



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

Introducing My New Website!

To coincide with the release of my new book, the *Feng Shui Quick Guide*, I have revised and updated my website, FengShuiForRealLife.com. The new site is easier to navigate, has new graphics, an updated Online Store (where you can buy my book!), and an expanded media room where you can read all of my articles. The site is designed in a Feng-Shui friendly layout: the pointed mountains at the top of the site in the Fame/Recognition area activate the Fire Element; the waves at the bottom in the Career area activate the Water Element; the E-zine Subscribe box at the bottom left corner occupies the Knowledge/Wisdom area and links to the newsletter Archives. Plus you can watch my videos directly from the home page.

Check out the site and [let me know](#) what you think. There will be more information about using Feng Shui to create your own powerful web presence in future issues of this e-zine.

Kudos to everyone at [Studio X](#) for creating my beautiful new site.

At Last, My Book is Here!

Feng Shui Quick Guide for Home and Office:



Secrets for Attracting Wealth, Harmony, and Love

I am thrilled to announce the publication of my new book, the ***Feng Shui Quick Guide For Home and Office: Secrets for Attracting Wealth, Harmony, and Love!*** The book gives you practical advice, easy-to-follow basics, and quick tips to make the practical magic of Feng Shui work for you.

For the past 12 years, the goal of my Feng Shui consulting practice has been to make the ancient practice of Feng Shui relevant to our contemporary world. Now, with the urging of my many clients and students, I have written this book to share the practical magic of Feng Shui with more people than I can possibly reach through my practice. And to thank them for their encouragement, I have sprinkled my clients' success stories throughout the pages to illustrate how everyday people made simple changes with big results.

Two of my favorite chapters among the 12 in the book are "Just Say Throw," a month-by-month guide to clearing your clutter, and "A Year of Transformations," a day-by-day calendar of 366 fast-fix Feng Shui tips for all the events in your life. A forward by noted Urban Planner Ben Sussman provides a thought-provoking examination of how our built environment affects us profoundly, both inside and outside our homes. Plus you will find useful tables, illustrations, a glossary of Feng Shui terms, and links to download free bonus articles including "Feng Shui Tips to Help Recession-Proof Your Life."

Many thanks to [Pneuma Books](#) for the incredible cover design, graphics, and production.

Just in time for holiday gift giving!

Order your copies now from the online store at FengShuiForRealLife.com.

Please call 1-800-652-9038 to inquire about discounts for orders of multiple copies.

***Feng Shui Quick Guide For Home and Office:
Secrets For Attracting Wealth, Harmony, and Love***

By Carol M. Olmstead, FSI
ISBN: 978-0-9815735-0-2
296 pages. Illustrations, glossary, index.

\$15.95 plus shipping and handling.

Feng Shui Tip

Spiders, Cobwebs, and the Oval Office

What do these seemingly unrelated things have in common with Feng Shui? Read on...

For some time I had been watching a spider web grow on the outside of a tall window in our family room. While I certainly appreciate the intricacies of a web, I have to admit that spiders creep me out, so after Halloween it had to go. My ever-attentive husband brought out the ladder and got rid of the web for me. When I told him that in Feng Shui webs represent being caught up and unable to move forward, he went around the house to check the rest of our windows, and cleared out more than the usual number of webs. This seemed to me the perfect metaphor for what is going on with our country. So we attached the Swiffer duster to an extension pole and checked for cobwebs in all the skylights, recessed light fixtures, and other easy-to-ignore places inside the house. Wow, what a fall cleaning project!



Now, here's where the Oval Office comes in. I have been waiting to write about this until after the election because it seems to me that with a change in administration it's time to symbolically clear the cobwebs out of the Oval Office. So, I have this Feng Shui advice for President-elect Obama: Mr. President, move your desk!

In its traditional position, the President's desk is situated in front of a window. This placement signifies "weak support" in Feng Shui because there is nothing solid behind the desk to support the person who uses it. Think about what previous presidents have dealt with in terms of Congressional and international support and you'll get the picture. The best position for President Obama's desk is with his back to a wall, but not directly in a straight line with the main door, which would expose him to too much harsh energy of the world's problems coming in his door.

