



Feng Shui For Real Life E-zine

Volume 9, Issue #3 March 2009



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.

--Carol Olmstead

What's New This Month

- I'm shooting a new video series for the *MonkeySee.com* expert site; look for "How To Spring Clean with Feng Shui" later this month.
- The Feng Shui Quick Guide For Home and Office is now available on *Amazon.com*.
- I've added new resources to the Links page on *FengShuiForRealLife.com*.
- Join me at my two workshops on Feng Shui and Clutter Clearing -- Santa Fe (March 26) and Corrales (April 4). Details in the "Workshops" section.

Feng Shui To The Rescue

Feng Shui Tip For March: Go Feng Shui Green

If you want to attract wealth during this economic downturn, surround yourself with the color green. The "wearing of the green" is the traditional thing to do in March to celebrate St. Patrick's Day, but it is also a powerful Feng Shui tip because the color green stimulates creativity, growth, and expansion.



Green is the color of the Wood Element (see the Basics section on my website for more about all Five Elements). In addition to wearing the color of the Wood Element you can surround yourself with objects in its shape (rectangular) and composition (wooden objects and plants) to help grow your wealth.

Here are a few other simple ways to "go Feng Shui green" this month and improve your overall well-being:

- If you feel blocked, place a bushy green plant on your desk to get your creative juices flowing.
- If you want to encourage family harmony, add green accents like pillows and throws to your family room.
- If you want to find a new job, place a beautiful wooden box on your desk and place a positive affirmation inside.
- If you need to feel energized on a cloudy day, wear a green tie or scarf, clothes made from cotton, or floral patterns.
- If your family is prone to arguments at dinner, set the table with green napkins to promote harmony.
- If you are surrounded by a lot of electronics, place a plant within 3 feet of your equipment to balance any negative energy, especially in a home theater or home office.

Clutter Clinic

Just Say Throw: The Top 5 Clutter-Causers

Why do you hold on to things? Organizing experts agree on five major reasons why we keep too much "stuff:"

1. Guilt: You fear that getting rid of a gift is disrespectful to the giver, even if you don't like the object. Or, you buy something that becomes a mistake, like an overpriced pair of shoes that hurt your feet.

***Solution:** Remember that when you receive a gift your only responsibility is to thank the giver -- not to keep the gift forever. For mistake purchases, donate them where they will do good.*

2. Just In Case: You worry that if you get rid of something you might need it in the future.

***Solution:** Collect the stuff you can't quite part with and put it in a box marked "Open in 6 Months," then tuck it away in your basement, attic, or storage facility. If, six months from now, you find that you didn't miss the items, sell, donate, freecycle, or get rid of them.*

3. Future Value: You wonder whether the "antique" you have been saving will really be worth something in the future.

***Solution:** Check out a similar item on eBay or Craig's List. If the sale prices look promising, consider having the item appraised by an expert. If there is no real promise that your item has value, move it out of your home.*

4. Looking For a Good Home: You want the "treasures" you are getting rid of to go to the right person, but this results in holding on to everything.

***Solution:** To satisfy your desire for perfect placement, look for a charity with which you feel a strong connection. These economic times are especially challenging for nonprofits and most will welcome your gift, but contact them*

first to make sure they have room for your donation.

5. Fear of Forgetting It: You are afraid to put your bills and other "stuff" out of sight because you worry that if you don't see something, you will forget about it.

***Solution:** For bills, set up automatic bill pay or e-mail reminders to help you remember to pay them. For the things you move out of your closets, store them in clear plastic bins so you can always see what is inside.*

Success Story

Linda's First Solo Album

Long-time e-zine readers will remember my client and friend Linda Titolo, who used Feng Shui to successfully sell her home in Virginia and move to Nashville to focus on her songwriting career. Now, Linda has recorded her first solo album, *In My Own Way*. Congratulations, Linda!

