



Feng Shui For Real Life E-Zine

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Welcome to the *Feng Shui For Real Life E-zine*, a monthly e-mail magazine 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 website

FengShuiForRealLife.com.

Red Wallet Success Stories: Did you buy a new red wallet after reading the tip in my e-zine? If you did, I would love to hear what happened. So many readers have already told me their red wallet successes that I plan to include their stories in a future issue. Send me your story so I can include it!

--Carol Olmstead

Feng Shui Tip For February

Rev Up Your Love Life for Valentine's Day

Do you need to warm up your relationship? Try painting your bedroom walls a "skin-tone" color like ivory, beige, rose, brown, or chocolate. Just be sure to avoid painting your bedroom lavender, the color of chastity, which may be great for your teenage daughter's room, but not for yours.

Here are 5 more of my favorite tips to rev up your love life on Valentine's Day, and all year long:

1. Place objects in pairs in your bedroom (two candles, two hearts, a vase with two equal size flowers) to enhance your romance or marriage.
2. A bedroom should be for rest and romance only, so remove things that keep you from focusing on love-- especially clutter, dirty clothes, and the cat's litter box.
3. Display a current photo of you and your spouse/partner doing something fun or romantic; if you aren't in a relationship right now, display a romantic image.
4. Add a bowl of candy kisses to the Love/Marriage area of your bedroom to sweeten your relationship (see the [Basics](#) tab on my website to find this area).

5. Remove the extra pillows and stuffed animals from your bed because they send the message that you have no room for anyone else to join you.

Feng Shui To The Rescue

Can The Mighty Ox Pull Us Out of The Muck?

Whether or not you follow the Chinese zodiac, it has been hard to ignore all the conflicting predictions about this Year of the Ox.

The ox, one of 12 animals in the Chinese zodiac, symbolizes calm, hard work, resolve, and tenacity. President Obama was born in the Year of the Ox, as were other notables including Bach, Van Gogh, Walt Disney, Princess Diana, Margaret Thatcher, Bruce Springsteen, George Clooney, Bill Cosby...and me.

Some Asian numerologists believe that being an ox leader in an ox year is negative, especially since the ox year lacks enough of the Fire Element. Others worry about the symbolism of Obama's being the 44th president because the number 4 is considered unlucky to Asians. And others express concern about a "pair of oxen" in charge of the U.S. economy, because Treasury Secretary Geithner is also an ox.

On the bright side, the ox is the quintessential hardworking cleaner-upper, so the Year of the Ox could put everything back in order by clearing any clutter left behind from the just-ended Year of the Rat. And some believe that President Obama's birth year of 1961 will offset any bad luck because it is the perfect mix of yin and yang, making him immune to the effects of 44.

Whether or not you worry about the Year of the Ox, one way to allow Feng Shui to rescue you in these troubled times is to be more like the hardworking ox: strive for simplicity and order by reducing clutter around you and fostering teamwork in all of your endeavors. You can also surround yourself at home and at work with shades of red and triangular shapes to activate the Fire Element in your personal and professional life.

Clutter Clinic

What To Keep "Under Your Hat"

This month marks Abraham Lincoln's bicentennial, and legend has it that his favorite organizing trick was to keep letters, bills, and notes in his stovepipe hat.

In celebration of Lincoln's birthday, February is the perfect month to go through your home and office to decide which items are worth keeping "under your hat" and which ones you

can sell, donate, or toss. The more you move out, the less likely you will need such a large "hat."

Step 1: Log onto [eBay](#) and find out how much money a similar item recently sold for on the site.

Step 2: If the item sold for an amount that you believe is worth your time and effort to sell (for example, my bottom line is \$50), sell the item. You can also sell your items through [Craigslist](#), consignment stores, pawn shops, and garage sales.

Step 3: If the item sold for an amount less than your time and effort to sell it but greater than zero, consider donating the object to charity or posting it on [Freecycle](#).

Step 4: If you can't find a similar item for sale on eBay and you think the item is junk, recycle or trash it.

A good rule of thumb is that you should not donate an item that no one is willing to pay for, because it costs charities time and money to sort through the junk.