But, since the White House usher will surely want to uphold tradition, I assume that the desk will remain in its historic location when the new President takes office. Therefore, I would like to offer President Obama a few suggestions:

- *Keep your curtains closed.* This will give some feeling of insulation against the hostility of the outside world.
 - *Place a photo of your grandmother on the table behind you.* That way, she will continue to "have your back" when things get tough, even though she is no longer here to support you.
 - *Display objects behind you that are personal symbols of strength, compassion, knowledge, and wisdom.* Perhaps a framed quote from Abraham Lincoln would serve as guidance when times get tough.
 - *Arrange photos of your family to keep you grounded.* Be sure to frequently update the photos of your children to symbolize their continued growth and good health.
 - *Add a lush, bushy plant or flowers behind you.* This will connect you with nature and the living world outside the Oval Office to remind you to always "stop and smell the roses," even when the challenges appear overwhelming.
- And it's fine to have the new "first dog" visit the Oval Office frequently because pets bring positive, active chi (yang energy) to a room.

It's a good thing that the Oval Office is located in the Power area of the White house, because there are many more things I would rearrange and adjust, especially those doors that "disappear" into the walls. However, I'll save that for a future e-zine article, or for the day when I get invited to Feng Shui the White House!

Want to know more about "The Chi of DC?" Read my analysis of the chi in our Nation's Capital in the [Media Room](#) on my website.

Clutter Clinic

Fast-Fix Clutter Clearing Secrets

Are you feeling rushed with Thanksgiving this week and Christmas and Hanukkah right around the corner? Here are a few fast-fix clutter clearing secrets you can use when your time is limited.

If you only have 1 minute to clear your clutter today...

Use it to think about this:

If you're finished with it--put it away.

If you can't use it anymore--give it away.

If it's used up--throw it away.

If it doesn't make you smile--toss it away.

If you only have 5 minutes to clear your clutter today...

Focus on one of your personal clutter "hot zones," like your kitchen counter, your bedroom closet, or your office desk drawer:

Pick up 5 things that are out-of-place and find better homes for them, even if the appropriate place is in the trash or recycling.

If you only have 10 minutes to clear your clutter today...

Set a timer and plow through one of the tasks on your "To Do" list:

- Organize one shelf in the pantry.
- File one stack of papers.
- Rearrange the bottom of the hall closet.
- Clear out your wallet, purse, or briefcase.

If you have 15 minutes to clear your clutter today...

It's time to get started on the *Feng Shui For Real Life 5-Step Clutter-Clearing Process* described in my [new book!](#)

Success Story

Following the "Toilet Seat Rule"

I love my job! For more than 12 years I have been meeting great people and getting to see their homes, offices, and businesses. I give them advice, they make changes, and then they send me the most amazing success stories. Keith's success from a few quick changes is a good example.

I met Keith West when I gave a workshop in his building. His spa management business, [Spa Enrichment Strategies](#) is one of the occupants, and he took a lot of good-natured ribbing from his colleagues during the session about his notorious clutter issues. The following week, I received this series of e-mails from Keith:

Keith: We implemented the "keep the toilet seat closed" rule and made an unexpected \$4,000 this week!

Carol: You're kidding me!

Keith: We are totally serious about the \$4,000. It was great! We also threw out a couple of dead or near dead plants. I haven't even tackled my clutter yet, so I am excited to see what else happens.

Carol: That's terrific!

Keith (next day): We just got another good contract in that has been stalled for about 4 months... total is now \$9,000 since we met you!

Carol: !!!

With stories like these, you can see why I love what I do!

You can find the link to Spa Enrichment Strategies and other companies and services that can help you grow your own business in the expanded [Links Section](#) of my website.

Feng Shui Q& A

Q: I have invited my entire family for Christmas dinner this year, but they don't always get along. Any suggestions for promoting family harmony and reducing conflict around the table during the holidays?

A: If your family is prone to arguments, reduce the yang (or active) energy by keeping the lights low and decorating with soothing earth and wood tones like brown and green. Keep shiny surfaces to a minimum and stow the carving knife out of sight to avoid sharp words at the table. Avoid displaying plants with sharp or pointed leaves as a centerpiece, and if you choose roses be sure to remove the thorns. 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 especially annoying relatives.

Q: I keep my suitcases under my bed because I travel quite a bit. Is that OK?

