

Feng Shui



For Real Life

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 that can help you bring simple Feng Shui improvements into your life. This e-zine is available by request.



Carol M. Olmstead, FSII

Happy 2008! If you missed any 2007 issues of the Feng Shui For Real Life E-zine, you can read them in the E-Zine Archives section on my website: <http://www.fengshuiforreallife.com/archives07.htm>

Feng Shui Tip: Move 27 Things

I moved 27 things on New Year's Day, which is a classic Feng Shui practice for making room for new, positive energy to enter your life in the coming year. The number three is considered auspicious in Feng Shui (there are three sides to a triangle, the powerful symbol representing the Fire Element that helps activate passion, emotion, and wealth), so 27 is a powerful permutation of threes. Even if you did not move anything on January 1, it is not too late to start off your year with this technique. The moves can be small, like removing things from behind doors so they open completely, clearing old clothes from your closet, or replacing old photos with new ones and positioning them in new locations around the house. Or the moves can be major, like moving furniture or replacing artwork that you no longer love. One of the moves I made was to relocate my desk a few inches forward and a few inches to the right in my office. The move was minor, but now I no longer smash into my printer table when I push back too far from the desk, and that certainly makes the office feel more spacious. Feeling like your surroundings are more spacious symbolizes being open to new opportunities.

Note: This tip for New Year's Day comes from my forthcoming book, ***Feng Shui Quick Guide: Everyday Tips to Improve Your Life***, which includes 366 Tips organized seasonally in a calendar. Watch this newsletter for information about pre-ordering your copy at a discount price!

Clutter Clinic: Ideas for *Get Organized Month*

The National Association of Professional Organizers has declared January their fourth annual **Get Organized Month** (http://www.napo.net/get_organized/go_month.html). What better way to get organized after the holidays than to clear clutter and feel good about it? Here are two great ideas to get you started:

Donate Old Cell Phones to Help Domestic Violence Victims

Did you get a new cell phone during the holidays? Instead of throwing the old one into a drawer, donate it to *HopeLine* from Verizon Wireless to support victims of domestic violence. The *HopeLine* program refurbishes and sells the phone, then donates the proceeds to buy new phones for victims and provides funds to shelters and advocacy organizations. You can drop off any wireless phone at a Verizon Wireless store, even if the phone is broken. Your information will be erased from the phone and the parts will be recycled. You can get more information about the program at www.verizonwireless.com/hopeline.

By the way, any domestic violence victim can call #HOPE on a Verizon Wireless phone and get connected to the National Domestic Violence Hotline (1-800-799-SAFE) to get help in taking steps toward safety and independence.

Reduce Gift Card Clutter

Make sure your gift cards get used. According to the E-Commerce Times, almost \$8 billion worth of gift cards will never be cashed in. That's a staggering amount. The website www.unclutterer.com offers these suggestions for dealing with your gift cards:

- Keep them all together so you do not lose track of how many you have.
- Look through them before you go shopping so you remember which stores to visit.
- Sell or trade cards from retailers you do not particularly like; you can sell them on eBay for lower than their face value, but some value is better than a card wasting away in a drawer.
- Avoid using a card as an excuse to spend up beyond the value of the original gift; this not only stretches your budget, but adds more stuff to clutter up your house.

I personally recommend donating your unwanted gift cards to nonprofit organizations in your community. You can take a tax deduction and feel good while you do it.

Success Story: Martin's Growing Business

The first time I did an office consultation for Martin he was moving his home-based business from his basement into his first leased office space. I recommended he take the smaller of the two offices in the suite because it was in the Wealth/Power position, and give his marketing manager the office that occupied the Relationship area. He reluctantly followed the advice. Six months later Martin called to thank me and arrange another consultation, because he was moving his growing company into bigger space and expanding from three staff members to 22. I again recommended the most auspicious location for his office, among other suggestions. A year later I heard from Martin again:

At our last consultation you asked whether I believed that my Feng Shui changes had anything to do with the success of my company. My answer then was that they probably did and that was why I wanted another consultation. Well, my answer now is "absolutely" because I just won our largest contract to date and we are ready to sign a lease for half a floor in a brand new office building. I want you to take a look at the space before we make the move to make sure we locate everyone in the right space. Yes, this Feng Shui does work.

