



## Feng Shui For Real Life E-Zine

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Welcome to the *Feng Shui For Real Life E-zine*, 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.

Please visit my updated and revised website, [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com), where you can order my new book, the [Feng Shui Quick Guide For Home and Office: Secrets For Attracting Wealth, Harmony, and Love](#).

--Carol Olmstead

### Feng Shui Tip

#### Feng Shui Tip: What To Bring With You Into the New Month

In the December e-zine, I recommended five things to bring with you into the new year to help attract wealth and abundance. If you missed last month's e-zine, here is a quick review:

1. **New Wallet**--as a sign you are ready to attract prosperity.
2. **Large Tote Bag**--to carry around all the new things you can afford to buy in the new year.
3. **Red Shoes**--to help stomp out all the financial frustrations of 2008 and step forward in 2009.
4. **Gold Jewelry**--to symbolize your continued ability to treat yourself.
5. **New Watch or Clock**--to assure you are always moving forward.

I received so much positive feedback about that article--especially from the many women who are now searching their neighborhood shops for red shoes--that I decided to start off 2009 with a few more tips. Even though we are halfway into

January, you can still continue to bring objects into each new month to help assure your financial well-being:

- **A deposit.** If you receive a payment from a client, a salary check, or a refund toward the end of the month, defer depositing it until the first of the next month, preferably before you withdraw any money that month. This symbolizes earning more money than you need to spend.
- **An item that represents increased monthly income.** Is there an object that represents more clients, a promotion, or a better job for you? In my case it's the "client information sheet" that I fill out as soon as I am contacted by a potential client. On the first of every month I print out multiple copies of the sheet as a symbol of being prepared for all the clients that will be coming my way.
- **A check for "spending money."** Write yourself a check for a high value and include a specific notation such as "to buy a new car" in the memo field. Then fold up the check and hide it away in your wallet where it will symbolically attract enough money to help achieve what you have written. Every few months as you reach your dreams and set new goals, replace it with a check that has a new notation. Be sure to write "for deposit only" with your bank account number on the back of the check.
- **Healthier plants.** Examine your plants at the end of each month. If any look weak and unhealthy, plan to replace them on the first of the next month. This is especially important for plants in your office and in the Wealth Area of your home, since they represent growth of your income.

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## Clutter Clinic

### Making Space For Good Things To Flow

If you have been reading my e-zine for a while, you know that on New Year's Day I always undertake a major cleaning and clearing project. And, in fact, a few readers wrote me before the end of last year asking what clutter-clearing project I had planned for 2009 so they could do the same.

The big re-arrangement this year was the garage. As it is for many of my clients, my garage occupies the Helpful People area of the bagua. (See the "[Basics](#)" section of my website for an explanation of the bagua areas.) This is the area that relates to Clients, Mentors, Travel, and in general to attracting people who will support you as you move toward your life goals. Clearly, this is a place to keep clear and

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clutter-free. But how many of us can say that about our garages on a daily basis? It took most of the day (well, how many bowl games can you realistically watch in one day?) and a series of trash bags set up for the recycling, free-cycling, donations, and just plain trash, but the space is now open and clear to allow new energy to flow throughout this critically important space. And the added benefit is that we can comfortably fit both cars in the garage.

The result? In the first week of the new year my [Feng Shui Quick Guide](#) went international, as I received a large order from an international library service in Singapore, and I contracted to work with two new clients. Was it cause and effect? I invite you to clean out your garage next weekend and see for yourself.

## Success Story

### **Eileen and Steve's Career Success**

The chi in Eileen and Steve's house was low when I first came to see them. The home had no real foyer, so when I stepped into the home I was standing right in the middle of Steve's office. No wonder he was struggling to finish writing his first screenplay--he was too distracted by everyone and everything coming and going around him. Eileen, a fiber artist, had set up her studio in the basement, which she shared with the washer and dryer, old paint cans, and lots of clutter. Neither one of them was working in a space conducive to career success. I recommended a few strategic changes that paid off in big results for the couple.

First, I helped them use floor plants, an area rug, and a small table to create a foyer in their home. Next, we used more plants as a living screen (to symbolize growth as well as to provide privacy) to create a space in the living room where Steve could work. Downstairs, I recommended that Eileen screen off the laundry area with a bamboo floor screen so she had a more attractive view while she worked. I also suggested she clear out the clutter, paint her studio a sunny yellow, and hang some of her finished pieces around her as motivation.

