



## 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, success stories, clutter-clearing advice, and other information to help you bring simple Feng Shui improvements into your life. This e-zine is available by request.

-Carol Olmstead

### Watch My Videos!

My video series *Feng Shui Tips For Attracting Wealth* is now up and running on the how-to-do-it site, [www.MonkeySee.com](http://www.MonkeySee.com). Use this link to check out the videos, then add your comments after you watch them:

<http://www.monkeysee.com/play/7576-feng-shui-home-tips-for-attracting-wealth>.

Be sure to check the MonkeySee site again in early June for my follow-up series of videos: ***Feng Shui Tips to Attract Love or Rev Up Your Love Life!***

### ***Feng Shui Tip for May***

#### **What to Keep Out Of Your Home**

I define Feng Shui as the art and science of placing things in your indoor environment to improve your life. But sometimes in Feng Shui, what you keep out of your home is as important as what you invite in. Here are some examples:

**Dried Flowers:** Dried flowers carry negative energy because they are dead, plus they have a tendency to fade and collect dust. If you want your home to benefit from positive energy, surround yourself with healthy living plants and flowers instead of dead ones. If you can't give up your dead flower arrangements, make sure you dust them frequently and substitute a new arrangement with the change of each season.

**Other People's Junk:** If you are tempted to accept offers of cast-offs from friends and relatives, resist the temptation. Sometimes we accept other people's junk

because of what I call a *poverty consciousness*; that is, the fear that we will never have enough money to buy what you really want. We end up storing all that stuff in our closets, attics, and basements creating negative chi. Feng Shui principles suggest operating instead from a *prosperity mentality* by refusing cast-offs with the positive affirmation that you can afford to buy what you love.

**Violent Images and Music:** We live in a world where violence is much too prevalent, but that's no reason to compound the problem by filling your home with artwork and media with violent themes. It's far better to fill your walls with upbeat images and your shelves with objects that make you feel happy. Similarly, music should create harmony rather than chaos in your home. Before you purchase or download music, make sure it uplifts, relaxes, or makes you feel comfortable.

**Ashes from a Deceased Loved One:** When you are grieving it may be tempting to hold on to your loved one's ashes and display them in your home, but keeping them in your home represents trapped energy. Instead, choose a symbolic place to scatter or bury the ashes rather than display them. A better way to keep memories alive is to choose a few cherished mementos of your loved one, such as photos of them doing what they loved to do, and display them in the Family area of your home.

**Gifts From Negative People:** If you receive a gift from someone who is angry, hostile, or negative, every time you use it you will feel that anger, especially if their gift was given out of obligation rather than love. Sell, donate, or discard all gifts that come from negative people, no matter how expensive the item. When you allow them into your home you invite their negative energy to flow through your surroundings.

**A Bed From An Unknown Source:** Beds, mattresses, sleep sofas, and futons hold energy from the past experiences of the people who slept on them. Therefore, it is best to avoid bringing a bed into your home if you don't know who slept on it because you will be sleeping with all of the issues of the former owner. Instead, invest in a new bed, mattress, and linens to bring fresh chi into your home and your life.

**People You Don't Like:** If you don't get along with someone, don't invite them into your home. This would seem obvious, but all too often we allow family members or business associates into our homes because we feel obligated. If you must entertain business associates you don't like, or if there is hostility whenever your family gets together, meet these people at a restaurant or another neutral place. The event will have a time limit and their negative energy will not visit your home.

## Clutter Clinic

### Let Your Books Go

Many of my clients are so attached to their book collections that they rebel at the mere mention of getting rid of even one of them. I love buying books, but sometimes too many books is too much of a good thing and you have to let them go. Are you ever really going to re-read that copy of *Catcher in the Rye* from your sophomore English class?

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To help you decide which books can stay and which books must go, here is some great advice I found on [www.unclutterer.com](http://www.unclutterer.com):

1. Avoid keeping more books than can fit on your available bookshelf space. If a book doesn't have a safe place to live, you're not treating it with the respect it deserves so you might as well give it a new home.
2. Stop displaying books in your home or office for the sole purpose of impressing others. Unless you are a literature professor, there is no reason to have the complete works of Shakespeare on your office bookshelves.
3. Get rid of any book you have read but do not plan to read or reference again, books that are in the public domain, or books that can be found entirely online.

After deciding which books should go, there are many resources available to donate, sell, or recycle them, such as neighborhood used bookstores, the public library, and nonprofit book sales. Or, try these online sites for selling and trading books: [www.Amazon.com](http://www.Amazon.com), [www.Powells.com](http://www.Powells.com), [www.half.com](http://www.half.com), [www.PaperBackSwap.com](http://www.PaperBackSwap.com), [www.BookMooch.com](http://www.BookMooch.com), or [www.BookScouter.com](http://www.BookScouter.com). I recently sold some books to Powell's, and they even covered the cost of shipping my books to them.

