement in your career.
8. **Keep the Toilet Lid Down.** If your toilet lids are open you are symbolically flushing your finances away; keep them down and keep your wealth.
9. **Fix Drips and Leaks.** Leaking water represents leaking wealth; stop the leak and you will stop losing money.
10. **Clean Your Stove.** Make sure the burners on your stove are in good

working condition, because the ability to feed people represents wealth; immediately fix any nonworking burners. (Read more about the association of food and wealth in the *Clutter Clinic* section.)

Clutter Clinic

Clear Your Refrigerator For Chinese New Year

Food and wealth are closely related in Feng Shui, so it follows that if you waste food because it spoils, you are losing your abundance. February is the month of the Chinese New Year, the perfect time to clean out your fridge and restock it with fresh new fruits and veggies. This year, instead of incubating mold in your crisper, make a Chinese New Year's resolution to keep everything as fresh as possible. Here are some food storage guidelines to help you:

Apples--store them in plastic bags with air holes on shelves instead of the crisper drawer to permit proper circulation and humidity.

Bananas--once they have reached your preferred ripeness, store in the fridge; the skin may turn dark but the fruit will be just right for several days.

Corn--if you aren't going to use it the same day, remove the husk, seal in a bag, and store in the freezer.

Lettuce--rinse under cold running water, drain, pack in a plastic bag, and refrigerate.

Onions--store in a cool, dry ventilated place but not in the refrigerator; chopped or sliced onions can be stored in a sealed container in the fridge but not the freezer.

Peppers--if you store peppers below 42 degrees they will suffer chill injury, so keep them out if your fridge is colder; avoid storing them next to apples because of a chemical reaction.

Potatoes--because their starch turns to sugar in the refrigerator, keep them in a dark, dry, cool area; if you must store them in the fridge, let them come to room temperature for a day before cooking so their sugar returns to starch.

Tomatoes--store in an aerated basket on your counter, out of direct sunlight; keep them out of the fridge where they will lose their aroma and flavor.

Success Story

Selling a Unique House

Susan is a realtor who contacted me to help with a home that wasn't selling. When I drove up, it was unclear which of the two entrances was actually the

front door. The house was beautiful but had some quirks, including a third bedroom that was painted a bold red and located so close to the entrance that it felt much more like a den. While most of the home was skillfully decorated, the master bedroom seemed empty and filled with unhappy energy. I recommended some re-arrangements and a clearing in the bedroom, then outside changes to the front entrance so the positive chi-and the perfect buyer-could find it. Here is what Susan wrote:

Dear Carol, we were able to do some of the corrective actions you suggested. The clearing of the house, the property, and the master suite in particular took place just before Christmas when everyone was gone from the house. Out of the blue a buyer has turned up who loves the details including the paint colors in the house, particularly of the bedroom/den! She is an artist. Keep your fingers crossed for this buyer. In the meantime I am pursuing the rest of your very good suggestions.

Feng Shui Q& A

Q: Are there a few simple adjustments I can make in my bedroom to bring the romance back into my marriage?

A: The primary thing to do is make sure the room is comfortable for two people: the bed should be centered so neither person sleeps against the wall and each person should have a night table. Make sure the artwork in the room is romantic and shows images of pairs of things, and especially avoid sad images. Move out the photos of parents, pets, children, and friends and replace them with a current photo of you and your husband. Remove all work-related objects, especially computers, because a bedroom should be for rest and romance only.

Q: There is a column behind me when I sit at my desk in my office. There is no other place for the desk in the space. I do get backaches and wonder if the two are related.

A: Yes the protruding wall pointing at you is called a "poison arrow" and it could be causing your backaches, and eventually could cause job problems. If you can't move your desk, try hanging a plant with a long, trailing vine to cover the pillar. Or, if there is enough room, place a piece of furniture like a small table in front of the column and place a plant on it. Pathos and philodendron are two plants that grow well under artificial light.

In The News

Are You Driving a Clutter-Mobile?

An article in the *Minneapolis-St. Paul Star Tribune* describes how driving an extremely cluttered car is not just unsightly, but dangerous. "All that junk adds weight that affects fuel economy, especially during stop-and-go driving," says Bruce Jones, professor of automotive engineering technology at Minnesota State University, Mankato. The heavier a car is, the more force is needed to get it going again once it's stopped, he explained, and, in turn, it takes more effort to stop a moving junk-filled car. Inefficient as it is, it's not illegal to drive a clutter-filled vehicle, according to Sgt. Don Marose of

the Minnesota State Patrol, at least until the mess is high enough to interfere with seeing out the windows. More important, however, is safety. According to Marose the stuff inside cars can become "weapons" in a crash. Hitting something at 30 miles per hour might stop your car, but it doesn't stop all the stuff inside from flying around, he says. If anything strikes an occupant it can severely injure and possibly kill them. In addition, an airbag deploys at about 200 miles per hour and any object in its way is ejected at nearly the same speed, he added. The article concludes that whether you work out of your vehicle or tote around children, make sure your vehicle is clutter free. The safety of you and your passengers may one day depend on it.

