

Feng Shui For Real Life

NEWSLETTER

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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>.

(If you have any trouble reading this newsletter go to:
<http://www.fengshuiforreallife.com/pdf/january07.pdf>



Carol M. Olmstead, FSII

Happy New Year 2007!

Feng Shui Tip: Feng Shui and Weight Loss

If you made a New Year's resolution to lose weight this year, you are not alone, it is one of the top 10 resolutions. Here are a few Feng Shui tips to help you succeed:

- To slow down your eating, switch to blue plates. Blue is the color of the Water Element that can relax and slow down the body by reducing blood pressure and pulse.
- If your kitchen is in a direct line with your front door, or if it is the first room you see when you enter the house, it may encourage eating. Keep the kitchen door closed or hang a mirror or artwork near the door to distract your eye away from the room.
- The color red stimulates the appetite, so avoid using a red tablecloth or placemats. Instead, choose blue, black, or floral patterns for your table coverings.
- A cluttered kitchen can psychologically add weight. Clear the clutter from your pantry, cabinets, drawers, counters and refrigerator to *lighten* your kitchen and, consequently, your weight.
- If you hold on to clothes that do not fit, it symbolizes holding on to old behavior patterns. Get rid of the clothes you can't wear and you will make room for new clothes--in smaller sizes--to flow into the space you open up in your closets.

Clutter Clinic: Recycling Gift Cards

Feng Shui supports the concept of re-gifting. When you donate or sell those holiday gifts that you do not like, you remove clutter and put these objects into the hands of people who are grateful to have them. But what about those gift cards from stores you never shop at? Unused gift cards represent mental clutter. Clear the clutter by cashing in unwanted gift cards at sites such as www.swapagift.com. For a small fee you can exchange, sell, or buy gift cards, which is better than letting them expire. Another site, www.zunafish.com, allows you to swap CDs, DVDs and video games at \$1 per trade plus postage. A small price to pay for an uncluttered mind.

Success Story: Carol's Red Folders

This success story is my own. When I start working with a new client, I always create a **red** folder, because I want to use the powerful attributes of the Fire Element to improve the client's life. Since I have offices in two different regions of the country, I had been buying boxes of 500 folders at one location and moving half of them to the other. Recently I had a *V-8 Moment* (see below for more about these moments). I realized that by splitting the box of folders, I was splitting my business. I immediately bought full boxes of folders for each office. The result was a powerful **doubling** of requests for consultations in both areas! Think about your own business, career, or life. Is there anything you are doing that is dividing or splitting your wealth?

Q: I heard about a *New York Times* article that said clutter and messiness are good. What do you think?

A: According to the article, *Say Yes to Mess*, an anti-clutter clearing movement is urging people to embrace disorder. The article cites studies showing that people with messy desks earn higher salaries than those with neat offices, and that people with messy closets may be better parents than their tidier counterparts. In Feng Shui, clutter represents postponed decisions and the inability to move forward. Clutter is the number one problem for the hundreds of clients I have worked with, and when they clear their clutter, amazing improvements flow into the open spaces in their lives. You be the judge: clear the clutter out of your life and see what flows in to take its place. Read the [Times](#) article then let me know what you think.

Q: I live in a small condo and the only choices for places to keep my cat's litter box are in my kitchen or in my office; I chose the office. I looked at the bagua chart on your website and it seems like the box is in the wealth area. Is there anything I can do to keep both my cat and my wealth?

A: The ideal place for a litter box is in the basement, garage, or bathroom. While keeping a litter box in an office does not encourage wealth, it is certainly better than keeping it in the kitchen if you have no other choice. Kitchens are associated with food and the negative chi of the litter box is detrimental to your health. I recommend you buy a covered litter box so you do not see "waste" every time you enter the office. Whatever kind of box you use, be sure you empty the box often and keep it as clean as possible.

Q: Are peacock feathers auspicious? I have heard both for and against having these inside the home.

A: Some schools of Feng Shui feel that peacock feathers are auspicious because they signify beauty and dignity, and recommend placing the feathers at the front door because the "eye" can drive evil

spirits away. As with any object, my main concern would be your feelings toward the feathers. If you like peacock feathers and you have a positive reaction to them, display them in your home. If you have any negative associations to them or feel ambivalent about them, out they go!

