



Feng Shui For Real Life E-Zine

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Welcome to Feng Shui for Real Life, a monthly e-zine that provides Feng Shui tips, success stories, clutter-clearing advice, and other information to help you bring simple Feng Shui improvements into your life. This e-zine is available by request.

--Carol Olmstead

New On My Website:

E-zine Archives

If you missed any previous issues of the *Feng Shui For Real Life E-zine*, the 2008 archives are now posted on my website: FengShuiForRealLife.com.

Feng Shui Tip

Feng Shui for Dorms and Small Apartments

Do you have a student in your family going back to a dorm room this fall? For students, especially freshmen, moving into dorm rooms that may not be quite as comfortable as their bedrooms back home can be quite unsettling. The same can be said for people starting out in their first small apartment or one-room efficiency. Here are five easy Feng Shui steps to help ease the transition:

1. **Clear Clutter.** Clutter represents postponed decisions and the inability to move forward, so be careful where you pile and file things. Try to buy furniture that doubles as storage space, such as an ottoman that opens so you can store your towels and sheets.
2. **Add Plants.** Place a living plant within 3 feet of your computer to help balance any electromagnetic fields (EMFs) that it generates. Choose plants with rounded leaves since they represent wealth, but avoid cactus

- and other spiky plants that repel energy.
3. **Position Your Bed Correctly.** Avoid sleeping with your feet facing directly out the door, which is considered the most inauspicious position for sleeping. If you can't move your bed, place a piece of furniture, a shawl, or other soft fabric near the end of the bed for cushioning.
 4. **Decorate Your Space with the Five Elements.** Use a balance of colors and shapes of the Five Elements to decorate your space (Fire, Earth, Metal, Water, Wood) and balance the energy. See the [Basics](#) section of my website for more on the Five Elements.
 5. **Clean Your Windows.** Windows are considered the "eyes" of a building so when they are dirty your vision is clouded. Clean your windows occasionally so you can clearly see your future. And be sure to open your windows frequently to let in positive chi.

Something to Think About...

The Power of Eight

Even if you watched only a few Olympic events last month you got a taste of how important the number eight is in Feng Shui and to the Chinese people. The games started on 08/08/08 at 8:08pm because the number eight is considered lucky since it sounds like the Chinese word for prosperity. And eight was certainly lucky for American swimmer Michael Phelps, who will continue to turn his eight gold medals into wealth through product endorsements and other deals.

What do you think? Try using the number eight in your life and see what happens. Use it in one of your online passwords, for a personalized license plate, or in your bank PIN and see if it can bring some prosperity and wealth into your life.

There were many other Feng Shui symbols at the Olympics. For example, the square shape of the Water Cube represented the Earth Element to help balance the water inside it. The undulating shape of the "Bird's Nest" stadium represented the Water Element to help balance the grass and field. A corner of the Bird's Nest pointed directly at the NBC broadcast area and this poison arrow was "cured" by a Feng Shui practitioner to assure a successful broadcast

Want More Free Feng Shui Tips?

Check out my videos on the how-to site, [MonkeySee.com](#). My two video series, **Feng Shui Tips for Attracting Wealth** and **Feng Shui Tips For Attracting Love**, are up and running. View them by using this link, then add your

comments to the site to help me plan future video series:
www.MonkeySee.com.

Clutter Clinic

Organizing Your Garage

Does your car actually fit in your garage? If you answered "no" it's time to start thinking about Fall-cleaning in that space. Here is some organizing advice to cut through the clutter and put your garage in good order:

Decide on a purpose for your garage. For example, in addition to parking your cars do you need to use it as a workshop, keep an extra refrigerator or freezer in there, or does it need to serve as a laundry room? Will you store toys and sporting equipment? Your answers will help organize it.

Spend 20-30 minutes a day sorting. Set a timer or put on a piece of music and start in one area deciding what you will keep and what you will toss or recycle. As you sort, ask yourself: Do I love it? Do I need it? When is the last time I used it? Is it outgrown, broken, and otherwise obsolete? If I donated it to charity, would someone get good use out of it? The answers will help you decide whether an item is a keeper.

Assign a home to everything you are keeping. Store your things in areas by category, such as all the tools together, all the toys together, and all the gardening items together. The easier it is to put something away, the more likely it is to get done.

Label everything. Not only will this help you and other family members identify what is in your boxes and containers, but labeling shelves and cabinets can also help encourage everyone to put the item back in its place.

Create portable collections. Use various size containers or buckets to organize the things you store so you can pick up your "fix it" bucket, or "car wash" bucket, or "electrical repair" bucket and take it to where you need it, then put it back in its place.