[Click here to read: Can't Curb Your Car Clutter?](#)

Upcoming Magazine Articles:

I recently gave interviews for two upcoming magazine articles:

The article in **Best Life Magazine** will focus on helping executives use Feng Shui to arrange their office for success. Here is a sample quote:

***Organize your desk.** Place pictures of your spouse or lover in the upper right hand corner--the relationships area. Move your phone and business cards to the upper left corner--the wealth section. And place your computer to the right hand side of your desk, leaving the area in front of you open to work on projects. "Nothing new comes into your career unless you make room for it," says Olmstead.*

The article in **Modern Hygienist** will cover using Feng Shui to arrange dental offices to make patients more comfortable, something we can all appreciate.

Did You Like This News Tidbit?

If you want Feng Shui tips and tidbits like this to include in a blog, news article, e-zine/newsletter, or marketing materials, call me at 1-800-652-9038 to discuss the range of topics that I can provide. Feng Shui is also a terrific topic for teleseminars and Internet radio programs.

Book Updates

Watch future issues of this e-zine for updates about pre-ordering my two upcoming books:

Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony and Love. This paperback book includes Feng Shui basics, tips, and secrets plus success stories from people who followed them; monthly clutter clearing advice; day-by-day calendar of 366 fast fix tips.

Clutter Free and Clear: Take Charge of Your Time and Space! A how-to book to simplify your life. This e-book includes

information and exercises to help you move forward on clutter clearing.

Consultations and Workshops

Home and Office Consultations

Nationwide, I schedule consultations for homes and offices on request. On a regular basis I visit the **Northeast** (DC Metro Area and Maryland Suburbs, Baltimore, Annapolis, Northern Virginia, New York City, and New Jersey) and the **Southwest** (Santa Fe, Albuquerque, Los Alamos, Denver). Appointments do fill up fast, especially on the weekends, so schedule your consultation now to get the date you want.

Where in the World Is Carol This Month?

Here is my schedule for February-Early March:

Santa Fe/Albuquerque: February 12-19

San Diego: February 20-23

Washington, DC/Maryland: March 3-7

In addition to my regular locations, I have been asked to provide consultations in the following cities; if you live in these areas and are interested in scheduling a consultation, please contact me by e-mail (carol@FengShuiForRealLife.com) or phone (1-800-652-9038)

- **Phoenix**
- **Portland**

Do you want to schedule a consultation in a city not on my current schedule? Please e-mail me (carol@FengShuiForRealLife.com) for details about scheduling a consultation in your location.

I welcome your referrals nationwide.

Custom Workshops

Feng Shui is a popular topic for luncheon and dinner meetings, special events, fund-raisers, college and university training sessions. My Feng Shui workshops are customized to meet the needs of your group or organization. Whether it is a talk at the golf group luncheon, the garden club meeting, office staff development session, or holiday luncheon, my Feng Shui presentations are fun and **always sell out!**

Here are some of the most popular topics I present:

- Asian Pacific American Heritage Month Themes (May)
- Bedroom Feng Shui
- Feng Shui Clutter Clinic

- Feng Shui for Children's Rooms
- Feng Shui Goes To Work
- Feng Shui in the Garden
- Feng Shui, Love, and Relationships
- Feng Shui and The Secret
- Holiday Luncheons (December)
- Home Office Feng Shui
- Introduction to Feng Shui
- Look Twice, Buy Once for Home Buyers
- Quick Feng Shui Fixes for Common Decorating Mistakes
- Sell It Fast with Feng Shui

E-mail me (carol@FengShuiForRealLife.com) or call 1-800-652-9038 for details for scheduling this session for your group in your location.

Charity Auction

If you live near **Annapolis, Maryland**, or know someone who does, you can bid on one of my Feng Shui consultations through an online charity auction. There are other terrific gifts being auctioned as well.

Check Out:

<http://www.cmarket.com/auction/item/Browse.action?auctionId=59677329>

Beyond Feng Shui

Green Gift Giving

We all need to be kinder to our fragile planet. Here are a few environmentally-friendly alternatives to traditional gifts for Valentine's Day, birthdays, and other occasions:

Flowers: Give living bushes, shrubs, or trees that can be planted, since these could last a lifetime for the recipient.

Cards: Send e-mail cards, buy cards that use recyclable paper, or make your own.

Dining: Instead of using gas to drive to a restaurant for dinner, cook a romantic dinner from home; save even more energy by dining by romantic candlelight.

Goodies and Chocolate: Bake cookies or other goodies and package them in reusable containers; organic chocolates are also an option.

Green Gifts: Give the green gift of carbon credits. The website www.LiveNeutral.com has a carbon calculator that lets you determine carbon emissions for a vehicle, a flight, or an entire household-an eye-opening experience!

Online Store



Feng Shui For Real Life On-Line Store

This section of my website highlights Feng Shui products and services.

MarketPlace

Services to Help You

Business-to-business services that can help you grow your entrepreneurial ventures. When you access these companies via the web address listed, you will be eligible for any special discounted services.

*Here is our MarketPlace "**Partner of the Month**" for February. Please check out the entire list of partners in the Quick Links section:*

The Sussman Company, Virtual Office Assistant

Administrative services for small businesses that need desktop publishing, general administrative tasks and website maintenance.

<http://www.SussmanCompany.com>.

My Client-Centered Approach to Feng Shui: *When I recommend cures for a home or office, I consider the goals of each client. I try not to recommend anything that you will find unattractive or unacceptable. Rather, I suggest practical, appropriate, and workable cures that are based on solid Feng Shui principles and fit in with the way you live. I try to recommend several practical solutions that are appealing to you and fit your decor and your budget.*

Carol M. Olmstead, FSII
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