



## Feng Shui For Real Life E-Zine

### In Every Issue

- Feng Shui Tip**
- Clutter Clinic**
- Success Story**
- In the News**
- Consultations & Workshops**
- Beyond Feng Shui**

### Quick Links

- PRINTABLE PDF\***
- Feng Shui For Real Life Online Store**
- MarketPlace**
- \*Click here for latest version of Adobe Acrobat

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**Volume 8, Issue: #8** **August 2008**



*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*

### New On My Website:

**E-zine Archives**  
 If you missed any previous issues of the *Feng Shui For Real Life E-zine*, the 2008 archives are now posted on my website:  
<http://www.FengShuiForRealLife.com/archives.htm>

### Feng Shui Tip

**Back To School Feng Shui**  
 Where did the summer go? It's hard to believe that it's already time to write about back-to-school Feng Shui. A few Feng Shui changes in your child's bedroom can ease the transition and improve school performance. So sharpen up those #2 pencils and take note:

**For School-Age Children:**

- Create a study area in your child's room rather than spreading out papers on the dining room table or in front of the TV.
- Hang a bulletin board over your child's desk to display achievements, including artwork, report cards, and great papers.
- Decorate your child's room with maps to represent grounding, globes to encourage curiosity, and charts of the solar system to expand horizons.
- Add a fish bowl, aquarium, or collection of shells as symbols

of educational success.

- Remove the TV, since studies show that a television in a child's room leads to poor academic performance.

#### **For College Students:**

- Place your bed against a solid wall where you can see the door, but not directly in line with it; if you have to directly face the door, place a trunk or other furniture at the foot of the bed.
- Clean your windows occasionally to let the maximum amount of light into the room.
- Position your desk so you can see the doorway; if you must sit with your back to the door, place a small mirror on your desk or monitor so you can see who is coming into the room.
- Shut off your computer at night to cut down on the negative electromagnetic energy.
- Place a plant in your room, preferably within 3 feet of your computer, to balance any negative energy.

#### **Want More Free Feng Shui Tips?**

Check out my videos on the how-to site, *MonkeySee.com*. My two video series, **Feng Shui Tips for Attracting Wealth** and **Feng Shui Tips For Attracting Love**, are up and running. View them by using this link, then add your comments to the site to help me plan future video series: [www.MonkeySee.com](http://www.MonkeySee.com).

## **Clutter Clinic**

### **Unclutter Your Travels**

There is still time to take a summer vacation, and whether you drive across the country, fly to an exotic destination, or take a "staycation" in your local area, when you pay attention to how you pack you can reduce the clutter surrounding your trip. Over-stuffed suitcases in your car can bring some of the same negative Feng Shui effects as cluttered rooms in your home. And reducing your packing clutter is especially important with airlines strictly monitoring the weight and the number of bags you can check.

These tips come from Monica Ricci, who is the organizing adviser for Home Depot and has appeared on HGTV's *Mission Organization*:

- Use a consistent packing checklist to help standardize your packing, which means less thinking and fewer on-the-spot decisions.
- Plan your wardrobe around a limited color scheme and choose your neutral color first, like black or brown, and then plan the rest around two other colors such as blue and tan, so you can mix, match, and layer.
- Use your shoes as containers for socks, undergarments, and other soft things, which also keeps your shoes from getting

crushed.

- Check with your hotel to see if they have a hair dryer or iron so you don't have to lug these with you; if you absolutely have to have something heavy, consider shipping it separately to your destination rather than packing it.
- Carry a small purse with only the bare essentials in it so you can stuff it inside a larger carry-on or laptop bag.
- Try to bring shoes that will serve more than one purpose rather than a specific pair for each outfit.
- Keep your travel size toiletries full and packed at all times; refill as soon as you get home from a trip so you don't risk forgetting something important.

### **Clutter Challenge Followup**

I received this note from Karen, one of the many readers who took on my recent Clutter Challenge to recycle instead of throw away: *Thank you so much for that Clutter Challenge last month. It was just what I needed to finish gathering a few things I had started to put aside a month or so ago for donation. I ended up with more than 30 items. Actually, I do this every now and then because a couple of agencies contact me from time to time. I especially like your newsletter's Clutter Section; I need all the help I can get. In the Washington, DC, area I donate to the [Lupus Foundation of America, Inc.](#) and the [Vietnam Veterans of America.](#)*

Would you like a list of places where you can donate and recycle the results of your clutter-clearing, take a tax donation, and feel good about it? I will be happy to send you my tip sheet, **88 Feel-Good Reasons To Get Rid of It**. To get your copy, please send an e-mail to [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) with the words "88 Reasons" in the subject line. Also, let me know where you live because I enjoy knowing where my readers are located.

