

Feng Shui For Real Life

NEWSLETTER

Volume 7, Issue #2--February 20, 2007

Welcome to Feng Shui for Real Life, a monthly e-newsletter that provides Feng Shui tips and other information that can help you bring simple Feng Shui changes into your life. Feng Shui for Real Life is available by request. To subscribe or unsubscribe, visit: <http://www.FengShuiForRealLife.com>.



Carol M. Olmstead, FSHI

New on My Website:

I am delighted to announce the new updates to my website, www.FengShuiForRealLife.com.

Highlights include:

- **Business Consulting:** Updated list of available workshop topics and new testimonials.
- **Feng Shui Basics:** A bright, new, easy-to-read Bagua Mapping Chart that you can easily download as a pdf file.
- **Media Room:** Articles and news releases about Feng Shui that you can download right from the website.
- **Success Stories:** My clients share stories of how Feng Shui is improving their lives.
- **Links:** New links to resources.

There are new photos throughout the site showing examples of good Feng Shui, plus new photos of me taken by Santa Fe photographer Clare Lighton (www.clarelighton.com) and DC area photographer Ellen Cohan (www.ellencohanphotography.com).

My website overhaul could not have been accomplished without the collaboration of my Virtual Office Assistant, Jill Sussman of The Sussman Company (www.SussmanCompany.com). We have more updates planned, so keep checking the site!

Please Note: You may need to hit Refresh or Reload on each page of my site to see the updated material.

Feng Shui Tip: Bathrooms

A nasty stomach bug was running through my family this month, and it made me think about bathrooms. I find these rooms to be the most neglected spaces in too many of my clients' houses and commercial spaces. Water represents abundance in Feng Shui, but in a bathroom water is also associated with waste going down the toilet and the drain. Therefore, the location of a bathroom can have a negative effect on your wealth and abundance. If your bathroom is not balanced, you may be symbolically flushing your wealth down the drain.

Here are a few tips to balance inauspicious bathroom locations:

- If your bathroom is across from the front door or at the top of the stairs, keep the door closed and hang a mirror or colorful artwork on it to deflect the chi toward the other rooms.
- If you can see the toilet when you are in bed, keep the door closed at night to assure a restful sleep.
- If your bathroom is in the center of the house, add objects that represent either the Fire Element (such as a pair of red candles) or the Earth Element (a ceramic bowl full of river stones) to ground the space.
- If you have leaky faucets or toilets in the bathroom fix them immediately since leaking water represents leaking wealth.
- If the head of your bed backs up to a wall with a toilet on the other side, use a thickly padded headboard or hang a quilt, rug, or fiber art behind your head to protect you.

Clutter Clinic: Removing Outdated Decorations

In February, the month of romance, wives all over America are asking their husbands the same question: *When are you going to take down those Christmas lights?* If your holiday lights are still wrapped round your roof, your sad Santa is still sitting on your lawn, or that warped wreath is hanging on your door, you are blocking the positive energy and wealth from entering your house. Seasonal decorations connect us to the world around us, but when the holiday is over, outdated decorations represent being stuck in the past and unable to move forward. At least one country music star may have made a lot of money singing about keeping her Christmas lights on her front porch all year long, but for most of us it represents just the opposite. Replace stale decorations with bright new ones that are appropriate for the current season and usher in new wealth and abundance.

Success Story: Brenda's New Romance

Brenda is a divorced mother who wanted to start over and invite a new relationship into her life but did not know where to start making changes. I recommended she start in her hall closet and clear out the clutter that represented her ex-husband. Opening up space in a closet is a great way to make room for a new love to come into your life. Brenda began tossing things, including a box of yellowed wedding photos, a forgotten pair of her ex's old athletic shoes, and the last of his baseball caps. All of these things represented the accumulated weight of the relationship. Within a month of her closet clearing, Brenda met a wonderful man at a party and she is well on her way to starting over.

Feng Shui Q & A:

Q: My doors squeak. Does this have a Feng Shui meaning?

A: Whenever doors do not open and close smoothly and completely, they represent blocked opportunities. Squeaking doors are specifically associated with petty arguments because they represent restricted flow into your life. A squeaky front door means fighting your way through life since this door is considered the entrance for all the good energy into your home. Fix your squeaky door and you will start to fix what is not working in your life.

Q: I am trying to build teamwork among the members of the small work group that I manage within a large company. Several of the team members telecommute from different states and we only meet as a group a few times during a year. Can I use Feng Shui to keep my team connected even though they are separated by distance?

A: When your work group is separated, whether geographically or just by corridors or floors in an office building, the solution is to connect the team by using symbols. First, make sure that all of the team members have items imprinted with the company logo or in the company colors to tie them into the organization (a mug, a mouse pad, a golf shirt, etc.). Next, present each person with a gift of an object that is an icon or symbol of the goal you are working toward, such as an eagle to represent soaring toward success, and suggest that they display the object on their desk where they will see it each day.

Q: Does a tri-level house warrant any special consideration when using the bagua?

A: You use the bagua mapping chart on all levels of your home to determine which rooms, and then which furniture and objects, are located in the areas that represent the critical aspects your life. First stand at the front door holding the bagua in front of you and map that level of the house. Then go to the other levels of your house and stand with your back to the equivalent of the front door and hold the bagua in front of you and map that level. Remember to map the basement and the attic.

You can now find a new, easier-to-read version of my bagua in the Basics tab on my website, with a link to a pdf that can easily be downloaded. <http://www.fengshuiforreallife.com/basics.htm>.