## Success Story

### Mother's Day Clutter Clearing

I met with Rachel a few days before Mother's Day for a followup consultation. She continued to be frustrated by all of the "stuff" her family collected and stored throughout the house and in the backyard. She was especially frustrated with the old, decaying deck area behind the home and decided it had to go. All of this clutter was not new, but because Rachel had developed some medical issues since our first consultation she needed help to move out the clutter and get her positive chi moving again. Rachel sent me a copy of her e-mail correspondence:

**From:** Mom  
**To:** My Husband, My Daughter, My Son  
**Subject:** Mothers' Day

I've decided what I want for Mothers' Day: a dumpster. The junk in this house is going, one way or the other.

My dear daughter, you can neatly stack your boxes in the attic yourself if you want to keep things. If you don't, they are going out.

My loving husband, get rid of the boat that hasn't seen water in a decade. The deck in the back yard is going, even if you just replace it with a bed of mulch. And the old pool furniture that we never use has to go.

My wonderful son, get rid of the telescope and organize your stuff in the attic or I'm throwing it out.

Nana and I are going up to the attic this weekend to pick out stuff for you younger/healthier people to throw away, like the pieces of carpet to repair rooms that don't even have carpet anymore.  
\*\*\*\*\*

**From:** Your Husband  
**Subject:** RE: Mothers' Day  
I'm with you!  
\*\*\*\*\*

**From:** Your Daughter  
**Subject:** RE: Mothers' Day  
I've decided to switch families.  
\*\*\*\*\*

**From:** Son  
**Subject:** Re: Mothers' Day  
???  
\*\*\*\*\*

Did Rachel get what she wanted for Mother's Day?

"I didn't get the dumpster," she wrote, "but the day after Mother's Day my daughter moved a lot of her stuff out of the attic and my husband listed the boat on Craig's List. And now my son has started working on the deck with a sledge hammer (probably thinking of me), while Dad is looking on proudly."

## Feng Shui Q& A

**Q: I have a comfortable air mattress that I would like to use as my bed, but I am concerned that it is not a good idea to sleep so close to the floor. Is a mattress on the floor bad Feng Shui?**

**A:** There is nothing wrong with sleeping on an air mattress, as long as it is an occasional thing. It is not considered a good Feng Shui practice to sleep on any type of mattress so close to the floor every night because the chi can't circulate under you. If the air mattress is comfortable perhaps you could get a frame that lifts it off the ground.

**Q: I received a fountain as a gift, which I know can help good chi flow into a room. The two things I want flowing in my life are money and marriage. The design of the fountain goes best in my home office in the "Love" area. If I put it in my office am I covering both money and love, or am I confusing the chi? The only other place it fits would be in the kitchen.**

**A:** A fountain represents the "Water" element, so if you place it in either your Wealth or Love areas the water could symbolically douse the "Fire" element in those areas and therefore reduce what you are trying to enhance. Similarly, placing a water feature in the kitchen can put out the Fire that is naturally found in that room. The best location for a fountain is in the Career/Work area, (usually near the door or entrance). Flowing water in this area will help enhance the flow of wealth into your business. Or, place it near your front door to usher in a flow of abundance

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**Q: My family lives out of town and I am feeling disconnected from them. Anything I can do to help feel connected despite the distance?**

**A:** The area to activate is the Family/Community area of your home, which is the part of your home that is one-third of the way back on the left-hand side. Objects that activate this area are Wood element items like wood furniture and picture frames, plants, columnar shapes, and the color green. This is also the perfect place for photographs of family members. Try creating a collage of family pictures in the same frame as an especially strong symbol of connection. Avoid keeping broken things in this area, since they represent a broken relationship. Other things to avoid in this area are part of collections of things that are usually kept together, like one candlestick from the pair or the extra dining room chair. Make sure you keep all of your pairs and collections together.

## In The News

### Money Magazine

If you are serious about selling your home in this market, you need to be prepared to try anything, including Feng Shui, according to the article *Home For Sale By Any Means* in **Money Magazine**. The article uses the example of Adriel and Lance Bush who tried for two years to sell their home in West Palm Beach, Florida. First the couple went the traditional route of getting rid of clutter, renovating their master bath, and adding granite counters to the kitchen, but still no takers. Then they got creative and hired a Feng Shui expert who made changes such as touches around the front entrance of their home to give it more "positive" energy. "I figured it wouldn't hurt anything, so why not try it?" says Adriel, 38, a professional organizer. A few weeks later, they found a buyer. Of course, the Bushes aren't saying it was Feng Shui that triggered the eventual sale. But in today's market, where there are more homes for sale than corn in Kansas, one thing's becoming increasingly clear: You've got to be open to anything. You can read the entire article at: [http://money.cnn.com/2008/04/24/real\\_estate/extreme\\_home\\_sales.moneymag/](http://money.cnn.com/2008/04/24/real_estate/extreme_home_sales.moneymag/).