Here are some of the Feng Shui changes Linda has made at her Nashville home that helped create a sturdy foundation and supportive space to create her music:

We had major work done on our house after we noticed that the cracks in several rooms were rapidly widening. We had the columns down the center of the house replaced with sturdier ones and proper footings, and saw the cracks in the walls "heal" as the workmen brought the floors of the house back to level. Also, I relocated my study to what had been the den at the other end of the house. The bookcase in my former study was chock full of accounting information and so I tended to focus too much on that aspect of my business rather than the creative part. Now my study is more about the music itself, with its wood paneled walls and big view out the front window. And there is room for my harp and guitar so it keeps them more in my consciousness.



You can purchase Linda's album or individual song downloads from <http://cdbaby.com/cd/lindatitolo>, which also has short audio clips of all 11 songs on the album.

Feng Shui Q & A

Q. I broke up with my long-time boyfriend a few months ago, and I am ready to attract someone special. Do you have any suggestions for quick things I can do?

A. Here are two fast fix Feng Shui suggestions to make room for a new love to come into your life, which come from the Calendar of Tips in the Feng Shui Quick Guide:

1. Remove past relationships by getting rid of photos and other shared objects from your boyfriend; sheets are notorious collectors of "past" energy, so donate yours to a local nonprofit and start with a fresh set.
2. Decorate your bedroom like you already have a relationship by getting two night tables, placing pairs of objects in the bedroom to represent "togetherness," and decorating with romantic artwork.

Q: I am wondering about my bonsai plant. I have read that bonsai plants are not good Feng Shui as they represent stunted growth. I have had my bonsai for more than 30 years and it was 35 years old when I got it. I hate to throw it out as it is beautiful and surviving well. Any suggestions?

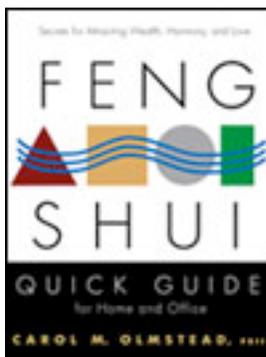
A: You are right that bonsai plants are not considered especially good in Feng Shui because they symbolize limited growth potential; however, I agree that it seems wrong to get rid of a healthy plant. The first consideration would be whether the "limited potential" symbolism applies to your life in any way. If it does, then you are better off removing the tree. If you don't feel that your life and work are being held back in any way, then perhaps you could display the bonsai surrounded by several larger, busy plants with rounded leaves to counterbalance any negative energy. I'm not sure if there is an ideal location for a bonsai, but I would definitely recommend keeping a stunted tree out of the Wealth, Love, or Health areas of your home. (See the Basics section on my website for an explanation of these areas.)

Do you have a Feng Shui question that you would like to see answered in this column? Submit them to: carol@FengShuiForRealLife.com, then check this section for the answer.

Feng Shui Quick Guide For Home and Office

Feng Shui Quick Guide For Home and Office Now on Amazon.com!

My new book, the Feng Shui Quick Guide For Home and Office: Secrets For Attracting Wealth, Harmony, and Love, is now available on Amazon.com! The book includes a monthly guide to clutter clearing and 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.



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

By Carol M. Olmstead, FSII

ISBN: 978-0-9815735-0-2

Monthly clutter-clearing guide, calendar of daily tips, glossary

296 pages

\$15.95

Order at Amazon.com (www.tinyurl.com/FengShuiQuickGuide)

Discounts available for orders of multiple copies. If you would like to order multiple copies to give as gifts to friends, colleagues, and clients, call 1-800-652-9038.

In The News

Feng Shui Design For Success

When the baby-product company Munchkin and its subsidiary Bamboo Pet incorporated Feng Shui into the design of their new offices it apparently worked: the company broke the \$100 million revenue mark in 2008, which is nothing short of remarkable during a recession. Ducky "We are very lucky to be growing," said Margaret Hardin, president and CEO. The companies have 80 employees at their 136,000-square foot headquarters in North Hills, California, 20 engineers in China, and nearly a dozen sales people across the country. The office has an artistic side, with paintings and sculptures displayed throughout in the hope of spurring creativity among the designers. Fountains and other water features are prominent and skylights and white walls give the office an open, airy feel--all Feng Shui suggestions. "There are no doors here, except the bathroom doors," Hardin said.

