

Feng Shui For Real Life  
  
NEWSLETTER

Volume 7, Issue #3--March 12, 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, FSII*

*May you have warm words on a cool evening, a full moon on a dark night, and a smooth road all the way to your door.— Irish toast*

---

#### **Feng Shui Tip: Use Your Front Door**

I chose this Irish toast for the March newsletter not just because of St. Patrick's Day, but because it shows how universal Feng Shui advice can be: a smooth path to your front door represents the flow of prosperity and happiness into your life. We call the front door the mouth of chi because it typically faces the street, which symbolizes a gentle river flowing into a home. Rivers are associated with prosperity and the front door is the conduit for bringing that prosperity into your house. Therefore, when you use your front door, even if only to pick up the newspaper, get the mail, or let in some sunshine, you create an opportunity for wealth to enter. Here is my Feng Shui challenge for March: Open your front door every day. And if you usually enter your home through the garage or back door, for the next seven days use only the front door of your home and notice the new opportunities that flow into your life.

---

#### **Clutter Clinic: Green Spring Cleaning**

Spring is just around the corner and Spring cleaning is always a good Feng Shui idea. But ironically many products that make a home clean can make the environment dirty. Here are some tips from the nonprofit organizations EarthShare ([www.EarthShare.org](http://www.EarthShare.org)) and EarthWays ([www.EarthWays.org](http://www.EarthWays.org)) for making your own green cleaning products:

- **Countertops and walls:** Make a mixture of warm water, dish soap, and baking soda.

- **Carpet freshener:** Sprinkle dry cornstarch or baking soda on your carpet and vacuum.
- **Rug stains:** Blot stains with a mixture of vinegar and soapy water.
- **Mildew:** Make a paste of vinegar and salt and apply to the area.
- **Furniture polish:** Combine 1/2 cup lemon juice and 1 cup of vegetable oil, olive oil, or mayonnaise.
- **Drain Cleaner:** Pour 1/2 cup of baking soda down the sink and add 1 cup of vinegar. Cover the drain and wait a few minutes, then rinse with a mixture of boiling water and salt.
- **Window Cleaner:** Mix 2 ounces of vinegar with 1 quart of water in a spray bottle.
- **Silver Polish:** Put a sheet of aluminum foil into a plastic or glass bowl. Sprinkle the foil with salt and baking soda and fill the bowl with warm water, and soak your silver.

---

### **Success Story: Kelley's Harmonious House**

*I received this update from Kelley a month after her consultation: We have done a lot to make our home more harmonious since your visit and the results are already obvious, even though we are still a work in progress. We painted the garage door entry into our home with the same color as our front door and hung two art posters on the garage walls. These changes have warmed up our garage immensely and now I always have a smile on my face when I get out of my car. Most important, we took the exercise cycle out of the bedroom and with it went a lot of guilt about not using it. I framed a postcard I purchased on our European trip and placed it on my night table. It is the first thing I see in the morning and the last when I go to bed at night, reminding me of how romantic we were on that vacation. We repainted our too hot orange bedroom in a skin tone shade. As you predicted, our relationship has improved with the cooler color on the walls. Now, even if we do have a disagreement, at least it is not a heated debate. And we have those a lot less often.*

---

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

#### **Q: Which of the Five Elements includes plastics?**

**A:** While the color of a plastic object does represent one of the Five Elements, the material itself does not have life and is not really an element. If you have lots of items surrounding you that are plastic, they are not attracting the flow of positive chi. Replace as many as you can with objects made of natural materials. For example, replace the plastic accessories on your desk with wood, glass, or metal; exchange the plastic trashcan for a wicker or metal one; choose ceramic or metal containers for your plants.

#### **Q: In going through a trunk in my attic, I found a box of old letters from friends. I have been reading the letters and realized that I have let wonderful friendships fall by the wayside. Though the letters do not say anything important, it made me realize how much I have changed, for the better and the worse in some cases. Should I throw away the letters or keep them?**

**A:** Get rid of the letters because they represent old, stale energy. Instead of obsessing about ways you think you have changed for the worse, just learn from the wisdom that finding the letters has provided you. Call, write, or e-mail the friends you want to reconnect with and tell them exactly what happened, that you found old letters and they made you realize how much you missed their friendship. Tell them all the good things that have been happening in your life and ask about their lives. I think this will turn into a great opportunity to reconnect with some cherished friends.

---

### **In the News**

### **Clutter Clearing With Feng Shui**

Earlier this month I was interviewed 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 clients achieve their goals. Her program deals with the various ways that people get stuck, and the ways they can move forward. I am contributing the chapter *Feng Shui and Clutter: You Are What You Keep* to the e-book on clutter that Sallie is editing, which will be available later this year (details about the book will appear in a future newsletter). To listen to a recording of the program, go to <http://www.contacttalkradio.com/hosts/salliefelton.htm>, then click on *A Fresh Start with Sallie Felton Archives*.

### **LA Zoo Creates Feng Shui Friendly Monkey Exhibit**

This item has been covered by all the media: The LA Zoo paid \$4,500 to a Feng Shui practitioner to ensure three endangered golden monkeys on loan from China can have a strong life force. Consulting the Feng Shui expert was part of the cost for a \$7.4 million enclosure for the golden monkeys debuting at the zoo later this year. The enclosure was designed to re-create the feel of a rural Chinese village. Feng Shui is in demand in LA among high-end architects and interior designers, but this is the first time it has been used in an animal enclosure design. Leave it to LA to lead the way.

---

### **Consultations and Workshops**

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

Spring is the 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 to schedule your appointment as soon as possible.

#### **Here is my current planned travel for March and April**

##### **March:**

**Santa Fe/Albuquerque: March 19-23**

**DC/Maryland/Virginia: March 26-30**

##### **April:**

**DC/Maryland/Virginia: April 1-6; April 15-21**

**Santa Fe/Albuquerque: April 9-13; April 23-30**

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:

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

**\*Quick Feng Shui 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**

**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 the Alta Mae Heritage Inn ([www.altamae-nm.com](http://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](http://www.Arcuri.org).)

Do you want to schedule a consultation or workshop in a city not on my current schedule? Please e-mail me ([carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)) for details about setting up a session or consultation in your location.

**New! 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. 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.

---

### **Beyond Feng Shui: Google Alerts**

Admit it, you have Googled yourself, your friends, your business competitors, or even a potential date. But did you know that you can set up a Google Alert that will e-mail you daily when any key words you select appear in the news? Recently, my alert for Feng Shui For Real Life let me know that someone was illegally using my trademark, allowing me to quickly correct the situation. On a lighter note, my alert for my name found that there is another Carol Olmstead who is mayor of Bethany Beach, Delaware! You can set up your own Google Alerts at: [www.Google.com/alerts](http://www.Google.com/alerts).

---

### **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).

### **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.fengshuiforreallife.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](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 [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).

---

*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](mailto:carol@FengShuiForRealLife.com)) to your Address Book or Approved Senders list. Thank you!**