

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. To subscribe or unsubscribe, visit: <http://www.FengShuiForRealLife.com>.



Carol M. Olmstead, FSII

New on My Website!

The Feng Shui For Real Life On-Line Store

I have added an On-Line Store to my website, where you can buy items and off-site services to help make Feng Shui adjustments in your home or office. The Store includes such things as bagua mirrors, off-site consulting services for floor plan review or website review, special reports, and of course, purse hangers to keep your purse off the floor. You can access the store from my website (www.FengShuiForRealLife.com) by clicking on the store icon in the bottom right corner. E-mail me if there is an item you would like me to include in the store.

Note: If you have visited my site previously, you may need to hit the refresh/reload button on your browser to see the new store.

Feng Shui Tip: Pets and Feng Shui

Pets are considered good, *yang* energy in Feng Shui because they add activity into our homes, even when we are not there. For example, fish represent abundance, dogs bring active chi, turtles symbolize longevity, cats are seen as financial success. The love we put into caring for our pets also represents positive energy.

But when pets dominate your life, the result can be an upset in the natural balance that is critical to good Feng Shui. Pets become negative energy when they are neglected or when you make choices that revolve around the needs of your pets at the expense of the needs of you and your family. For example, you would be amazed at the number of clients I see who are educated, intelligent people but they give their dogs free run outside of the house and never clean up after them. I explain to them that if you live in a house surrounded by poop...poop is what you attract into your life (that is the polite way to phrase it!).

I have a client who was struggling with finding a relationship. She had pictures of her dogs all over her house and above her bed. The message was obvious: the *alpha dog* was already in her room keeping her from attracting a lover.

Another client who was facing a difficult time with her health kept her cat's litter box in the bedroom, which was not only unhealthy, but certainly unromantic.

Are you attracting what you want into your life? If not, take a good look at how you have arranged your household around your pets:

1. Clean up pet waste in your yard. No exceptions here!
2. Keep the fish tank clean since a dirty tank represents a cloudy financial future; the best combination to bring wealth into your home is nine fish (eight gold and one black).
3. Furniture is for people, so keep your pets off your chairs and tables or they will dominate your household; instead, add furniture like climbing towers or dog beds that is specifically designed for pets.
4. And speaking of beds, keep your pet out of yours. When a pet sleeps between a couple it represents splitting the relationship and deterring romance; if you must have your pets in the bedroom give them their own beds on the floor.
5. The ideal place for a litter box is in the garage, basement, or bathroom; avoid keeping a litter box in the kitchen or in the bedroom because of the obvious health implications.
6. Ask a good friend to give you an honest opinion of whether your home smells from pet odors, then take care of any problem rooms.
7. If your dog jumps on people, barks, and scares visitors when they first enter, it symbolizes struggling with relationships and scaring off love; keep the pet in another room when you have company.
8. Avoid keeping pet cages near the cooking and eating spaces, especially the kitchen and dining room, since the pet waste symbolically contaminates your food supply.
9. Remove the ashes from deceased pets from inside your home because they represent dead energy.

Check out the article *Gone to the Dogs: Gardens for Dogs and People*, by writer Karen Strickholm for *New At Home Magazine*, which describes a balanced way for pets and their owners to live in harmony in the garden: www.fengshuiforrealife.com/pdf/Gone_to_the_Dogs.pdf

Clutter Clinic: Handling Children's School Papers

August is *Get Ready for Kindergarten Month* for the almost two million American kids who will be entering kindergarten this year. For me, that brings up images of sweet little children with huge Dora the Explorer and Thomas the Train backpacks marching bravely into the grownup world of school each morning. And coming home each afternoon with all those pieces of paper. You love every adorable drawing your child creates at school, but what do you do with them? If you save everything it diminishes the value of those special ones since they get lost in the clutter. Instead, each week collect all of the papers in a folder and have your child select one paper to place on the refrigerator or display on a bulletin board. After a week, date the paper, place it in a sheet protector, and put it in a scrapbook for each child. You can keep the scrapbooks or pass them along to the grandparents. As your children get older, let them make their own scrapbooks.

Read and Release Follow-up: Last month I recommended you clear out your bookshelves by leaving your books in various places around town. One of my readers suggested checking out www.bookcrossing.com, a site that encourages releasing your books. They will give you stickers to put inside the front cover of the books you plan to release with a unique ID number for that book. The sticker explains that the book has been released into the wild. Whoever picks it up can then read it and release it back into the wild, and if they so choose, log onto the Book Crossing site to leave comments about the book, where they found it, where they released it, or whatever. Lots of books are traveling around the planet this way, and tracking them can be fun.

Success Story: Selling a House in a Slow Market

Erica and Michael were moving out of town because of a job change, but their house was not selling, so they called me to see if Feng Shui could help. They had done all the usual things their Realtor recommended, including repainting, freshening up the landscaping, de-cluttering the closets and garage, but they had no offers. Until we made a few simple Feng Shui changes.