### **The Clutter Free and Clear E-Book Is Here!**

Is clutter complicating your life? Are you struggling to find time to organize or de-clutter and not sure where to begin? Free yourself from the grips of clutter and reclaim your time and your space by downloading the new e-book, **Clutter Free and Clear: Take Charge of Your Time and Space**. This is a collaborative e-book written by eight clutter-clearing experts. I wrote the chapter *Feng Shui and Clutter: You Are What You Keep*, which includes a month-by-month guide for clutter clearing. Buy your copy at [www.ClutterFreeandClear.com](http://www.ClutterFreeandClear.com).

## **Success Story**

### **Creating Space For New Energy To Flow**

I often remind my clients that "nothing new flows into your life until you make room for it." Sometimes you have to empty closets, bookshelves, or even clear the artwork from your walls to make room for good things to flow into your life to fill the space you created. My client Chris has made many Feng Shui changes in her home with

dramatic results. She wrote me recently about the power of "making a space" for Feng Shui to help manifest what you want:

*You know I've been struggling with the perfect artwork for both the office and my home gym area that defined "having it all." So, I just took the art that was in the office off the wall and left the wall blank. It's hard to believe but within 1 day, I found 3 pieces that represented "having it all" for me perfectly. They resonated so well I can't wait to get them framed and on the wall! So, I'm putting one in the office and then the other two pieces will go in the basement gym over the fireplace. I guess this is just another example of Feng Shui at work for me -- I needed to clear the wall space of the stale energy that was there in order to "make room" for the new artwork to appear to me. It was really powerful!*

## Feng Shui Q& A

**Q: I have begun taking piano lessons, and I have located a beautiful small grand piano in the neighborhood that I'm considering buying. It is owned now by a woman whose sister played it for some years before she died. I am concerned about the karma that might be associated with the piano, and I didn't want to bring that into my happy, healthy home. Do you have any thoughts on this?**

**A:** My initial reaction is that you should trust your own initial reaction; that is, since you thought you needed to consult me about the karma of the piano you might be having doubts. Ask yourself whether you look at the piano and see a woman lovingly playing it and living a full and rich life before she died, or whether you see a woman who died tragically, or a family selling a piano because they badly need money. Get in touch with the feelings you are bringing to the purchase of this particular piano and that will help you decide. Go with your gut!

**Q: I am getting ready to move into a new house, and I am really interested in applying Feng Shui concepts to it. I very much like your application of Feng Shui without having a Chinese looking home. I do have a question reference to the bagua map. I've read of applying it to the entire house and then to individual rooms. Also I've read that the inside of the house needs to be balanced with the outside of the house. The house we are buying is a cedar sided house on a wooded lot, I've read that I need to balance it with metal, should I keep wood out of the house?**

**A:** Congratulations on buying your new house! The bagua is first used to look at the floor plan of your home to determine where the rooms are located. For example, if a bathroom is located in the Wealth Area you could be symbolically flushing your wealth away and some Feng Shui corrections are necessary. Next, the bagua can be used to look at the placement of objects and colors in individual rooms, and can even be used to determine where to place objects on tables, etc. The way to deal with a cedar-sided house is to make sure there is a balance of the other four Elements on the inside. You can find a description of the attributes of all of the Elements from the

"Basics" section on my website:  
[www.FengShuiForRealLife.com/basics.htm](http://www.FengShuiForRealLife.com/basics.htm).

**Q: Where do I place the paper shredder in my home office?**

**A:** A shredder represents the Metal Element, and because it is a helper in clearing clutter, it also helps your career move forward. Therefore, you can place a shredder in either the Creativity or Helpful People bagua area of your office. You can download a horizontal or vertical bagua from the "Basics" section on my website:  
[www.FengShuiForRealLife.com/basics.htm](http://www.FengShuiForRealLife.com/basics.htm).

*Do you have a Feng Shui question that you would like to see answered in this column? Submit your queries to:*  
[questions@FengShuiForRealLife.com](mailto:questions@FengShuiForRealLife.com).

