



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. 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 May for my follow-up series of videos: ***Feng Shui Tips to Attract Love or Rev Up Your Love Life!***

Feng Shui Tip for April

Feng Shui In the Garden

I perhaps owe having become a painter to flowers.
-Claude Monet

Jumpstart the geraniums and dial up the dahlias: it's time to start growing something in your garden with Feng Shui! Whether the garden view you see from your home is a lush paradise or a simple hanging plant, I recommend you choose

plants and decorations in colors and shapes that represent the Five Feng Shui Elements. For example, flowers and garden ornaments in reds, oranges, and yellows increase your active energy, while those in tones of blues and purples can calm you.

Here are some ways to activate the elements while adding a bit of pizzazz to your garden:

 **Fire Element:** Plant red, orange, and purple flowers, then add an outdoor fire pit and lanterns.

 **Earth Element:** Plant yellow flowers, and arrange rocks and clay pots around them.

 **Metal Element:** Plant white flowers and decorate your garden with metal sculptures and wind chimes.

 **Water Element:** Plant blue and purple flowers, and also create a pond or add a fountain, or bird bath.

 **Wood Element:** Plant green shrubs and trees, then place wooden benches, chairs, or a trellis in your backyard.

It's important to place these elements in the appropriate bagua area of your garden. Download a bagua chart on my website, www.FengShuiForRealLife.com/basics, then hold the bagua in front of you when you look into your garden from its main entrance. Plant and decorate your garden to match the colors and shapes recommended for each area. For example, in the Wealth area (upper left hand corner of your garden), grow red geraniums, purple salvia, or other plants with hot colors or triangular shapes to increase your abundance and prosperity. Plant fruit trees in this area and your wealth will be "fruitful."

If you live in an apartment or condo, you can still have a garden on your balcony or patio. Even though the space is small, use the bagua to map out your outdoor space, then decorate accordingly with flowers, plants, and garden ornaments.

Whether you walk through your garden or gaze at it from your

windows, a little Feng Shui goes a long way.

Clutter Clinic

Spring Clean Your E-Mail Clutter

I found the idea for this tip from www.Lifehacker.com, a daily blog about software and personal productivity from Gina Trapani. Just as physical clutter creates negative weight in your home, clutter in your digital world, especially e-mail-clutter, is a major source of anxiety. When you're faced with an inbox stuffed with hundreds of messages it's easy to feel like you're drowning in stuff and you'll never catch up. Here are a few simple ways to keep your inbox clear:

The Big Inbox Dump: If you have an inbox full of messages dating back months, move them out of your sight and start fresh. Setup a new folder called "Backlog," and move all inbox messages older than a day into that folder.

Start an Empty Inbox Habit: Start a habit of processing e-mail as it comes in, then either delete it or file it from your inbox immediately after handling. This means your inbox will be completely empty, clutter-free, on a regular basis.

The Fewer Folders, The Better: You don't have to make as many digital folders as you do physical folders because you can search email in ways you can't search paper. Therefore, you can use as few filing places as possible to keep things. Here are the three that Gina recommends: Follow Up, Archive, and Hold.

Tackle the Backlog: Once you have processed today's messages, you can tackle your backlog folder. If an email is older than a month, ask yourself whether the sender still expects a response. Most likely, the answer is no and you can delete or move it into your archive folder. Each day, commit to reducing the backlog folder by half. Start at the oldest messages and respond and file using your new folder system. Within a couple of weeks you'll be free and clear from email backlog.

Remember: New messages that come in today get priority over backlog. Once you've read a message, decide what to do with it on the spot. Don't leave anything in your inbox, and you'll thank yourself every time you read the words "You have no new messages."

Success Story

Magic in Tiny Spaces

I received this inspiring story from my colleague Janeen Wynn, RN, in Asheville, North Carolina. Janeen is a nurse as well as a Feng Shui clutter-clearing coach:

I was a pre-op nurse, interviewing patients for surgery, and working in a room no bigger than a closet. Hospitals can be so scary and impersonal so I felt it was important for patients to feel safe and comfortable in my space. I used Feng Shui to surround myself with things that I love, including antique quilts, family photos, and a display board of children's hand-made art. I replaced the stark fluorescent lighting with lamps to provide a warm glow and to create a cozy feel, I included live plants, flowers, music, and enticing smells warming in a crock pot. Amazing things started to happen. My "little closet" became a magnet and everyone was attracted to the space! The anesthesiologists would often ask to use the room to make phone calls, co-workers would stop by to sit in the recliner as a reprieve from the hectic hospital routine, patients would bring their families by on the day of their surgery "just to see the room" one more time. But the biggest surprise was when the hospital's Head of Joint Commission came in with the Director of Nursing and said to me, "I don't know what you have done in here, but what ever it is it just feels good!" Big magic can happen in tiny spaces.

Feng Shui Q& A

Q: I need to clarify the difference between concave & convex bagua mirrors. Also, should these mirrors be used both outside and inside the house? I want to hang a convex mirror and was told that it should be hung inside the house and facing inside only.

A: Concave mirrors bulge inward and convex mirrors bulge outward. I recommend using both of these mirrors on the outside of a home only because their energy is considered too powerful to be used inside. A concave mirror is used when you want to draw the energy from an object toward your home, while a convex mirror is used when you want to "deflect" negative energy from an object pointed at your home.

Q: We live in a split-level home and something feels out of balance. I have read several Feng Shui books, but nothing I have tried seems to help. What do you suggest?