Use all of your space. A garage can be damp and spills are always possible so protect your belongings by storing them off the ground. When you can't expand out into the garage, try expanding up by using the walls for storage. Also, consider investing in a lift mechanism so you can store some things near the ceiling.

For more information about organization your garage, check

out the website for [The Organization Connection](#) in Arlington, Virginia.

The "Clutter Free and Clear" E-Book Is Here!

Is clutter complicating your life? Are you struggling to find time to organize or de-clutter and not sure where to begin? Free yourself from the grips of clutter and reclaim your time and your space by downloading the new e-book, ***Clutter Free and Clear: Take Charge of Your Time and Space***. This is a collaborative e-book written by eight clutter-clearing experts. I wrote the chapter *Feng Shui and Clutter: You Are What You Keep*, which includes a month-by-month guide for clutter clearing. Get your copy at [ClutterFreeandClear.com](#).

Success Story

A Quick Home Sale in a Tight Market

After her daughter started college, my client wanted to sell her house so she could be free to travel the country before making any major decisions about the next stage of her life. I gave her some tips to help depersonalize the house, including removing much of the artwork, moving out the excess furniture in her bedroom to make it look bigger, and removing clutter. I was delighted to get this e-mail about the results of her Feng Shui changes:

YES, IT HAPPENED!! I've been meaning to write and tell you that my house sold, but I'm still unpacking and re-packing the storage unit where I put all the things you told me to remove. The house sold in less than a month and a half. Everybody loved the way it looked, thanks to all your great suggestions and a few colorful accents my girlfriends helped me add. I actually enjoyed living in a clutter-free house. My daughter had a hard time when she came home from school and didn't see anything familiar, but we both knew it had to be done or it wouldn't have sold. I have been house-sitting since the closing last week, then next month I'm going to Hawaii where I have set up some more house-sitting jobs. I plan to spend the winter on one Hawaiian island or another and then make some decisions after that. Thanks for all your kindness and support. I couldn't have done it without you and Feng Shui.

Quick Tip For A Quick Sale:

If you are trying to sell your home, remove all personalized objects from the front yard, including removing your name from the mailbox. And no matter which candidates you support, avoid displaying political signs on your lawn since they could turn away potential buyers who do not share your political views.

Feng Shui Q& A

Q: I share an office and my colleague wants to hang a world map on the wall behind me. I don't mind the idea of the map but I want to know if that's the place for it.

A: The ideal place to locate a map or globe is in the Knowledge/Wisdom area of the room. To find that area, stand outside the entrance to your office looking in. The Knowledge/Wisdom area is in the lower left corner. You can download bagua mapping charts from my website to take to your office to help figure out where this area is in your space: FengShuiForRealLife.com/Basics.

Q: Our business is located in a strip mall and there is a large trash container located right in front of the door. I'm thinking that this is not a good Feng Shui symbol.

A: I am afraid I have to agree that having a trash can in front of your main entrance door is not conducive to attracting positive chi into your business. Ask the landlord if the trash can be relocated to another area. If that's not possible, make sure you are vigilant about assuring that management empties the trash frequently. You could also consider hanging a bagua mirror or any convex mirror above your entrance door to reflect the negative chi associated with the trash away from your business. You can see what a bagua mirror looks like in the [Online Store](#) on my website.

Do you have a Feng Shui question that you would like to see answered in this column? Submit your queries to: questions@FengShuiForRealLife.com.

In The News

Philadelphia Inquirer

In an article in the *Philadelphia Inquirer* headlined "Pillow Talk," reporter Patricia Rivera poses the question "How many pillows does it take to create your perfect bed?" and quotes me in the answer:

Feng Shui practitioner and consultant Carol M. Olmstead isn't sure that a large number of pillows is a good thing. She says that having too many pillows on your bed can send the wrong message to a partner and disrupt the balance and harmony she's helping her clients achieve in their homes.

"If you're sleeping with too many pillows, you don't have room for anyone else in your bed, literally or figuratively," Olmstead says. In Feng Shui philosophy, she explains, a bed

overflowing with too many pillows is a signal that you want to keep this space your own and that it's not a place you want to share. Olmstead prefers to use two sleeping pillows and two throw pillows.

"You simplify your life with fewer pillows. You don't have to worry about keeping them clean and off the floor," she says.

You can read the entire article in the [Media Room](#) on my website.