When the changes were in place, each of them felt better and more creative working in their respective space. Now Steve has an option on his screenplay and Eileen was offered the

opportunity to exhibit her designs at a local gallery.

## Feng Shui Q&A

**Q: There are two entrances to my dining room. Which one do I use to orient the bagua map?**

**A:** When there is more than one doorway or entry to a room, choose the entrance that you primarily use to enter that room as the one you use to orient the bagua. In the case of a dining room, this would typically be the entrance your guests would use, rather than the entrance from the kitchen. You can find out more about the bagua map in the "[Basics](#)" section on my website.

**Q: How do I get my "ex" out of my life? I am trying to move forward but I feel like I am still surrounded by memories of my ex-husband, especially in the bedroom.**

**A:** If you are still sleeping in the same bed and on the same sheets as you did before your divorce, you run the risk of sleeping with any negative energy from that previous marriage. It's time to replace your bed and buy yourself new bed linens, and if you can afford it, also replace any furniture that you acquired while you were married. If you still have photos of the two of you, move them out of the bedroom, along with any objects you acquired during your marriage or gifts your ex-husband gave you. Move these objects out of your bedroom or you will be sleeping with all of their memories. If these items are valuable, sell them or give them to a family member who might not have so much emotional energy invested in them. Redecorate your room with artwork that shows images of the positive way you want your future romantic relationship to feel.

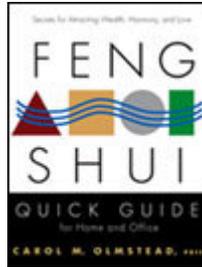
**Q: I bought your book and went right to the day-by-day calendar. On January 1 you recommend "moving 27 things" to encourage something new to flow into your life. Why 27, and not 26, 28, or even 30 (maybe I haven't read that part yet)? I am enjoying reading your book and hope it becomes a *New York Times* bestseller!**

**A:** Thanks for your compliments! Make sure you read the rest of the book because there is more about the number 27. The number 3 is considered important in Feng Shui because when you arrange three things they can form a triangle, the powerful "Fire" Element (see Chapter 5 in the book). Since the number 27 is an even more powerful permutation of 3s ( $3 \times 3 = 9$ ,  $3 \times 9 = 27$ ), moving 27 things can be especially fortuitous. But no matter how many things you move, the bottom line is that when you rearrange things you make room for something new to flow into your life, which is especially

important at the beginning of a new year.

*Do you have a Feng Shui question that you would like to see answered in this column? Submit your queries to: [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com).*

## Tips From the *Feng Shui Quick Guide*



### **New Feature! Tips From the Calendar in My Book**

My new book, the *Feng Shui Quick Guide For Home and Office*, includes a day-by-day calendar of 366 fast-fix Feng Shui tips to help you bring the practical magic of Feng Shui into your life throughout the seasons. Each month in this section I will include one of the tips from that calendar. You can read all 366 tips and more when you buy the book!

Here is one of the tips for January:

**January 20:** *If you want to eat less this year, slow down your eating by using blue plates since this color reduces appetite, blood pressure, and pulse.*

**Order your copy of the *Feng Shui Quick Guide For Home and Office* at [FengShuiForRealLife.com](http://FengShuiForRealLife.com).**

***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.***

The **Feng Shui Quick Guide** gives you easy-to-follow basics, quick tips, and success stories from real people who made simple changes with big results. Chapters include "Just Say Throw," which is 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. Make the practical magic of Feng Shui work for you...order your copy today.

**Discounts are available for orders of multiple copies of the book** so you can give the book to your clients, colleagues, or friends. Please call 1-800-652-9038 or e-mail

carol@FengShuiForRealLife.com for pricing.

