

Feng Shui



For Real Life

Feng Shui For Real Life E-zine
Volume 7, Issue #11--November 8, 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

That which chiefly causes the failure of a dinner party is the running short, not of meat, nor yet drink, but of conversations
- Louis Carroll

Feng Shui Tip: Thanksgiving Feng Shui

Most of us have a love-hate relationship with holidays that involve food and family gatherings. We love the aromas and bounty of food and the joy of seeing friends and family, but the strain of cooking meals, cleaning the house, and entertaining out-of-town visitors can sometimes result in more stress than harmony. Here are a few Feng Shui tips to assure a peaceful and harmonious food and family gathering this Thanksgiving: Bring out the *good stuff* for your meals—the china, crystal, silver, and all of the other pieces you have been hiding in your cabinets and closets; what are you saving them for if not the holidays?

Entertaining guests is an activity associated with wealth, so hang a mirror that reflects your dining room table; your guests will be reflected and you will symbolically double your wealth.

A round or oval table is the best shape for Feng Shui-friendly dining because there are no sharp corners aimed at guests; if you have a rectangular dining table, use a tablecloth to round the edges and avoid seating guests close to the corners.

Remove photos of deceased relatives, animals, and pets from the dining room since these can create health problems if you dine in their presence.

Choose a centerpiece of orange flowers to encourage conversation or fresh fruit and vegetables to represent good health and longevity.

If your family is prone to squabbles, keep the yang (or active) energy to a minimum: invite an even number of guests, keep the lights low and soft, and decorate with soothing earth and wood tones like gold, green, and brown.

Keep shiny surfaces to a minimum and stow the carving knife out of sight to avoid sharp words at the table.

If all else fails, keep this in mind: whoever is seated nearest to the door will be the first one to leave. So you might want to consider a seating plan if you have any annoying relatives.

Feng Shui and Holiday Food: Thanksgiving is the ultimate *foodie* holiday, and the colors, aromas, and tastes of food are strongly related to Feng Shui. Since we need to balance the darker *yin* side of the winter energy, your cooking should include strong *yang* energy food for the holidays. Cooked foods, spices, and hot foods such as chile peppers, ginger, and garlic, are *yang* energy (sounds like my Thanksgiving menu!). Foods like raw vegetables, potatoes, and fish are *yin* and are served in moderation during this period. But that does not mean you have to totally give up yin foods for the winter, especially a little bit of chocolate, which always helps us to appreciate the holiday season (definitely on my menu).

For more Feng Shui advice for Thanksgiving, read my article *Feng Shui Tips for Thanksgiving* at [EzineArticles.com](http://ezinearticles.com/?Feng-Shui-Tips-For-Thanksgiving&id=790103):
<http://ezinearticles.com/?Feng-Shui-Tips-For-Thanksgiving&id=790103>.

Do you want Feng Shui advice for Christmas and Hanukkah decorating, entertaining, and gift giving? My article **Take Feng Shui Home for the Holidays** will appear in the November issue of the online magazine, **SouthwestFlair**. I have included a list of holiday gifts to avoid giving during the holiday season. The article will appear on November 15 at: www.SouthwestFlair.com.

Clutter Clinic: Online Pawn Shop

The best cure for clutter is to avoid it, but as you update your technology it is easy to end up with a cluttered drawer full of old cell phones and film cameras. If you have been avoiding eBay and Craigslist because you have to market your items and manage the transactions, check out www.SecondRotation.com. You visit the site, search and find the item you want to sell, rate its condition, then the site calculates a trade-in value. If you like the offer you schedule a free package pickup with DHL. If everything is as you described, they will mail you a check or credit your PayPal account. They do not buy everything, and you may get less than you would buy selling it yourself, but the difference is convenience.

Success Story: A Surprise Hanging in the Closet

The American dream may be a home with so much closet space that you and your spouse can have separate closets. But in Feng Shui we actually prefer when a couple shares a closet because their energy is mingled. But that does not mean you have to give up your individual closet. I often recommend that couples with separate closets exchange some items of clothing to keep in each other's closet (such as a favorite sweater, a purse, a shirt). Here is a note I received from a client who truly took this advice to heart:

Carol, thanks for your comments about exchanging items of clothing in our closets. My husband came home late last night from a business trip and even though it was 1:00am when he arrived home he noticed what I had hung in his closet...he found my lace and satin panties and a satin garter belt that I hung on a satin hanger. He got a real kick out of it! Now we are trying to decide what of his to hang in my closet.

Hmmm...what will they chose?

Feng Shui Q & A

Q: Hi, Carol, I am your newsletter reader in Finland. I have a photo of my late husband who died five years ago displayed in the living room with a candle in front of it. For the last three years my young children and I have had a wonderful new man living with us. I am wondering whether the photo of my first husband is a guardian angel over our home or if the photo is holding us in the past. The children love both of their fathers, the current one and the angel one. We are happy together but I have started to wonder if the picture has a hidden, wrong type of energy towards our home.