### Did You Like This News Tidbit?

*If you want Feng Shui tips and tidbits 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.*

## Partner Profile

### Penny Lane Shops

PennyLaneShops.com is an online store featuring old and new home furnishings and accessories for the "home with a heart." Owner Penny Latham believes that homes should say who we are, what we believe in, and what our values are. "Many homes are department store clones with matching accessories to fill every nook and cranny," says Penny. As an alternative, she takes pride in an eclectic collection of home furnishing "finds" as special, unique, and far from benign. *Recycle,*

*Reclaim, Repurpose* is the mantra of PennyLane Shops.com. Of course Penny practices good Feng Shui and uses those principles when setting up the simplest area of a room. Penny will release her e-books, *Antiques & Treasure Hunting in Eastern Virginia* and *Antiques & Treasure Hunting in Virginia, Maryland & Pennsylvania* in June, which include itineraries, lists of stores and venues, accommodations, and plenty of how-to advice. The e-books will be available for download next month from: [www.PennyLaneShops.com](http://www.PennyLaneShops.com).

## Beyond Feng Shui

### Is Bigger Really Better?

If you are working late too often you can blame your computer screen. A new study finds that bigger monitors make people more productive. Researchers at the University of Utah tested how quickly people performed tasks like editing a document and copying numbers between spreadsheets while using different computer configurations: one with an 18-inch monitor, one with a 24-inch monitor, and with two 20-inch monitors. They found that people using the 24-inch screen completed the tasks 52% faster than people who used the 18-inch monitor; people who used the two 20-inch monitors were 44% faster than those with the 18-inch ones. There is an upper limit, however: productivity dropped off again when people used a 26-inch screen. The study concluded that someone using a larger monitor could save 2.5 hours a day. But take that result with a grain of salt because it assumes that someone will work non-stop for eight hours, and that the tasks they perform will all benefit from a larger screen, which isn't always the case. The researchers recommend that because size matters when it comes to monitors, businesses should take the time to match employees with the proper size screen based on job requirements. You can read more at:

<http://blogs.wsj.com/biztech/2008/03/10/bigger-computer-monitors-more-productivity/>

## Book Updates

My new books are due out this fall! Watch future issues of this e-zine for updates about pre-ordering these 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 late May and early June:**

**Santa Fe/Albuquerque:** May 20-31

**Washington, DC/Maryland/Virginia:** June 2-7

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

I welcome your referrals nationwide.

### **Workshops Open to the Public**

#### **In Santa Fe: *Setting the Stage***

If you are in the Santa Fe area, please join me on Wednesday, June 25, for *Setting the Stage*, a free seminar for women business owners sponsored by First National Bank of Santa Fe. There will be two speakers joining me, and a buffet of food and drinks will be available.

The agenda for the session is:

1. *First Impressions, Lasting Impressions*, by Vera Hayduk, introduced by Mary Chavez, SVP of First National Bank.
2. *Look Good Feel Good Image Tips for a Better You*, by Debra Cox, introduced by Bernadette Parnell, VP of First National Bank.
3. *Feng Shui Tips for Attracting Wealth*, by Carol Olmstead, introduced by Kathy McGee, VP of First National Bank.

The event runs from 5:30-7:30pm at the Main Office on the Plaza, 62 Lincoln Avenue, with free parking behind the building. Make your reservation by contacting Lyndsee Hargett, Marketing Liaison, at 992-2348, or e-mailing her at [LHargett@1stnationalbanknm.com](mailto:LHargett@1stnationalbanknm.com)

## 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

*New!* Clutter Clearing to Fatten Your Bank Account

Feng Shui Spring Cleaning Tips to Fattening Your Bank Account

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](mailto:carol@FengShuiForRealLife.com)) or call 1-800-652-9038 for details for scheduling this session for your group in your location.

## On-line Store



### Feng Shui For Real Life On-Line Store

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

[http://www.fengshuiforreallife.com/on\\_line\\_store.htm](http://www.fengshuiforreallife.com/on_line_store.htm).

## 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.

**Please check out the entire list of partners in the Quick Links section.**



**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  
Certified Feng Shui Practitioner  
1-800-652-9038

**Make sure you receive every issue of the Feng Shui For Real Life e-newsletter. To ensure receipt, please add this e-mail address ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) to your Address Book or Approved Senders list. Thank you!**

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