A: The Feng Shui rule of thumb is to avoid keeping anything under your bed so the chi can circulate around you and encourage peaceful sleep. But the answer also depends on whether you like to travel. Keeping suitcases under a bed symbolizes being ready to "pack up and move out" on a moment's notice, especially if you keep them filled with your travel necessities. If your travels are for pleasure and you want them to continue, it's fine to keep your suitcases under the bed. You could even pack them with guidebooks and photos of places you want to visit. But if you are tired of business travel or it is interfering with your relationships, it's time to move those suitcases out of your bedroom and into a closet. If you want to stop traveling but have no other place for your suitcases, put a rock in each one and cover with a blanket to symbolically help them stay put for a "rest" and keep you grounded at home.

Do you have a Feng Shui question that you would like to see answered

in this column? Submit your queries to:
carol@FengShuiForRealLife.com.

In The News

Southwest Flair Magazine

My new article, *10 Feng Shui Secrets for Clearing Your Clutter*, appears in the November 2008 issue of **Southwest Flair Magazine**. The tips include such advice as "Do the Feng Shui Fling," "Make Room for a Relationship," and "Let Your Old Clothes Go." You can read the entire article at www.SouthwestFlair.com.

Do You Want More Feng Shui News Tidbits?

If you want Feng Shui tips and news tidbits 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.

Thanksgiving Decorating Tips

If you are decorating your table for Thanksgiving, but you are preoccupied with finances this year, choose muted colors like olive, brown, and pumpkin. These colors are associated with safety, protection, and support and will make you feel more grounded and content.

And here's another decorating tip for Thanksgiving, which you can find in the "Calendar of 366 Feng Shui Tips" that's included in my [new book](#):

Plan Thanksgiving decorations based on the meaning of their colors and shapes: squares for unity, circles for lively conversation, and the color orange for connection.

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: December 1-12

New York City: December 16-20

Washington, DC/Maryland: December 22-24

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 One-of-One Shop

If you are looking for affordable and one-of-a-kind gifts for family, friends, or to treat yourself, and you are lucky enough to be in Santa Fe this holiday season, check out **One-of-One**, the new shop at the Santa Fe Railyard. This shop is quickly becoming the Railyard's General Store. It features a unique collection of contemporary, retro, and vintage items, including inexpensive stocking stuffers starting at 25¢. One-of-One is also a working studio where you will find owner Melissa Moore's handmade blankets, pillows, and aprons, as well as fabric yardage. You will also see cookbooks, toys and games, penny candy, purses, and household decor. And since the shop is at the Railyard, of course there are train books. There is even an impressive retrofitted vintage stove. One-of-One is located at 1609A Alcaldesa Street in a one-of-a-kind freestanding building across from the Water Tower. Call 505-983-7939 for store hours.

Beyond Feng Shui

Save on Utility Bills

Saving money is always good Feng Shui, and with the coldest winter months still ahead of us, here are a few ways to save money on your utilities:

- Use your curtains to save money: keep them open during the day to let in the sunshine, then close them at night against the cold.
- Insulate your hot water heater, especially if it is more than 7 years old and less energy-efficient.
- Invest in a programmable thermostat and set it to lower the temperature during the times your home is vacant.
- Unplug your rechargers when not in use because they draw power even if they are not connected to your phone, iPod, or other devices.
- Clean your heating system and replace the filter monthly.
- Wash your clothes in cold water; 90 percent of the energy used by a top loading machine come from heating the water.
- Switch to a low-flow shower head because there will be less water to heat.

Do you have other energy-saving tips? [E-mail](#) your suggestions and I will share them in a future issue of the e-zine.

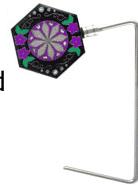
On-line Store

Feng Shui For Real Life On-Line Store

The online store on my website features products and services available to help you make Feng Shui improvements in your home and office. Check out what is available in the [store](#) this month.

Purse Hangers make great stocking-stuffers!

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. It's the perfect gift for friends, family, or yourself!



Order your [purse hanger](#) from the online store.

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.

E-zine Archives

If you missed any previous issues of the *Feng Shui For Real Life E-zine*, the archives can be accessed via the [newsletter subscribe page](#) on my website.

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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