Feng Shui Q&A

Q: For the last several years, I have been putting plastic on the windows to keep the warmth in my apartment. I am definitely warmer and I save lots of money on heating costs. But this year I noticed the old plastic looked filmy and I am wondering if this is not good for my Feng Shui. Is there any way to offset the effects? The landlord will not replace the windows.

A: Windows are considered to be the eyes of a home, so I am concerned that when you look through filmy plastic on your windows it symbolizes looking at life through a clouded lens. At the very least, consider replacing the old plastic currently on the windows so your vision is clearer. Another option is to hang insulated drapes or shades over the windows. You could also display a picture of another apartment or house in the Future area, as a sign that you will move on to a better place (with better windows) in the near future.

Q: I have made Feng Shui adjustments in my home in the past. Is there one major change I should make in January to assure financial success in 2008?

A: I recommend beginning each year by conducting a *Feng Shui Audit* to make sure the changes you have made are still in place and working for you. In the course of everyday activities and changes in lifestyle you may have unknowingly changed furniture, objects, art, or colors in a way that subtly affected the energy in your home or created obstacles. An

annual walk-through and re-adjustment where necessary will help recharge your space to assure a better year ahead. By the way, I have read that Asian Feng Shui practitioners believe the year 2008 is going to be a time of good opportunities and growth for everyone!

In the News:

Help for a T-Junction

A home owner near Riverside, California, pleaded with the City Council for almost three years to prohibit a developer from creating a street that ended in front of his home, because that positioning would create bad Feng Shui. The owner had objected because creating such a *T-Junction* would bring the possibility of traffic accidents and bad luck because of the poor Feng Shui. According to *the Press-Enterprise* newspaper, the homeowner finally won the battle when the developer agreed to move the planned street so it connected far to the east of the homeowner's property.

Media Coverage of Carol Olmstead and Feng Shui For Real Life

The Georgetowner (Washington, DC), November 14, 2007: *Le Décor: Feng Shui For Thanksgiving*.

This article quotes me about how to use Feng Shui to assure family harmony during Thanksgiving. **You can read the article on my website:** <http://www.fengshuiforrealife.com/georgetowner.html>

Chicago Tribune, January 3, 2008, by Jennifer Farrar, Associated Press:

The Re-decoration After the Holidays. AP reporter Jennifer Farrar interviewed me about using Feng Shui principles to declutter and freshen up for the New Year after you take down the holiday decorations. The article was picked up by numerous newspapers nationwide. Here is a sample quote: "*Feng shui tells you to take a look at how your life changed with the colors and shapes of the holiday season,*" says Olmstead. "*See what changes you could make in your decor afterwards to sustain that feeling.*" **You can read the article at this link:**

http://www.chicagotribune.com/shopping/chi-thu_fengshui_0103jan03,0,3458618.story

Did You Want More News Tidbits?

If you are looking for 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.

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.

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!**

Workshops Open to the Public

In Santa Fe:

January 22, 2008

Feng Shui Tips for Attracting Wealth in the New Year

Capital City Business and Profession Woman (BPW) Meeting

Quail Run, Santa Fe

\$25 for dinner and the program (payable to BPW; profits benefit the BPW Woman's Scholarship Fund).

To register, contact Donna Secular, BPW Treasurer: donna@secularandassociates.com.

Where in the World Is Carol This Month?

Here is my schedule for January:

Santa Fe/Albuquerque: January 14-24

Washington, DC/Maryland: January 26-Feb 2

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):

- Boston
- Phoenix
- Portland

A special **welcome** to my many new e-zine subscribers from **Portland, Oregon**.

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.

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Here are some of the most popular topics I can 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.