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

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 IS CAROL THIS MONTH?

Washington, DC/Maryland/Virginia: March 18-23

Santa Fe/Albuquerque: March 30-April 4

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



There is a seat waiting for you at these fun and informative workshops!

Workshops Open to the Public

After Hours Salon and Book Signing:

"Clutter Clearing with Feng Shui"

Thursday, March 26, 5pm-7pm, Free

Pink House Boutique

905 Cerrillos Road

Santa Fe, NM 87501

The store will donate a portion of all merchandise sales to the Espanola Animal Shelter

To Register, call: 505.690.1814

Interactive Workshop:

"Simplify with Feng Shui: Clutter Control Secrets to Uncomplicate Your Life"

Saturday, April 4, 9am-12pm, \$29 including refreshments

Madeleine's Place Event Center

3824 Corrales Road

Corrales, New Mexico 87048

A workshop led by

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 interactive workshops are full of practical advice, tips...and fun. Click [here](#) to see the sample of workshop topics I can personally customize for your group's objectives and your location.

If you have a group or know of an organization that would be interested in booking me as a speaker, please e-mail or call 1.800.652.9038.

Partner Profile

MT Pinero, Certified Public Accounting Firm

If you need expert help with your taxes, there's still time to contact the MT Pinero Certified Public Accounting Firm. Maribel Torres-Pinero and her team specialize in accounting, tax, and payroll services for businesses and individuals in the Washington, DC, metropolitan area. They use a holistic approach to help clients achieve financial excellence and well-being. What makes the firm's approach unique is that they help you establish and maintain a solid financial foundation that will serve as a platform for growth. Their signature service, the Outsourced Accounting Team, will take control of your accounting department and bring you stability and peace of mind so you can focus on running your business. Collectively, the team has more than 39 years of experience. Check out the MT Pinero website where you can sign up to receive the firm's newsletter, or contact Maribel directly at 301.942.7400.

You can find a tip from the current MT Pinero newsletter in the "Beyond Feng Shui" section.

Beyond Feng Shui

Making the Most of Your Non-Cash Donations

From: MT Pinero and Associates Certified Public Accounting Firm monthly newsletter.

For those of us who don't like organizing yard sales and hassling over a fair price for our precious collection of Doobie Brothers albums, there is always the option of calling a not-for-profit organization that will pick up the unwanted items in exchange for a receipt. The Pension Protection Act of 2006 (PPA 2006) includes several provisions that require enhanced record-keeping of these charitable contributions. You can deduct the value of used clothing and household items that are in "good used condition or better." However, the IRS has not defined what is "good."

MT Pinero and Associates Certified Public Accounting Firm advises that you take digital photos of the used clothes and household items you are donating and store them in your computer. Also, be sure to get a receipt from the organization that shows the nonprofit's name and location, date, and a detailed list of the items donated. Armed with this backup information, you shouldn't have any problems if the IRS ask for support.

But one caution: don't include your underwear or socks. The IRS will have a laugh but disallow that deduction.

Feng Shui For Real Life On-Line Store

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 at www.FengShuiForRealLife.com.**

The online store on my website features other products and services available to help you make Feng Shui improvements in your home and office. *Check out what is*

available in the Online Store this month:
http://fengshuiforreallife.com/online_store/index.html

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.

Check the 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.

Schedule a Consultation or Workshop.

If you would like to set up a home, office, or business consultation, or schedule a customized workshop, contact:

Carol M. Olmstead, FSII

Certified Feng Shui Practitioner

Call toll free 1-800-652-9038 or e-mail carol@FengShuiForRealLife.com



Carol M. Olmstead, FSII, has been certified by the Feng Shui Institute of America, and was awarded Red Ribbon Professional Status from the International Feng Shui Guild.

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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