

# Feng Shui



## For Real Life

Feng Shui For Real Life E-zine  
Volume 7, Issue #4--April 15, 2007

*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*

*Just living is not enough. One must have sunshine, freedom, and a little flower.*  
-Hans Christian Anderson

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### **Feng Shui Tip: Add Plants and Flowers**

It has been a cold April in most parts of the country, leaving us all yearning to be outside in the sunshine and flowers of spring. Why wait? You can bring the attributes of a beautiful spring day into your home or office anytime of the year by using plants. Plants and flowers represent the Wood Element, which brings growth and expansion into your life. Here are four of the ways you can use plants and flowers to activate the Wood energy in your home or office:

- **Connect with the Outside World:** Healthy, living plants and flower arrangements help soften the straight lines and angles in your home or office and simulate the feeling of being in nature, where everything curves and flows.
- **Counteract Negative Energy:** To counteract poison arrows that result when sharp edges are aimed at you, place plants in front of corners, within three feet of your computer to filter electromagnetic energy, and in front of your desk if it is directly facing the door.

- **To Raise a Low Ceiling:** Locate tall plants that have an upright shape in rooms with sloped ceilings or heavy exposed beams to help offset their symbolic heaviness.
- **Balance the Water Element:** Use plants in bathrooms and laundry areas where there is too much of the water element to symbolically *dry up* some of the water and balance the space.

While living plants are always the first choice, if you just cannot grow them, either because of limited lighting conditions or a chronic case of *brown thumb*, use high quality silk plants, photos of plants or trees, or fabrics with leafy patterns and branching lines.

Want to know which houseplants are the best to use for making Feng Shui improvements in your home or office? My new Tip Sheet, *Feng Shui Friendly Houseplants*, describes 12 plants that are especially helpful in activating the chi. To request a copy, send an e-mail to [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com).

### **Clutter Clinic: Tossing Financial Records**

Congratulations, you made it through another tax season. But are all of those tax records still cluttering your desk or dining room table? Most accountants recommend that you keep personal tax records for 5-7 years, so you can safely shred at least one box of old tax records after you filed your return. But how do you decide what else to keep in addition to what is required by law? Answer these three taxing questions for an easy way to decide whether a piece of paper is clutter or a keeper:

1. **If I throw this away, will I get arrested?** If the answer is NO, toss it.
2. **Did I need this during the last year?** If the answer is NO, out it goes.
3. **Can I get it someplace else, especially on the Internet?** If the answer is YES, trash it!

### **Success Story: Deb's Wealth Area**

When Deb realized that her wealth area was in the most cluttered part of her kitchen, she took immediate action and got immediate results. When she sent me photos of the revitalized space I could hardly believe it was the same room. Here is what she wrote:

*Your consult has been really powerful! I immediately worked on the wealth corner in the kitchen. I hung a different piece of art and cleaned out all the extraneous stuff in the cabinet and on the counter, leaving only the most beautiful. I have been intending for years that love and money come together for me. I had no place for a 1930's style poster with a very queenly image until I realized the kitchen was the perfect location because it combine these two intentions for me. I moved the fountain out of the kitchen because you explained that the water was putting out the fire in my wealth area, and I placed it in my office. I have been running an ad in the local paper for more than a month with no response. Last night, just after I moved the fountain, I checked e-mail and received two requests for my services.*

### **Feng Shui Q & A**

**Q: I wait to deposit checks from clients until I have enough to make it worth a trip to the bank. Is it better to deposit them immediately?**

**A:** It depends on how long you wait. Checks sitting on your desk represent static chi, so if they sit around for weeks or months you are not taking advantage of your wealth. I recommend depositing them as often as possible, at least once or twice a week. A check does not represent wealth until you deposit it in your account and it symbolically begins to *go to work* for you.

**Q: I recruit employees for my company and need more people to call me about jobs to fill existing openings. Where should I place my phone to get it to ring more from people applying for jobs?**

**A:** Place your phone in the upper left hand corner of your desk (the wealth area) since more calls would equal more wealth for you. Also, take a good look to see if there is anything around the phone that is negative or that is symbolically holding it down and keeping it from ringing. For example, a heavy rock or paperweight near the phone could symbolically be weighing it down. Keep fresh flowers or a healthy plant near the phone to symbolize growth and a *blooming* of the number of people who call you.

**Q: There is an exposed overhead concrete beam right in the middle of the room I use as my home office. I have read that this is a Feng Shui problem. I love the light in this room and do not want to relocate my office. What can I do?**

**A:** The Feng Shui concern about exposed beams is that they carry the weight of the roof, which can *weigh you down*. Also, the edge of an angular beam can cut if it points at you when you sit under it. In classical Feng Shui, the cure for this is to hang a pair of bamboo flutes with a red tassel and red cording at the end of each beam at a 45 degree angle with the mouth piece on the bottom. But this correction is not appealing to most people so I use other adjustments whenever possible. Options include: painting or staining the beam the same color as the ceiling to symbolically lighten it; aiming light at the beam to symbolically raising it; draping fabric over the beam to round the edges and blunt the cutting; wrapping the beams in silk vines to simulate being outside under a natural canopy; placing small (quarter-size) mirrors on the beam to symbolically lift it; placing tall plants in the room.