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## In The News

### Feng Shui in Moscow

Feng Shui is growing in popularity around the world, as evidenced by this article from the *The Moscow News*:

*If like many Muscovites today you are renovating your apartment, you might choose to avoid sharp corners and consider the "flow of energy" when selecting and arranging the furniture. And if you are one of the growing number building a new living space outside the city, you might even choose the location not for its price or beauty, but according to the mandates of an ancient Chinese practice. This is because Feng Shui, the ancient Chinese art of harmonious arrangements, is growing in popularity in Russia. Feng Shui arrived a bit later to Moscow, but its principles are now becoming more than just a superstitious fad.*

*"It's people of all types who hire a consultant, mostly women," Tatyana Shumilina, a Moscow Feng Shui consultant, told The Moscow News. "Many of the consultants practicing in Moscow today take their work very seriously, investing significant time and money into their study of what has been called both a science and an art," she said.*

*In the past few years, schools of Feng Shui have popped up all over the city, and the number of consultants grows accordingly. Moscow apartments, homes, stores and shopping centers number among the many locations choosing to look East.*

### 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](#) 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.*

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## 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).

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**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?**

Here is my schedule for January

**Santa Fe/Albuquerque:** January 12-23

**South Florida:** January 26-28

*Are you interested in a consultation while I am working in **South Florida**? I have only a few openings in my schedule so please call now to hold your time slot. (1-800-652-9038).*

**Washington, DC/Maryland/Virginia:** January 29-31

If your city is not on my current schedule, [e-mail](#) 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!**

### **New Workshop for 2009!**

#### ***Feng Shui Tips to Recession-Proof Your Life***

By popular demand, this workshop presents simple strategies and everyday changes you can make to attract prosperity and retain the wealth you have already accumulated.

### **Bring one of my workshops to your city!**

[E-mail](#) or call (1-800-652-9038) for details about scheduling one of these topics or a customized session for your group in your location.

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## Partner Profile

### **Firefly Santa Fe**

Firefly Santa Fe reaches out to non-profits and small businesses for a variety of marketing and communications needs. First and foremost, Founder and President Rubina Cohen loves to teach clients how to think like a marketer through thought-provoking yet cost-effective workshops. She also provides marketing and communications services from start to finish, from creating the plan to implementing it. Some organizations and businesses have very specific needs, which is why she creates customized packages for them. The most important thing Firefly Santa Fe can do for your small business or non-profit this year is to create a marketing and communications plan. Firefly Santa Fe's creative headquarters lie among the foothills of the Sangre De Cristo mountains with inspiration all around. Rubina's main focus is currently on northern New Mexico, with future plans to grow nationally and internationally.

If you don't already have a marketing strategy, contact Rubina to learn more about her refreshingly quick and painless process to creating a plan for you. Visit online at [fireflysantafe.com](http://fireflysantafe.com), call 505.695.0663, or email [rubina@fireflysantafe.com](mailto:rubina@fireflysantafe.com).

## Beyond Feng Shui

### **Keeping Your New Year's Resolutions**

Did you make New Year's resolutions? According to [www.USA.gov](http://www.USA.gov), the U.S. government's official web portal, every January Americans commonly resolve to:

- Lose weight
- Manage debt
- Save money
- Get a better job
- Get fit
- Eat right
- Get a better education
- Drink less alcohol
- Quit smoking
- Reduce stress overall
- Take a trip
- Volunteer to help others

Whether or not your personal resolutions are on this list, the American Psychiatric Association offers some hints to help you keep your resolutions this year:

*Keep Trying.* Everyone has made and broken past resolutions, but that doesn't mean that you won't succeed this time. Start with a positive approach, including thinking about what has disrupted your good intentions in the past.

*Avoid making too many resolutions.* Trying to eat better, exercise more, quit smoking, and reduce stress may be too much to handle all at once. Pick a few realistic, attainable goals with a reasonable time frame.

*Choose your own resolution.* Make sure this is something that you want to accomplish for yourself and not for friends or family.

*Make a plan and write it down.* Plan what you'd like to accomplish in three to six months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going, and writing them down helps you track your progress.

*Forgive yourself.* If you get off track, don't think that you failed. Review your plan, make adjustments, and keep on going.

*Congratulate yourself.* Reward yourself when your intermediate goals or resolutions are met.

**And, of course, scheduling a Feng Shui home or office consultation and making a few strategic adjustments will help you stick to your resolutions!**

*NOTE: The [www.USA.gov](http://www.USA.gov) site covers more practical topics than resolutions, and allows you to access government services from your computer. The site includes 100 online services (ranging from address changes to zip code lookup), plus organizational indexes for Federal, State, local, and Tribal government, and various government forms.*

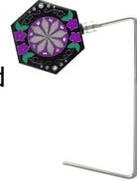
**On-line Store**

## 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 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. 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](http://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](mailto: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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