A: Split-level and bi-level homes by their design are "missing" parts of floors, which consequently causes the occupants to feel out of balance because something is missing in their lives. The correction that needs to be done is to symbolically move walls and thereby complete the level that is missing from the home. This is usually done by placing either a mirror or artwork that depicts a landscape or natural scene near the stairway. This will hold your attention and cause you to pause and therefore align your balance before you walk up or down the stairs. Split level homes are the most complex to correct, but rest assured that their Feng Shui problems can be fixed.

Q: The energy in my office feels stagnant. Is there anything I can do?

A: Here are three quick things you can do to help get the energy moving in you office:

1. Give it a good spring cleaning, clean out drawers, files, bookshelves, etc; dust and vacuum and clean the windows; trim back or replace any dead plants.
2. Move 27 things, a classic Feng Shui tip for changing around the energy. Even if it is as simple as moving a photo from one side of your desk to another, the act of changing things forces you to look at them differently, and that gets things moving.
3. Replace some of your artwork to be sure you are looking at images that have specific, positive associations with your career goals.

In The News

Best Life Magazine: *Power By Design*

Read my advice about arranging your desk for success in the article *Power By Design: How An Ancient Chinese Art Can Energize Your Office and Your Career* in the April issue of **Best Life**, a magazine that features advice on "what matters to men." The article appears in the section called *Best Ways to Invest Your Time and Money*. Here is an excerpt:

Place pictures of your spouse or lover in the upper-right corner, the relationships area. Move your phone, business cards, and paperweights to the upper-left corner, which is the wealth section. "Nothing new comes into your career unless you make room for it," says Carol Olmstead, author of The Feng Shui Quick Guide."

You can read the entire article at:

http://www.bestlifeonline.com/cms/publish/best-success/Power_by_Design.shtml

Modern Hygienist: Inner Peace and Interior Design

Read my advice for using Feng Shui to make the dentist office more comfortable in article *Inner Peace and Interior Design* in the April issue of **Modern Hygienist Magazine**. Here is an excerpt:

Want that Zen feeling at the dental office? Avoid lining up cold, hard chairs in the waiting room. In nature, everything bends and moves, and Feng Shui helps bring that indoors. "The old dental offices where they have long lines of hard furniture made people feel this rigidity in their bodies," Olmstead says. "Put out soft padded furniture and small groupings of furniture so patients don't feel so exposed and vulnerable."

You can read the entire article at:

http://dprworld.com/articles/show/mh0308_life_inner-peace-interior-design

Would You Like More News Tips and Tidbit?

If you want Feng Shui tips and tidbits like these 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.

Spring Sale

Feng Shui Home Staging

If you are trying to sell your home or condo in this tight real estate market, a few **Feng Shui Home Staging** tips could make all the difference between a home languishing on the market and a quick, profitable sale. In April and May I am having a sale on Feng Shui Staging consultations, and readers of this e-zine will receive a discount on home staging services. E-mail me (staging@FengShuiForRealLife.com) or call (1-800-652-9038) for information about setting up an appointment to stage your home.

Here is one Feng Shui Home Staging tip to get your started:

Neutralize your décor if you are trying to sell your house: expose the hardwood floors or install beige carpet and paint the walls tan. Be sure to take down the wallpaper or borders because to potential buyers these seem like art, that they may not like. In a tight market, you don't want to give a prospective buyer a reason to reject your home because there is too much work involved in making it fit their furniture and their lifestyle.

Book Updates

My new books are due out in late spring! Watch future issues of this e-zine for updates about being one of the first to download an e-book version before it is published, and then receiving a signed copy of the printed version when it comes out:

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 April through mid-May:

Santa Fe/Albuquerque: April 21-30

Washington, DC/Baltimore, Maryland: May 1-13

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, 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!**

WORKSHOPS FOR MAY: May is Asian Pacific American Heritage Month and I get many requests for presentations on Feng Shui for luncheons and dinner meetings. Contact me now to reserve your date.

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) or call 1-800-652-9038 for details for scheduling this session for your group in your location.

BEYOND FENG SHUI

Help in Spending

If you just filed your taxes but you are already planning how to spend your refund, and your economical stimulus rebate check, here are a few websites to help you find some great deals and bargains:

www.dailycandy.com: Sign up for this e-mail newsletter and every Tuesday you'll receive discount codes for five web deals that are exclusive to its readers.

www.ebates.com: Shop the sites available through this site, including The Gap and Macy's, and you'll get 2-5 percent of your purchase price back in a check.

www.priceprotectr.com: Register a purchase and the site will track it during the retailer's price-protection period; if it gets discounted, you will receive an alert so you can request a refund.

www.shopittome.com: Register with this site and you will be notified you when items in your designated brands and sizes go on sale at major merchants, like Nordstrom and Zappos.

www.yapta.com: Search this site to find the best price before you buy an airline ticket, then get an alert if the fare drops so you can get a refund or a voucher.

ON-LINE STORE

Feng Shui For Real Life On-Line Store

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

http://www.fengshuiforrealife.com/on_line_store.htm



The Purse Hangers are back in stock! In Feng Shui, keeping your purse on the floor represents disregard for your wealth. Keep your purse off the floor with an attractive purse hanger, available through my on-line store:

http://www.fengshuiforrealife.com/pursehanger_magenta.htm

MarketPlace

Services to Help You

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

Here is the MarketPlace "**Partner of the Month**" for April; please check out the entire list of partners in the *Quick Links* section:

Broadcast Interview Source

Broadcast Interview Source is a great way to bring the media to your website and promote your business, product, or services. You set up a profile on the site that is accessible by professional journalists. Not only do you get exposure in front of thousands of print and broadcast journalists, but you can also issue monthly press releases about your business or services which will receive hundreds of "hits" each month. You can save \$100 on your membership if you use this link:

http://www.expertclick.com/referral/Carol_M_Olmstead.

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) to your Address Book or Approved Senders list. Thank you!