## In The News

### **The Chi of D.C.**

Recently, I provided an analysis of the layout of the Washington, DC, Mall as part of an interview with *Where Washington Magazine*. The article, ***The Chi of D.C.: A Feng Shui Expert Assesses the Capital*** by Corinne Whiting, appears in the August 2008 issue of this travel guide that is distributed to higher end hotels in the DC area. Here is a highlight from the article:

*Certified Feng Shui practitioner Olmstead recently agreed to apply her analytical powers to the Washington landscape. In the process, she detected some "poison arrows" in this city, meaning bad chi, which is loosely translated as "energy flow."*

*So how to improve the Mall's energy flow? Olmstead's advice: Plant more trees, add curves to the landscape, and hang colorful banners from those angular buildings. She encourages planners to study Europe's less "shrine-like" parks which are conducive to crowds. She praises spaces here that come alive with movement and "positive noise" like the Smithsonian Castle's merry-go-round or the green expanse that bustles with activity during the Folklife Festival each summer.*

*How does Olmstead interpret the placement of D.C.'s two most powerful buildings, the U.S. Capitol and the White House? Despite the Capitol's being the target of a "poison arrow," certain elements provide some "protection." (Congress, rest assured.) A reflecting pool just west of the Capitol deflects harsh energy, while an incline slows the energy en rout up Capitol Hill. (Feng Shui experts are wary of energy that flows too rapidly.)*

You can read the entire article in the Media Room my website:  
[www.FengShuiForRealLife.com/MediaRoom](http://www.FengShuiForRealLife.com/MediaRoom).

### **Canon Office Makeover**

Last fall, the Canon company in Europe hired a Feng Shui consultant to redesign their offices to help reduce "high levels of employee office stress and rage." The company was so pleased with results that it recently released the top tips for bringing Feng Shui into the office:

- Keep florescent lighting to a minimum, use natural light and fresh air wherever possible, and use window treatments to reduce excessive exposure and the "fish-bowl" effect.
- Locate desks so they have a view of the entrance to the office or cubicle, but avoid placing employees in a direct line with the door.
- Use colors like green, blue-green, and blue, but avoid the extensive use of white or patterns on walls.
- Add plants and water to reduce stress, just be sure they don't create clutter.
- De-clutter and organize desk and storage spaces - including digital - and create more storage space.
- Place desks in the "power position" with the back to a solid wall rather than an open space.
- In a cubicle, position the main working surface facing toward the hallway, separated with a medium-height partition.


#### Want More News Tidbits?

If you want Feng Shui tips and news tidbits like these to include in a blog, news article, e-zine/newsletter, or marketing materials, please e-mail me at [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) or call 1-800-652-9038 to discuss the range of topics that I can provide. Feng Shui is also a terrific topic for teleseminars and radio programs.


## Book Update

Secrets for Attracting Wealth, Harmony, and Love **Feng Shui Quick Guide**

**FENG** My book is coming!



**SHUI** Watch for details about pre-ordering **Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony, and Love**. This 230-page book includes clear, concise, and easy-to-follow tips to make the practical magic of Feng Shui work for you. Sprinkled among the Feng Shui basics and practical advice are success stories from real people who made simple changes with big results.



**QUICK GUIDE**  
for Home and Office  
CAROL M. OLMSTEAD, F.F.S.

The book will help you learn how to attract wealth, achieve harmony, improve relationships, advance your career, and clear clutter seasonally. The highlight of the book is a day-by-day calendar of 366 Fast Fix Feng Shui tips.

## Consultations and Workshops

Home and Office Consultations

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, Phoenix, and Denver).

**Nationwide**, I schedule consultations for homes and offices on request. Appointments do fill up fast, especially on the weekends, so schedule your consultation now to get the date you want.

**Last Chance: Summer Sizzle Sale!**

There is still time to take advantage of my annual summer sale on Feng Shui consultations for new clients. If you are suffering from the summer doldrums, a Feng Shui home makeover is the cure. I am offering a discount for home consultations for new clients in August. My schedule always fills up quickly during this promotion so contact me by phone (1-800-652-9038) or e-mail ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) to make sure you get the date and time you want.