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### **In the News: Feng Shui Fixes for Design Mistakes**

My new article, Feng Shui Fixes for the Ten Most Common Interior Design Mistakes, will appear in the May 1 issue of the online magazine **Southwest Flair** ([www.SouthwestFlair.com](http://www.SouthwestFlair.com)). The interior design mistakes I discuss, ranging from ignoring the foyer, to knickknack overload, to using too many pillows on your bed, are universal and apply to homes in all regions and all decorating styles. How many of these design bloopers can you find in your own home?

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### **Need Feng Shui Content for Your Article, Newsletter, E-zine or Teleseminar?**

*If you want Feng Shui tips and information to include in an article, 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 and broadcast radio programs.*

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### **Consultations and Workshops**

#### **Home and Office Consultations**

Spring is a busy season for Feng Shui. 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 [contact me](#) now to set up your appointment.

If your city is not on my list, please e-mail me ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) to find out how to schedule a consultation.

**Here is my current planned travel for April and early May**

**DC/Maryland/Virginia: April 16-21; May 14-18**  
**Santa Fe/Albuquerque: April 23-30; May 1-9**

I welcome your referrals in these and other locations nationwide.

### **Upcoming Workshops**

The following workshops are open to the public:

**Santa Fe, April 28, 8:00-9:00am, Holiday Inn Santa Fe Hotel**

**Power Networking with Feng Shui**

**Networking Breakfast**

**Business and Professional Women (BPW) State Conference**

See conference website for registration fees: [www.bpwnm.com](http://www.bpwnm.com)

**Santa Fe, June 9, 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](http://www.Arcuri.org).) Please contact Carol for registration information

([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com))

### **Need a Speaker on Feng Shui?**

Feng Shui is a popular topic for 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:**

**\*Feng Shui: The Secret to the Law of Attraction**

**\* Feng Shui Quick Fixes for Common Decorating Mistakes**

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)

(\*New Topic)

### **Workshop Follow-up: Noticing Bad Feng Shui**

I am fortunate to have the opportunity to speak to hundreds of people each year about how a few simple Feng Shui improvements can make a dramatic difference in their lives. But once you understand how it feels to live in a balanced and harmonious environment, you develop a strong level of discomfort in environments that are not so Feng Shui friendly. You can imagine my reaction to this Feng Shui horror story from a colleague who heard one of my lectures:

My husband and I were visiting his parents recently and stayed in the guest room that was his teenage bedroom. Imagine his horror when we discovered his room had been turned into a room for a little girl, complete with dolls, collectables, and folk art! His cool train set was long gone and replaced with tiny bird houses and stuffed birds perched on the edge of the shelf. There were quilts and antique dolls hanging from the walls and in front of the windows. Exhausted from our trip, I climbed into the bed and looked up to find an antique flower vase holder attached to the wall above my head. The holder had three arms and at the end of each one was a vase, with a very sharp and pointed bottom. Had I sat up to read, I would have knocked myself out on a glass pointy vase! The clutter, a wall of closet door mirrors, the creepy dolls, the sharp objects over my head, and the birds perched above me did not make for a comfortable sleep. In fact I barely slept the entire time. I kept thinking of all the Feng Shui tips I learned in your talk the day before I left for our visit. Boy, could my mother-in-law use your newsletter!

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### **Free Marketing Tool for Realtors**

I am happy to offer free to Realtors my new tip sheet, **Sell It Fast With Feng Shui**, which includes my top 10 tips for getting a house ready for a quick and profitable sale. You can reprint this handout as a mailer to your clients or include the content in your own newsletter or e-zine. I only ask that you credit me when you use it! To receive your copy, send an e-mail to [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) requesting *Sell It Fast With Feng Shui* and I will e-mail the PDF file to you.

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### **Beyond Feng Shui: Recycle Men's Suits**

I have written frequently about organizations that collect and distribute business attire and provide job training skills for low-income women, but it has been harder to find groups that do the same for men. So far, I have found two groups that accept donations of professional clothing for men and put it to good use. If you know of other groups that recycle men's career attire, please e-mail the information to me and I will pass it along in the next issue of this e-zine.

**MenzFit** (Washington, DC area): Provides professional clothing, career development services and financial literacy to low-income men in the Washington, DC area. [www.MenzFit.org](http://www.MenzFit.org)

**CareerGear** (New York City, Miami, Houston): Partners with job training programs to provide interview counseling and business attire to male job-seekers along with retention support to help them keep jobs. [www.careergear.org](http://www.careergear.org)

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### **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](http://www.FengShuiForRealLife.com).

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### **Coming Soon: Two New On-Line Services**

- **Feng Shui Web Site Review**
- **Floor Plan Review**

### **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 your purse can pick up and transmit bacteria if it is placed on the floor. 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.fengshuiforallife.com/pursehanger.htm](http://www.fengshuiforallife.com/pursehanger.htm).

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### **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: [bwww.expertclick.com/referral/Carol\\_M\\_Olmstead](http://bwww.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: [www.marketerschoice.com/app/?af=374705](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 [www.designerfabrications.com](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. [www.SussmanCompany.com](http://www.SussmanCompany.com).

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*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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**Approved Senders list. Thank you!**