This 4-step process is courtesy of the always helpful website www.unclutterer.com.

Success Story

An Unexpected Gift

I received this e-mail from a client in Washington, DC:

I have to tell you about something that I did as a result of reading your book. I was sitting in my living room reading the book and looking at the page where you show furniture arrangement. I realized that in order to make my living room more welcoming and be able to "see" who comes in, I needed to turn my small French desk on an angle, facing the door. So I did it, and then followed that by making a little reading nook near the bookcases. It's so much more comfortable in there now that I realized why I hadn't been going in there very often. Once I rearranged the furniture it seemed to invite company. Soon after, I received a call from a couple in California we had met on a cruise the month before, asking if they could stay with us during the Inauguration. I'm not sure why, but I immediately said "yes" even though we were planning to watch the festivities alone at home. When our guests arrived they brought an unexpected gift: two seats for the Inauguration, quite close to the President and with an unbelievable view of the millions of people gathered. It was a once-in-a-lifetime experience.

Guess I need to get ready for more unexpected company and more amazing experiences...

Feng Shui Q&A

Q: I am trying to be more frugal in these troubled times, but in the back of my head I am hearing a voice that says that if you cut back then the universe says "OK, your wish is my command." I have lowered my rate for some clients because I don't want to lose their business, and I'm holding on to things instead of replacing them. How do you balance spending less and holding on to more? Are there some Feng Shui fixes for troubled times?

A: There is no doubt that Americans are hunkering down and saving more. The *Washington Post* recently called this phenomenon the "paradox of thrift:" what's good for individuals (spending less and saving more) is bad for the economy when everyone does it. Perhaps the best way that a type of "frugal Feng Shui" can come to your rescue in troubled times is to take a look at what you are holding on to and make sure these things are not holding you back. For example, are you keeping things that you associate with unhappy memories? If so, it's best to replace them with things that remind you of more prosperous times. And pay attention to what needs to be repaired, and fix it as quickly as you can afford to. That way you can tap into the positive energy of change, harmony, and hope.

Q: I am trying to help my elderly mother clear the clutter out of her garage, but she is being resistant to getting rid of anything. I keep setting aside a whole day to work on the garage, but she won't budge. The most frustrating part is that the garage takes up the entire length of the house, which I know includes several important life areas. I put a mirror inside the door reflecting it all back into the garage. Was that the wrong thing to do?

A: My concern about the mirror is that although it is reflecting the clutter back into the garage, it is also keeping the positive energy from entering three critical bagua areas of your home that the garage occupies: love, creativity, helpful people [go to the [Basics](#) tab on my website to find out more about the bagua areas]. Try removing the mirror and see if that opens up your mother's ability to deal with the clutter. And your clutter clearing might be more successful if you took it very slowly, and worked in only one small area of the garage. There is a step-by-step clutter clearing process outlined in my book where you work for only 20 minutes at a time. With your mother, even 10 minutes a day would be a start.

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

Tips From the *Feng Shui Quick Guide*

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. Here's a tip from this month's calendar:

Don't be a "one night-stand." Make sure you have two night stands in your bedroom; for singles the second table invites a partner into your bedroom, for couples it encourages equality in your relationship.



**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
Monthly clutter-clearing guide, calendar of daily tips,
glossary, 296 pages.

\$15.95 plus shipping and handling
Discounts available for orders of multiple copies.

Special Valentine's Day Gift: Everyone who orders the book from my website through February 14 will receive the free Special Report, "27 Ways To Rev Up Your Love Life."

Order at FengShuiForRealLife.com or call 1-800-652-9038.

In The News

Feng Shui Guides Asian Investors

Forget your broker: in Hong Kong, when a Feng Shui master talks, people listen. According to the [Wall Street Journal](#), Hong Kong investors increasingly are turning to Feng Shui to help them make investment decisions.

The *Journal* recently reported that about 170 investors, each with a net worth of at least \$1 million, met to ask Feng Shui experts questions about the markets for 2009.

