

Feng Shui



For Real Life

Feng Shui For Real Life E-zine
Volume 7, Issue #6--June 6, 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

Name the E-zine Contest

The results are in, and overwhelmingly my readers suggested that I keep my company name as the title of my expanded newsletter. So, **Feng Shui For Real Life E-zine** it is! Because so many people suggested this, I am giving a Thank You gift to every one of my readers. Click on the link to download my special tip sheet: [A Year of Feng Shui Tips](#).

Thanks for your suggestions!

Feng Shui Tip: Take Feng Shui on Vacation

There is nothing like staying at home for real comfort.

—Jane Austen

Jane Austen may have liked to stay home, but most of us look forward to a long, relaxing summer vacation away from our usual routine. If you are traveling this summer, you can still take some of the comforts of home along by following a few simple Feng Shui recommendations. Whether you are staying in a hotel, beach house, or rented condo, a little bit of Feng Shui goes a long way toward assuring a harmonious vacation:

- Before you leave, throw out all the perishable food in your refrigerator and arrange for a neighbor to take out your trash so you do not come home to spoiled food or bad smells.
- And speaking of smells, ask to see your hotel room before you agree to it; if it smells smoky, musty, or just plain bad, ask for a different one.
- Unpack as soon as you get to your destination so you can quickly settle in and make the space your own.
- Store your luggage in the closet, since suitcases under the bed represent walking away from a good night's sleep.
- Bring a memento from home with you to display, such as a family photo, so it feels more like home than a borrowed space.
- Rearrange the furniture if the arrangement feels uncomfortable, but be sure to put it back in its original place before you leave.
- Open the windows if you can to bring in positive chi.
- If the mirror is opposite the bed you will not sleep restfully; call housekeeping for an extra sheet or towel to throw over the mirror at night.
- If you can see the toilet from the bed it will drain your energy; keep the door closed at night.
- Bring a small nightlight and flashlight with you so if you get up at night you will not walk into that closed bathroom door.
- Unpack and put away your suitcases as soon as you get home; suitcases left near the front door represent trying to escape from your current life situation.

Clutter Clinic: Spring Clean Your Office

When the warmer weather puts you in the mood for some spring cleaning, remember to include your office. Clean your computer, including keyboard and monitor. Vacuum, sweep, or mop your floor. Even if you have a cleaning service, doing it yourself helps to symbolically sweep out the old energy. Bundle up your electrical cords and wires and contain them with a twist tie or those tubes made specially to control cords. Remove all the books from your shelves and dust; put back only those books you use and the manuals that are current. Trim the growth and remove the dead leaves from your office plants; if you have silk plants, dust them or replace them if they are faded. If possible, wash your windows.

Success Story: Small Steps

We all have to start somewhere, so this month I want to share some small Feng Shui steps that yielded immediate results:

I reluctantly got rid of my mirrored bedroom furniture as you suggested and it made all the difference. I felt so much better immediately. It was the best thing I could do. Now I feel more open to a new direction in my life. While I had all of those mirrors around me I did not sleep restfully and felt overwhelmed by too many options.

Since I put Feng Shui to work for me last year, I have fallen madly in love, paid in full for a new car, and am getting ready to move into a new fabulous apartment. And to think when I began this process, I thought I would have to choose between a car or an apartment!

I have been reading and gaining great information from your newsletter for quite a while. As a matter

of fact, I am now one of the first people to get to meetings so that I can choose a seat facing the door.

Your consultation was a real catalyst in getting me moving, especially in the basement. I have been going through lots of old crap and tossing it and cleaning out corners. There is still much to work through but I already feel like I have a firmer foundation. I look forward to reading your newsletter, but I assure you I will no longer be printing it out and saving a hard copy!

Feng Shui Q & A

Q: I am a writer who appreciated your Feng Shui for Writers tip last month, but I have a follow-up question. My desk faces my office door, but my computer is on a separate table. So when I am writing at my computer my back is to the door. I face a window and see a beautiful view of trees and flowers. Am I sabotaging my writing by having my back to the door, or does the positive view balance that out?