- The couple had beautiful double front doors, but it was not clear which one was the actual entrance, so we placed a fresh, earthy color doormat in front of the main door, and a pair of clay pots with red geraniums on either side of the doors to act as a welcoming greeter to buyers.
- The house number was written out in script and could not be seen from the street; we replaced the address with large black numerals.
- The couple had expensive artwork in their collection but most of the images were dark and abstract. We boxed up their art (a symbol that the couple was ready and willing to move!) and replaced it with inexpensive, colorful posters with happy family themes.
- The front door lined up directly with the back door, then out to the pool, symbolizing prosperity flowing out of the house. We removed the runner between the front and back doors that was acting like an arrow directing the chi out of the house, and placed large evergreen trees in red planters outside on the pool deck keep prosperity from dumping into the pool.

The result of these simple changes was a contract for full price.

Feng Shui Q & A

Q: What do you think about dried flowers? My friend read in a Feng Shui book that they were bad luck and she wants me to get rid of the dried arrangement in my family room and my dried wedding bouquet in the bedroom.

A: Dried flowers are considered to represent dead energy in Feng Shui, so I usually advise against keeping them in your house or on your front door. Consider substituting a living plant or fresh flowers instead of a dried arrangement in your family room to symbolize growth and expansion of the good things in your life. The dried flowers from your wedding bouquet obviously have special energy attached to them, but you would be better off with plants or flowers to encourage growth in your marriage. Perhaps you can keep one flower from your bouquet in a scrapbook rather than the whole bouquet. If you absolutely cannot give up your dried flower arrangements, make sure you dust them frequently and change your display seasonally.

Q: The Wealth Area of our home is in the bathroom that my teenage son uses, and no matter how hard I try, that room always looks like a tornado just ripped through. Is there anything that will help keep our wealth, at least until he leaves for college?

A: The first thing you can do to ground the wealth energy in the bathroom is to add the Earth Element—brown, yellow, or earthy colors and square shapes—either in the color you paint the room or in the accessories. Next add a plant to represent the Wood Element to grow your wealth and abundance (try lucky bamboo because it does not need much work). Third, keep the toilet lid down and the bathroom door closed to keep the positive chi from symbolically *going down the toilet* (yes, I know it is one more thing for you to do since your son will probably forget.) Finally, hang artwork in the room with an image that represents wealth to you. You might want to hang a poster of the college he is hoping to attend to bring you the wealth to send him there—and send his bathroom mess with him!

In the News:

Need Feng Shui News and Tips for Your Newsletter, E-zine, Article, or Teleseminar?

If you need Feng Shui information to include in a 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.

Consultations and Workshops

Home and Office Consultations

Nationwide, I schedule consultations for homes and offices on request. On a regular basis I schedule

consultations 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.

Where in the World is Carol This Month?

Here is my schedule for August:

Washington, DC/Maryland/Northern Virginia: August 6-9

New Jersey/NYC: August 10-12

Santa Fe/Albuquerque: August 13-31

Future Trips:

I have been requested to schedule consulting trips to the following areas. Please contact me if you are interested in a consultation while I am in your area:

Phoenix

South Florida

I welcome your referrals in these and other locations nationwide.

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.

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!** Call 1-800-652-9038 to schedule a workshop.

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

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

Bring this workshop to your city!

E-mail me (carol@FengShuiForRealLife.com) or call 1-800-652-9038 for details and special rates for scheduling this session for your group in your location:

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

An interactive full-day or half-day workshop co-presented by Carol Olmstead, Certified Feng Shui Practitioner and Dr. Mark Arcuri, Transformational Coach.

Beyond Feng Shui: Remedies for Poor Customer Service

The customer is always right! When is the last time you heard that? Probably, quite a while ago. Now, help is on the way through a variety of websites that can give you advice for getting a merchant or vendor to correct a bad

situation. Some of these sites even have information about product recalls:

www.complaints.com

www.cx.org

www.drive-you-nuts.com

www.fightback.com

www.my3cents.com

www.thesqueakywheel.com

And if you are tired of waiting on hold or pushing buttons but never getting to talk to a real person in customer service, check out www.GetHuman.com for phone numbers that let you reach real humans.

Do you have other websites to add to this list? Send them to carol@FengShuiForRealLife.com and I will include them in a future e-zine article.

Coming Soon: E-book on Clutter Clearing

Watch this E-zine for details about ordering your copy of the upcoming e-book, ***Clutter Free and Clear: Take Charge of Your Time and Space!*** I wrote the chapter *Feng Shui and Clutter Clearing: You Are What You Keep* for this collaborative e-book. In addition to Feng Shui, other chapters covers 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. This must read advice will be in the form of an e-book that you can download and read on your computer rather than printing it out and cluttering up your bookshelves!

Feng Shui For Real Life On-Line Store

This section highlights products and services for your home that you can buy on my website, www.fengshuiforrealife.com/on_line_store.htm.

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:

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.

NEW! 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](http://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!