Partner Profile: Päivi Panttila Intuitive Interiors

My e-zine continues to grow, and I am thrilled to be adding subscribers from all around the world. I had the good fortune over the New Year's holiday to meet a subscriber from Finland, Päivi Panttila, who is launching her interior design practice called Intuitive Interiors, in Espoo, Finland. Päivi happens to have a second home in Santa Fe. (My friends think that my homes in the Washington, DC, area and in Santa Fe are too far apart, but just think about Päivi's trip!) We toasted the New Year with a glass of *glögi*, a delightful Finnish Christmas drink made with cinnamon, spices, and berry juice, as we got to know each other.

I love to get e-mail from my readers, wherever you are located, and learn what you are up to. You never know when I will

be in your city.

Beyond Feng Shui: Planning for Seasonal Sales

Here is tip about seasonal sales on merchandise: *you can save on just about everything if you know what season or day of the week to purchase it.* This advice appeared in the *Mortgage Market Guide (MMG)*, the ever-informative weekly newsletter from my colleague Bill Hughes, Executive Director of Sales and Marketing at Legacy Mortgage in Albuquerque. Here are some of the sales you can plan for:

Airline Tickets: The best chance for savings is Wednesday morning because airlines introduce their new fares over the weekend; during the first few days of the week the subtle price wars begin, hitting their peak by Wednesday.

Gas: The best time to fill your tank is early Thursday morning, because prices rise as we get closer to the weekend.

Cars: Your best chance to negotiate a good deal is at the end of a month when car dealers need to make their monthly quotas, and especially early in the week and during the morning when dealerships are quiet and salespeople are more likely to negotiate.

TVs: New models for Japanese electronics are released in April at the beginning of their new fiscal year, so you can get huge discounts on the previous year's models.

Toys: Shop at the end of summer when stores need to reduce their inventory to free up shelf space for the new holiday toys.

Furniture: Shop in October/early November or April/early May when new lines of furniture are unveiled at industry trade shows and stores must reduce their inventory to make room for the new styles.

Clothing: You can get the best deals and the best selection on Thursday evenings rather than during the weekend rush, when the good stuff is already picked over.

If you want to receive the MMG, send an e-mail to bhughes@swcp.com, and put in the subject line: *Please add me to the MMG Weekly.*

Update: E-book on Clutter Clearing

I received an update from the editors that they are nearing completion for our e-book on clutter, **Clutter Free and Clear: Take Charge of Your Time and Space!** A how-to book to simplify your life. I am one of the six experts on different topics relating to clutter who contributed to this 100 pages book. Every chapter has an exercise or worksheet to help you move forward on clutter clearing and every author has also included a bonus. In addition to Feng Shui, chapters cover computer clutter, time boundaries, hoarding, handling events and parties, clutter clearing for aging parents, clutter clearing in various rooms throughout your home, and much more. Watch this e-zine for details about ordering your copy.

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.

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.

Artwork by Vera Vandendries

Vera's artwork deals with symbolic images ranging from abstract to suggestive representational forms. Each signed art Giclee print belongs to a small limited edition. The collection can be seen on www.art-and-beyond.com, where you can contact her about purchasing or commissioning a work of art. Vera offers a special discount from her gallery prices so you can use her art to help make Feng Shui adjustments.

Broadcast Interview Source

Broadcast Interview Source is a great way to bring the media to your website and promote your business, product, or services. I issue monthly press releases about my Feng Shui consulting service through this service, and they receive hundreds of "hits" each month. You can save \$100 on your membership if you use this link:

www.expertclick.com/referral/Carol_M_Olmstead.

Designer Fabrications by Anne Sanderoff-Walker

Noted fiber artist and weaver Anne Sanderoff-Walker creates quilted and woven wall art and Judaica Legacy pieces in

rich colors and textures you can use to make Feng Shui adjustments in your home. Choose a completed piece from Anne's gallery, or commission a custom, one-of-a-kind design to decorate your home. Anne also crafts wearable art pieces in a range of colors. Check out Anne's gallery for the body, spirit, and home at www.designerfabrications.com.

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.marketerschoice.com/app/?af=374705.

The Sussman Company, Virtual Office Assistant

Administrative services for small businesses that need desktop publishing, general administrative tasks, with a specialty in real estate support services. 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.*

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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!