A: You may not be sabotaging your writing by sitting with your back to the door when you are at your computer, but you are certainly working harder at it than you need to because you are not sitting in a secure position. I recommend to people who spend most of their time at their keyboard (most of us, I am afraid) that they arrange their office to face the door when facing their monitor. If it is not possible to reposition your desk, place a mirror in front of you so you can glance at it and see the door. You can either place the mirror on your desk, on the wall in front of you, or get a computer mirror that attaches to your monitor (it looks like a rear view mirror). Let me know if you are interested in a rear view computer mirror and I can get one for you.

In the News: Feng Shui and Business Success

Forbes.com: Feng Shui is on the rise among top executives, according to the Forbes Magazine website. By manipulating a physical workspace in subtle ways, Feng Shui can increase employee productivity, amplify profits by attracting more customers, cut down on office politicking and build a better corporate reputation, according to the article. For example, the article explains that entrance to a building, the main flow of human traffic into many businesses, is important, as is the location of the CEO, upper management, and key people offices. Some buildings and some locations within buildings are better than others for attracting wealth and opportunities. Much of this seems like common sense and functionality than ancient Chinese anything, says the article. The author points out that Certified Feng Shui consultants can command a broad range of fees for the immeasurable results they offer. Expect to pay between \$100 and \$500 per hour for consulting services. What is the price then, for moral and physical productivity, happy workers and perhaps even increased revenues? According to Kevin Rosen, founder and CEO of CAFM Solutions, a facilities management company based in Las Vegas who used a Feng Shui consultant, *for a couple of thousand dollars, the benefits are tremendous, and the return on investment is significant.*

Read the full article at: http://www.forbes.com/leadership/2007/05/29/office-feng-shui-lead-manage-cx_mlm_0529fengshui.html.

Washington Business Journal: Michelle Lee, President and CEO of government contractor STG International Inc., founded the company in her basement a decade ago. According to the Washington Business Journal, Lee is a big believer in Feng Shui because, according to her, good luck comes when the *environment is right*. Lee began her company with a single client and now has 1,200 people and almost \$100 million in sales. She projects \$500 million in annual revenue within 10 years. A clear

example of good Feng Shui.

Read the full article at: <http://washington.bizjournals.com/washington/stories/2007/06/04/story15.html>

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?

Here is my current planned travel for June.

Santa Fe/Albuquerque: June 11-22

DC/Maryland/Virginia: June 25-30

I have been requested to schedule consulting trips to the following cities. Please let me know if you are interested in a home or office consultation while I am in these areas:

Charlotte

Chicago

Nashville

New York City/New Jersey

South Florida

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 these and other locations nationwide.

Custom Workshops

Need a Speaker on Feng Shui?

Feng Shui is a popular topic for meetings, special events, fund-raisers, 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**

***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 Topics

Upcoming Workshops

The following workshop is open to the public:

Santa Fe, New Mexico, June 23, 2007, 9:00am-1:00pm, Sunrise Springs Inn and Spa
Feng Shui and the Law of Attraction: Rearrange Your Stuff, Shift Your Thoughts, Improve Your Life

An interactive workshop co-presented by Carol Olmstead, Certified Feng Shui Practitioner and Dr. Mark Arcuri, Transformational Coach. The session will take place at the beautiful [Sunrise Springs Inn and Spa](#) in Santa Fe. The morning session will be followed by lunch on your own at the award-winning Blue Heron Restaurant at Sunrise Springs, with the option for individual coaching and floor plan review in the afternoon. You will also have access to the beautiful, meditative waters and gardens at Sunrise Springs. To register or for additional details, call 1-800-652-9038 or e-mail info@FengShuiForRealLife.com.

Do you want to bring this workshop to your city? I am offering *discounted registration* in exchange for scheduling this workshop, or a workshop of your choice, in your location. For details, contact me by e-mail (carol@FengShuiForRealLife.com) or call (1-800-652-9038).

Beyond Feng Shui: Pet Sitters

While you are making your summer travel plans, remember to consider who is going to take care of your pets while you are away. www.AngiesList.com, a referral site for home services in various cities, recommends the following organizations when looking for a home-away-from-home for your pets. Space can fill up fast, so make your reservations early. Remember to check references.

Pet Sitters:

National Association of Professional Pet Sitters (www.petsitters.org)

Pet Sitters International (www.petsit.com)

For Pet Boarding:

American Boarding Kennels Association (www.abka.com)

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.

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.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: 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.

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!