Q&A Follow-up:

Here is a follow-up to a question I ran in last month's newsletter from a reader who had a storm drain in front of her house and thought that symbolically it might be "draining" the wealth from her home. Since water represents the flow of wealth, one of my recommendations was for her to add actual water or positive images of water in her foyer. This is the follow-up I received:

I have been thinking about your cure and just realized that I have a piece of art in the foyer that has 4 snowflakes--frozen water! Yikes! I'm going to move it to another location to get my money/prosperity thawed and moving again. Even the frame is frozen, an icy blue metal frame. Results to follow.

That is my job...to get my clients and readers thinking! I call it the *V-8 Moment*. Remember those commercials for V-8 juice where people slapped their foreheads when they remembered they could have had a V-8 instead of some other snack that was not as healthy? That is the symbolic reaction I want to see when people suddenly look at something in a new light after I open their *Feng Shui Eyes*.

In the News: Reorganize Your Office for Success

So many people put *getting organized* on their list of New Year's resolutions (right behind losing weight) that the National Association of Professional Organizers has declared January *Get Organized Month*. In this spirit, I collaborated with **Consumer News Service** on the article *Transform Your Office Space with Feng Shui* for their January 2007 issue of *Health-e Headlines*. You can read the article on my website and pick up some tips for organizing and re-arranging your office space to attract prosperity into your career or business in the new year. You can find the link at:

http://www.fengshuiforrealife.com/transform_office.htm.

Health e-Headlines is a news service that supplies professionally-written health information that companies and organizations can cut-and-paste into their newsletters (www.health-eheadlines.com).

Consultations and Workshops Home and Office Consultations

I offer consultations all over the country on request, and on a regular basis for homes and offices 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.

Do you want a consultation or workshop in your city? Please e-mail me (carol@FengShuiForRealLife.com) for details about setting up a session or consultation in your location.

Here is my current planned travel for January and February:

DC/Maryland/Virginia: January 15-20; February 19-23

Santa Fe/Albuquerque: January 22-31; February 1-16

I welcome your referrals in these and other locations nationwide.

Upcoming Workshops The following workshops are open to the public:

Capitol City Business and Professional Women (BPW)

January 23, 2007: The Feng Shui of Relationships

Club House, Rainbow Vision

Santa Fe, NM

Join me at the BPW meeting to learn the basics of Feng Shui and how you can use them to sustain and nurture the relationships in your life. This is a great opportunity to hear more about Feng Shui and meet the terrific women and men who belong to this BPW chapter. Members: \$20, Guests: \$23. To register, contact Sherry Breedlove at 505-992-1881 or sherry.breedlove@hubinternational.com by Friday, January 19.

Alta Mae Heritage Inn

Edgewood, NM

April 14, 2007: Spring Clearing with Feng Shui

Come enjoy a Feng Shui Getaway at [Alta Mae's Heritage Inn](#) 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 scheduled workshop topics and dates 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

CUSTOM WORKSHOPS FOR YOUR GROUP

Feng Shui is a popular topic for luncheon and dinner meetings, special events, and fund-raisers, college and university training sessions. 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 a big hit! Call 1-800-652-9028 to schedule a workshop.

Beyond Feng Shui: Keep the Money You Earn

Most of us are looking for ways to become more prosperous and wealthy. One way is to keep more of the money we earn and pay less in taxes. Did you know that for the tax year 2006 you can get a **one-time federal excise tax credit** for taxes that were charge to your phone bill? For details, check out this website or talk with your tax advisor: <http://www.snopes.com/business/taxes/excise.asp>.

New! 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.

Annual Winter Sale!

It is time for my annual **Winter Doldrums Sale** on Feng Shui consultations. I am offering a **\$25 discount card** you can use toward a home consultation through **February**. Download the coupon at

<http://www.fengshuiforreallife.com/images/gifhtml.gif> now, and call to schedule your appointment while you still have your pick of day and time. **(To download the gift certificate in PDF format go to: <http://www.fengshuiforreallife.com/pdf/gifhtml.pdf>)**

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.

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

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 to learn more about how a Virtual Office Assistant can help you.

***My Client-Centered Approach to Feng Shui:** When I recommend cures for a home or office, I consider each client's goals. 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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Don't miss an 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 Sender's list. Thank you!

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