Southwest Flair Magazine

My article, "Feng Shui Tips To Fatten Your Bank Account This Fall," appears in the August issue of ***Southwest Flair Magazine***. This article includes my top ten clutter-clearing tips to attract wealth. *You can read the entire article in the [Media Room](#) on my website.*

Reuters News Service

The European media are abuzz about this news tidbit: the Manchester City soccer team is hoping the positive energy of Feng Shui will help them have a winning season. Executive chairman Gary Cook had crystals placed under the field and symbols placed in strategic spots around the stadium in the hope this will have the same success that it did for the previous champions, who experimented with Feng Shui last season. And the club's shop is selling Buddhas and three-legged money toads. Cook was receptive to such ideas during his time as a Nike executive in the US, and opted to embrace the practice wholeheartedly. "It promotes positive energy and prosperity and is a fantastic philosophy. On that basis we placed a few strategic symbols at points around the ground and let's hope it brings us some good fortune," Cook added.

Want More News Tidbits?

If you want Feng Shui tips and news tidbits like these to include in a blog, news article, e-zine/newsletter, or marketing materials, please e-mail me at carol@FengShuiForRealLife.com or call 1-800-652-9038 to discuss the range of topics that I can provide. Feng Shui is also a terrific topic for teleseminars and radio programs.

Book Update

Secrets for Attracting Wealth, Harmony, and Love

Feng Shui Quick Guide



My book is coming!

Watch for details about pre-ordering ***Feng Shui Quick Guide: Secrets for Attracting Wealth, Harmony, and Love***. This 250-page book includes clear, concise, and easy-to-follow tips to make the practical magic of Feng Shui work for you. Sprinkled among the Feng Shui basics and practical advice are success stories from real people who made simple changes with big results.

The book will help you learn how to attract wealth, achieve harmony, improve relationships, advance your career, and clear clutter seasonally. The highlight of the book is a day-by-day calendar of 366 Fast Fix Feng Shui tips.

Consultations and Workshops

Home and Office Consultations

On a regular basis I visit the **Northeast** (DC Metro Area and Maryland Suburbs, Baltimore, Annapolis, Northern Virginia, New York City, and New Jersey) and the **Southwest** (Santa Fe, Albuquerque, Phoenix, and Denver).

Nationwide, I schedule consultations for homes and offices on request. Appointments do fill up fast, especially on the weekends, so schedule your consultation now to get the date you want.

WHERE IN THE WORLD IS CAROL THIS MONTH?

Santa Fe/Albuquerque: September 17-26

Denver: September 25-26

Washington, DC Area: September 30-Oct 5

South Florida: October 26-31

My Florida schedule is filling up fast; schedule your appointment now!

Do you want to schedule a consultation in a city not on my current schedule?

E-mail me (carol@FengShuiForRealLife.com) for details about scheduling a consultation in your location.

I welcome your referrals in these and other cities nationwide.

Custom Workshops

Feng Shui is a popular topic for luncheon and dinner 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!**

Here are some of the most requested topics:

Asian Pacific American Heritage Month Themes

Bedroom Feng Shui

Clutter Clearing Tips to Fatten Your Bank Account

Feng Shui Clutter Clinic

Feng Shui for Children's Rooms

Feng Shui Goes To Work

Feng Shui in the Garden

Feng Shui, Love, and Relationships

Feng Shui and The Secret

Holiday Luncheons (December)

Home Office Feng Shui

Introduction to Feng Shui

Look Twice, Buy Once for Home Buyers

Quick Fixes for Common Decorating Mistakes

Sell It Fast with Feng Shui

E-mail me (carol@FengShuiForRealLife.com) or call (1-800-652-9038) for details about scheduling one of these topics or a customized session for your group in your location.

Partner Profile

The Sussman Company, Virtual Office Assistants

If you are starting a business or need help with administrative tasks for your existing small business, The Sussman Company can provide Virtual Office Assistants to take on the small but important administrative and marketing tasks that make your business run smoothly. The Sussman Company specializes in website maintenance, blog assistance, writing and editing, e-newsletter publications, real estate support services, brochures, desktop publishing, and general administrative tasks to support your business. Their reasonable rates and flexible approach allow them to tailor their efforts to match your needs. Owner Jill Sussman and her team never stop working on your project until it is done right!

Check out the company website at SussmanCompany.com, where you can get a full list of services and a free cost

estimate on your project.