In Hong Kong, the business elite routinely consult with Feng Shui experts on money matters, and after a year of huge financial losses they're finding an especially receptive audience. Feng Shui practitioners report a steady stream of bankers and high-powered money managers seeking stock picks. Hong Kong practitioners are recommending putting money in stocks tied to the elements of Fire and Wood, including companies in the energy, electronics, and agriculture sectors.

In addition the city's biggest publishing house says sales of Feng Shui books is up 20% over last year, and the popular "Feng Shui index" was brought out of retirement this year, with Feng Shui investment guides being mailed to 5,000 money managers at 1,200 institutional firms.

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.

Home and Office Consultations

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: February 9-24

Washington, DC/Maryland/Virginia: February 25-28

Looking Ahead:

Denver: March 10-12

[E-mail](#) if you are interested in holding a time in Denver.

If your city is not on my current schedule, call 1.800.652.9038 for details about scheduling a consultation in your location.

I welcome your referrals in these and other cities nationwide.

WORKSHOPS

Workshops Open to the Public:

Lecture and Book Signing:

"Feng Shui Secrets For Attracting Wealth, Harmony, and Love in 2009"

Saturday, February 28, 1-3pm, \$35

Ten Thousand Joys (Books·Music·Gifts)

54 East Patrick Street

Frederick, MD 21701

www.TenThousandJoys.com

To Register, call: 301.631.JOYS

After Hours Salon and Book Signing:

"Clutter Clearing with Feng Shui"

Thursday, March 26, 5-7pm, Free

Pink House Boutique

905 Cerrillos Road

Santa Fe, NM 87501

A portion of all merchandise sales will be donated to the Espanola Animal Shelter

To Register, call: 505.690.1814

Interactive Workshop:

"Simplify with Feng Shui! Clutter Control Secrets to Un-Complicate Your Life"

Saturday, April 3, 9-12pm, \$29 including refreshments

Madeleine's Place Event Center

3824 Corrales Road

Corrales, New Mexico 87048

An interactive workshop with

Carol M. Olmstead, Certified Feng Shui Practitioner

www.FengShuiForRealLife.com

and

Miriam Ortiz y Pino, Certified Professional Organizer

www.MoreThanOrganized.net

To Register, call 505.690.1814

Custom Workshops

Bring one of my workshops to your city!

From keynote speeches, to "munch-and-learn" workshops, to half-day or full-day seminars, my workshops are full of practical advice, tips...and fun. [Click here](#) to see the list of workshop topics I can customize for your group and your location. [E-mail](#) or call 1.800.652.9038 for details.

New Workshop for 2009!

Feng Shui Tips For Retaining Wealth

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.

Partner Profile

Miriam Ortiz y Pino, More Than Organized

Miriam Ortiz y Pino CPO® is a Certified Professional Organizer and the owner of **More than Organized** for over 8 years. Through workshops, hands on organizing, and customized solutions, she helps people gain control of their time, stuff, and space. Her workshops include "Someday is Here, Wait for Me," "It's Here Somewhere, and It's Interesting," and "Everything Else With Moments to Spare." Miriam has been frequently quoted in the media as a Golden Circle member of the National Association of Professional Organizers (NAPO) and as an expert on simplifying your life. Her column "Streamlined" appears in *SAGE*, the women's monthly section of the *Albuquerque Journal*. For help on getting organized, contact Miriam at 505.243.4356, e-mail moyp@comcast.net, or visit www.morethanorganized.net. Miriam can help you

experience your life, streamlined.

Beyond Feng Shui

Sell Your Unwanted Electronics

If you were lucky enough to get some new electronic gizmos and gadgets for the holidays, you are probably wondering how to get rid of the old ones, especially without damaging the environment. Check out www.gazelle.com, the easiest way to sell or recycle your electronics and be environmentally responsible at the same time. Every used cell phone, MP3 player, camcorder, and computer you submit for consideration will get an offer. Just go to the site and enter the make and model of your gadget and its condition, and you'll get an on-the-spot offer. The site will calculate the value of your items then send you a box with prepaid postage so you can ship these devices to them. The old items are resold or recycled, which also makes this a great way to sell your stuff and raise funds for a nonprofit. You will get "green" by going green, and keep your electronics out of the landfills.

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 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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