A: It is great to hear from you! It sounds like you and your children are fortunate to have a loving, new man in your lives. The fact that you asked the question of whether the photo of your late husband is anchoring you in the past makes me think that perhaps it is. I recommend you remove the photo from your living room and place it in an album. To help your children connect to both of the fathers in their lives, place two photos in each of their rooms, one with them with their natural father and another with them, you, and their new father. That way both fathers can watch over them, but your late

husband is not so prominent a figure in the public part of your home.

Q: Clutter is an endless issue in my house. My husband is skeptical about Feng Shui. Any advice to help my husband understand how Feng Shui clutter clearing is practical rather than far out New Age thinking?

A: Feng Shui is a design system for unblocking whatever is keeping positive energy from coming into your home. While some approaches to Feng Shui use Asian symbols and objects to attract good things into your life, this is not necessary for everyone. I recommend that all you need to do is get rid of things that you do not like, do not use, and do not need. There is nothing New Age about it. When your home is blocked with clutter, there is no room for this good energy to enter. If you open up space by removing clutter, good things will naturally flow into your life. Suggest to your husband that he clear out one closet, drawer, or cabinet and then step back and watch what new things flow into his life.

Q: When I draw my floor plan and place the bagua over it, do I include the garage?

A: You include the garage in the floor plan if it is attached to your house. If the garage or any other accessory building is stand-alone, do not include it in the drawing. Many people ignore the garage and like to pretend it is not part of the house. Typically a garage occupies either the Peace/Harmony or Clients/Mentors part of a home (see the bagua map on my website: <http://www.fengshuiforrealife.com/basics.htm>), and these are certainly critical parts of your life. My recommendation is to treat the garage as a vital room in your home: paint it, decorate it, and keep it neat and clean as you would with any other home.

In the News:

New York Post: Stadium Trouble for the Mets

The World Series was over much too quickly this year so to keep baseball fever around for a bit longer I could not resist mentioning an article that appeared in the *New York Post*. The newspaper asked a New York Feng Shui practitioner to take a look at the two new baseball stadiums planned for 2009. The article says that if you believe in Feng Shui, the Yankees will be all right but the Mets are in trouble. Keep in mind that the request did come from a paper known for its sensationalism, so you need to take the whole thing with a large grain of salt:

A study of the two new baseball stadiums found the Yankees' future home has good luck while the Mets' Citi Field will be plagued by a lot of disturbed energy. The Yankees broke ground on Babe Ruth's birthday and are repeating many elements of the old stadium, including cathedral arches and a façade that recaptures the old Yankee Stadium style. In Feng Shui terms this is called predecessor chi and is very good for luck. The Mets on the other hand have designed their new stadium to fit the construction area and get a better angle for the sun. Their only predecessor chi comes from the colors of the two New York baseball teams that moved to California (Dodger blue and Giants orange), something that some people consider antagonistic.

You can read the full article and decide for yourself:

http://www.nypost.com/seven/10282007/news/regionalnews/mets_feel_bad_field.htm

Can You Use More News Tidbits?

If you want Feng Shui tips and tidbits like this 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 programs.

New Service: Feng Shui For Real Life Certified Homes

I am pleased to announce that I have teamed with Classic Homes of Maryland to offer a *Feng Shui New Home Certification Program* for their custom home buyers. Classic Homes (www.classicmd.com) builds on your lot and offers many customized floor plan options. The new certification program offers buyers a 3-step personalized Feng Shui consultation to assure that the custom changes they select for their new home are consistent with contemporary Feng Shui guidelines. And because decisions about color and placement of furniture and objects can have a dramatic effect, the program also includes on-going consulting services after move-in to help the buyer settle into the home. A special feature of this program is that Classic Homes will incorporate the fee for the Feng Shui New Home Certification into the buyer's mortgage.

If you are interested in having your custom dream home built in Maryland, you will want find out more about this innovative program. Contact Amita Jain at Classic Homes: 301-251-2001 or ajain@classicmd.net.

Attention Builders, Developers and Architects:

I will be expanding the *Feng Shui New Home Certification Program* **nationwide**, and I would love to talk with you about how we can work together to include your homes in this program.

Please contact me at 1-800-652-9038 or carol@FengShuiForRealLife.com.

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?

Here is my current schedule for the next few months:

Santa Fe/Albuquerque: November 15-30

Washington, DC/Maryland: December 4-7

New York City: December 19-22

South Florida: January 5-7

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 in locations nationwide.

Custom Workshops: Feng Shui For The Holidays

I am scheduling holiday Feng Shui presentations, especially luncheon speeches, that are customized for your group or organization. Everyone has fun and picks up tips for their own home and office. *As a special holiday gift, participants receive discount cards to use toward a consultation at their own home.* Here are some of the most popular topics:

Feng Shui and Wealth

Bedroom Feng Shui

Feng Shui Clutter Clinic

Feng Shui, Love, and Relationships

Feng Shui and The Secret

Home Office Feng Shui

Introduction to Feng Shui

Call me at 1-800-652-9038 to schedule a **Feng Shui Holiday Presentation** for your group celebration this year. Holiday presentations **always sell out!**

Feng Shui For Real Life On-Line Store

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

Great Stocking Stuffers:

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.

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.

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) to your Address Book or Approved Senders list. Thank you!