**WHERE IN THE WORLD IS CAROL THIS MONTH?**

Washington, DC Metro Area and Baltimore: August 11-14  
Santa Fe/Albuquerque: August 28-30

**UPCOMING TRIP:**

*South Florida: October 26-31*

***Schedule now and get a discount!***

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 in these and other cities 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 requested topics:**

**Asian Pacific American Heritage Month Themes**

**Bedroom Feng Shui**

**Clutter Clearing Tips to Fatten Your Bank Account (New!)**

**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 about scheduling one of these topics or a customized session for your group in your location.*

## Partner Profile

### **Dr. Brian Paris, Advanced Spine & Wellness Center**

Dr. Brian Paris is Director of the Advanced Spine & Wellness Center in Rockville, Maryland, and his mission is to help patients live more active and pain free lives. Dr. Paris and his staff provide a unique blended approach of structural corrective techniques, functional performance exercises, corrective stretching, and neuromuscular therapy. At Advanced Spine & Wellness Center they go beyond the resolution of symptoms to achieve a normal spinal structure allowing optimal body function, performance, and efficiency. Dr. Paris in expanding the Center and incorporating Feng Shui principles into the design to further help is patients on their road to better health. For more information visit the Center's website at [www.parischiro.com](http://www.parischiro.com) and also [www.performancelacrossetraining.com](http://www.performancelacrossetraining.com).

## Beyond Feng Shui

### **Saving Gas**

The sky-rocketing cost of gas is on everyone's mind today. Not everyone can drive a hybrid, so here are a few money-saving tips from the AAA to help reduce the amount of gas you use:

1. **Take a Load Off.** Extra weight in the car can hurt mileage, so reduce the clutter in your trunk by removing tools, golf clubs, and other hardly-used items.
2. **Slow Down.** Experts say that fuel economy suffers at speeds higher than 60 and drops like a stone above 70, so slowing from 70 to 55 can increase your miles per gallon by 15 percent.
3. **Inflate Your Tires.** Soft tires slow you down and can cut gas mileage by 10 percent or more. Follow the inflation instructions in your owner's manual or on the decal at the inside edge of the driver's door rather than the numbers on the tire sidewall which are not specific to your make of car.
4. **Maintain the Engine.** A reduced air supply or a sluggish ignition can cut into mileage: change the air filter twice a year and the spark plugs every 50,000 miles. Despite what



you see advertised on TV, most newer cars only need an oil change every 6,000 to 7,500 miles, so check your owner's manual.

5. **Time Your Fill-Up.** To get the best bargain, avoid buying gas on weekends when the cost is usually the highest, and try to fill up on a Tuesday, which is often the cheapest day.

**Calculate Your Costs.** Before any road trip calculate what you can expect to spend on gas by checking out the AAA Fuel Cost Calculator: [www.fuelcostcalculator.com](http://www.fuelcostcalculator.com).

## On-line Store



### FengShuiForRealLife.com On-Line Store

This section of my website features Feng Shui products and services available to help you make improvements in your home and office.

Check out what is available:

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

The **Purse Hangers** are back in stock!  
Putting your purse on the floor represents disregard for your wealth in Feng Shui. A purse hanger lets you hang your purse safely from the table.



You can order your purse hanger at:

[http://www.fengshuiforreallife.com/pursehanger\\_magenta.htm](http://www.fengshuiforreallife.com/pursehanger_magenta.htm).

## MarketPlace

### Services to Help You

This section of my website includes 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.

### ***MarketPlace Partner of the Month:***

#### **The Publicity Hound, Joan Stewart**

If you want to learn how to generate thousands of dollars in free publicity, check out the website for Joan Stewart, also known as The Publicity Hound. Joan offers a free monthly newsletter of PR tips and advice, and she sells low-cost tools to teach you how to develop relationships with the media. Click here to check out her website and subscribe to her free e-newsletter: [www.PublicityHound.com](http://www.PublicityHound.com).

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

## FYI

**Do You Want to Use Articles From This E-zine?**

While articles in the *Feng Shui For Real Life E-zine* are copyrighted, I encourage you to reprint them and link to my web site. I ask only that you credit *Carol M. Olmstead* as author and include my website address or link to my website (<http://www.FengShuiForRealLife.com>) when you print the article or use it online.

**Make Sure You Receive Every Issue of This E-zine.**

To ensure that your copy of the *Feng Shui For Real Life E-zine* does not get caught in any SPAM filters, 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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**My Client-Focused 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 in your home and work in your office. I try to recommend several practical solutions that are appealing to you and fit your decor and your budget.

For more information, contact

**Carol M. Olmstead, FSII**  
**Certified Feng Shui Practitioner**  
**1-800-652-9038**

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