Beyond Feng Shui

Preventing Identity Theft

Almost 9 million Americans are victims of identity theft each year. That's a staggering number, but you can take some simple steps to help reduce your risk of becoming the next victim. The first step is reviewing your credit card and bank statements as soon as they arrive to monitor for unauthorized transactions, and contacting your bank or credit card if a statement is late. Here are a few other things you can do:

- Avoid giving out your personal information over the Internet or phone unless you have initiated the contact. Identity thieves are skilled at posing as representatives from banks, credit card companies, and the government.
- Use intricate passwords for your e-mail and Internet accounts, combining numbers with capital and lowercase letters; avoid easily guessed passwords like your birth date, maiden name, or phone number.
- Shred all documents that show your personal information.
- Avoid leaving outgoing mail in your home mailbox where it can easily be stolen; instead drop it directly into a postal box.
- Cancel credit cards you don't use, and be sure to tell the company to make a note that the "card was cancelled at the cardholder's request" in your file.
- Keep your Social Security card in a safe place rather than carry it with you; try to use an alternative form of identification wherever possible.
- Turn on SPAM filters for your e-mail, and be suspicious of any e-mail that asks for personal or account information.

If you are a victim, contact the three major credit bureaus:

Equifax: 1-800-525-6385, www.equifax.com

Experian: 1-888-397-3742, www.experian.com

TransUnion: 1-800-680-7289, www.transunion.com

This information appeared in an informative monthly mailing from Peter Van Ness at Barker Realty in Santa Fe. For more information about Peter's monthly mailings, contact him at pvnrealtor@msn.com or 505-660-6409.

To My Readers in Santa Fe and Albuquerque: Business Woman of the Year Awards

As many of you know, I am an active member of Capital City Business and Professional Women (CCBPW) in Santa Fe. I wanted to let you know that CCBPW is now accepting nominations for the 2008 Santa Fe Business Woman of the Year Award.

This program honors business and professional women who have distinguished themselves in their careers and in other activities in the Santa Fe community. A Gala Awards Banquet to honor the 2008 recipients will be held on Tuesday, October 21 at the Santa Fe Country Club.

Nominations are due by **Friday, September 26**. To submit a nomination, please provide the following information and e-mail or fax as indicated below. Please note that self nominations are permitted and encouraged.

NOMINEE'S NAME:
PHONE NUMBERS:
EMAIL:
CATEGORY:
 FOR-PROFIT/CORPORATE
 NONPROFIT

Nominator: Please provide your contact information:

Name:
Phone:
Email:

Send this information to:
Dolores E. Roybal
E-mail: deroybal@hotmail.com
Fax: 438-6223

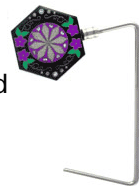
On-line Store



FengShuiForRealLife.com On-Line Store
This section of my website features products and services available to help you make Feng Shui improvements in your home and office. Check out what is available: FengShuiForRealLifeOnLineStore.

Purse Hangers make great gifts!

Putting your purse on the floor represents disregard for your wealth in Feng Shui. A purse hanger lets you hang your purse safely from the table.



Order your purse hanger at
FengShuiForRealLifeStore/Pursehangers.

MarketPlace

Services to Help You

This section of my website includes 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.

Here is the featured MarketPlace partner for this month:

Penny Lane Shops

PennyLaneShops.com is an online store featuring old and new home furnishings and accessories for the "home with a heart." Owner Penny Latham believes that homes should say who we are, what we believe in, and what our values are. She takes pride in an eclectic collection of home furnishing "finds." *Recycle, reclaim, and repurpose* is the mantra of this online store. Take a look at the site to view the current collection: PennyLaneShops.com.

Please check out the entire list of partners in the Quick Links section.

FYI

Do You Want to Use Articles From This E-zine?

While articles in the *Feng Shui For Real Life E-zine* are copyrighted, I encourage you to reprint them and link to my web site. I ask only that you credit *Carol M. Olmstead* as author and include my website address or link to my website FengShuiForRealLife.com when you print the article or use it online.

Make Sure You Receive Every Issue of This E-zine.

To ensure that your copy of the *Feng Shui For Real Life E-zine* does not get caught in any SPAM filters, please add my e-mail address (carol@FengShuiForRealLife.com) to your address book or approved senders list. Thank you!

My Client-Focused Approach to Feng Shui:

When I recommend Feng Shui changes or "cures" for a home, office, or business 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 improvements that are based on solid Feng Shui principles and fit in with the way you live in your home and work in your office. I try to recommend several practical solutions to Feng Shui issues that are appealing to you and fit your decor and your budget.

For more information, contact:
Carol M. Olmstead, FSII
Certified Feng Shui Practitioner
1-800-652-9038

Feng Shui For Real Life, LLC, and the *Feng Shui For Real Life E-zine* serve as a reference and guide for the principles of Feng Shui and as such bear no responsibility for results a client or reader experiences. Individual results may vary based on the client's participation and intent.

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