In the News:

Live Internet Radio Interview

Clutter Clearing With Feng Shui: An Interview with Carol Olmstead

Listen to me **live** on Wednesday, **March 14**, when I will talk about *Clutter Clearing and Feng Shui* on the Internet radio show *Fresh Start with Sallie Felton*. Sallie is a Life Coach who is passionate about helping her clients achieve their goals. Her radio program deals with the various ways that people get stuck, and provides solutions to help them move forward. Sallie is developing an e-book on clutter and I am contributing the chapter on Feng Shui and clutter. The e-book will be available later this year and details will appear in a future newsletter.

Fresh Start with Sallie Felton airs at:

12-1 PM PST

1-2 PM MST

2-3 PM CST

3-4 PM EST

Use this link to listen live: <http://www.contactradio.info/listen.htm>.

Voting Booth Feng Shui

With so many candidates already throwing their hats into the ring, you might be worrying about hanging chads, miscounted absentee ballots, and e-votes that leave no paper trail. Instead, you need to think about how the place where you vote affects how you vote. In an article entitled, The 6th Annual Year in Ideas; Voting-Booth Feng Shui, the New York Times Magazine reported on a study by the Stanford University Graduate School of Business. Researchers found that where you vote can significantly influence how you vote. For example when voters voted in a school, they were more likely to support raising the state sales tax to support education.

Read the article at:

<http://select.nytimes.com/gst/abstract.html?res=F60914F93D550C738DDDAB0994DE404482>

Consultations and Workshops

Home and Office Consultations

I offer consultations all over the country by request, and on a regular basis for homes and offices in 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 appointment now.

Do you want a consultation or workshop in your city? Please e-mail me (carol@FengShuiForRealLife.com) for details about setting up a session or consultation in your location.

Here is my current planned travel for February and March:

DC/Maryland/Virginia: February 19-22

Santa Fe/Albuquerque: March 5-22

I welcome your referrals in these and other locations nationwide.

Custom Workshops

Feng Shui is a popular topic for luncheon and dinner meetings, special events, and fund-raisers, college and university training sessions. My Feng Shui workshops are customized to meet the needs of your group or organizations. 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! Call 1-800-652-9028 to schedule a workshop.

Here are some of the most popular topics I have presented:

Introduction to Feng Shui

Bedroom Feng Shui

Feng Shui Clutter Clinic

Feng Shui for Children's Rooms

Home Office Feng Shui

Feng Shui Goes To Work

Look Twice, Buy Once for Home Buyers

Sell It Fast with Feng Shui
Feng Shui, Love, and Relationships
Feng Shui in the Garden
Asian Pacific American Heritage Month Themes (May)
Holiday Luncheons (December)

Upcoming Workshops

The following workshops are open to the public:

Alta Mae Heritage Inn ***Edgewood, NM***

April 14, 2007: Spring Clearing with Feng Shui

Come enjoy a Feng Shui Getaway at Alta Mae's Heritage Inn (www.altamae-nm.com) in the foothills of the Sandia Mountains in Edgewood, New Mexico. I will be conducting a full-day workshop that includes a morning session on the practical applications of Feng Shui, a gourmet lunch, and a hands-on afternoon session where I will analyze your floor plan or room layout. You can register for the Feng Shui workshop alone, or choose to add a stay at this cozy inn and enjoy a gourmet dinner and room package.

Other workshops at the Alta Mae, which you can reserve with or without room packages, are:

May 19, 2007: Feng Shui and Love

October 6, 2007: Introduction to Feng Shui

Santa Fe, Spring 2007 (Upcoming. Watch for Details!)

Feng Shui and the Law of Attraction: Rearrange Your Stuff, Shift Your Thoughts, Improve Your Life

An interactive full day workshop in Santa Fe, co-presented with Dr. Mark Arcuri, Transformational Coach (www.Arcuri.org.)

Beyond Feng Shui: Home Furnishing Color Forecast

What is this country's favorite home furnishing color? It is still blue, according to Lee Eiseman, Executive Director of the Pantone Color Institute. We love to use blue in our homes because of the psychological impact, says Eiseman. Blue is the color of the sky, and of loyalty, dependability, and forthrightness. Eiseman predicts that men will become more active in choosing colors for the home and that we can no longer pigeonhole male and female colors. Pink used to be strictly feminine, but now Donald Trump is wearing pink ties and pink shirts, Eiseman says. And brown was always a quintessential masculine color, but women are using it in clothing and the home. You can see the eight delicious color palettes that Pantone forecasts will be hot in 2007 home furnishings at this site:

<http://www.pantone.com/pages/pantone/pantone.aspx?ca=17&pg=20019&>

Feng Shui For Real Life On-Line Store

This section features discounts for products and services for your home that you can buy on my website, www.FengShuiForRealLife.com.

Annual Winter Sale!

It is time for my annual **Winter Doldrums Sale** on Feng Shui consultations. I am offering a **\$25 discount card** you can use toward a home consultation through **February**. Download the coupon at <http://www.fengshuiforrealife.com/images/gifhtml.gif> now and call to schedule your appointment while

you still have your pick of day and time. (To download the gift certificate in PDF format go to: <http://www.fengshuiforrealife.com/pdf/gifhtml.pdf>)

Purse Hangers to Keep Your Purse Off the Floor

In Feng Shui, putting your purse on the floor represents disregard for your wealth. Plus, scientific evidence shows that putting your purse on the floor can transmit bacteria. Click here to order an attractive, sturdy purse hanger to keep your purse clean, safe, and off the floor in restaurants, restrooms, and offices: <http://www.fengshuiforrealife.com/pursehanger.htm>.

MarketPlace: Services to Help You

This section features 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.

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

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: <http://www.marketerschoice.com/app/?af=374705>

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

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

My Client-Centered Approach to Feng Shui: When I recommend cures for a home or office, I consider each client's goals. 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,

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Don't miss an 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 Sender's list. Thank you!

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