

# Feng Shui For Real Life E-zine

Volume 9, #8

August 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 [www.FengShuiForRealLife.com](http://FengShuiForRealLife.com).  
--Carol Olmstead

**Join our Mailing List!**

Register at <http://fengshuiforrealife.com/newsletter/index.html>.

## What's New This Month

### "Move Without Moving" Package



I have received many calls and e-mails from people who are afraid to move forward in their lives because of concerns about the economy. To help sustain people through these complex times, I have put together my discounted "**Move Without Moving**" package of Feng Shui and clutter clearing services. This comprehensive package is a \$150 savings over buying the services separately.

*Check out the package details in the "Consultations" section.*

### Also in this issue:

- Back-to-school tips
- Organizing your basement
- Feng Shui For Real Life in the news
- How to handle a ceiling fan over your bed
- Discount consultations in the Washington, DC area

## Feng Shui To The Rescue

### Feng Shui Tip For August: Back to School Rearranging



August is *Get Ready for Kindergarten Month* for the almost two million American kids who will be entering kindergarten this year. For me, that brings up images of sweet little children with huge backpacks marching bravely each morning into the grownup world of school. Whether your children are in kindergarten, college, or anywhere in between, a creative use of Feng Shui in their rooms can help them effortlessly transition back to school.

Here are some of my favorite room re-arrangements for educational success:

- Position your child's bed so he or she can see the door, but not directly in line with the door.
- Add a desk or study area to your children's rooms so they will study there, instead in front of the TV.
- Hang a bulletin board over the desk to display achievements, awards, and citations that your child receives.
- Add room decorations to encourage success, including a map to ground your child, a globe to encourage curiosity, and a planetary chart to expand horizons.
- To encourage sleep, avoid art and objects that show images of flying, falling, driving, or running; instead choose scenes that are tranquil and calm.
- Position the computer away from the bed and shut it off at night to reduce any EMF (electromagnetic field) issues; if the room is too small to do this, place a plant within 3 feet of the computer.
- Dorm dwellers should clean their windows occasionally since dirty windows represent cloudy vision, an obvious deterrent to success.

For more ideas on arranging your child's bedroom, [read my article "Feng Shui For Children's Rooms"](#) on my Feng Shui site at [BellaOnline.com](http://BellaOnline.com). The direct link is:  
<http://www.bellaonline.com/articles/art47754.asp/zzz>.

## Clutter Clinic

### Clear Out Your Basement

*For every minute spent in organizing, an hour is earned.*

--Benjamin Franklin



If you have a basement, it's probably the coolest space in your house right now. August is the perfect time to take advantage of the coolness of being underground...and clear out the clutter. In Feng Shui, we believe that what you store in a basement supports what goes on above it in your house. That means if you are

keeping things in your basement that you don't use, don't like, and don't need, you will be lacking in support.

Here are some rules of basement storage from the great website, [www.unclutterer.com](http://www.unclutterer.com), by Erin Doland.

### Three Laws of Basement Storage

1. Thy stuff, it shalt not be on the floor. There are two types of basements: those that have flooded and those that have yet to flood. Everything should be stored on shelving at least a foot off the floor.
2. Thy stuff, it should be stored in air-tight, hard plastic containers. Sure, rodents will eat through plastic, but other pests (silverfish, crickets, flies, termites, etc.) tend to stay away from it. Do not store things in cardboard, paper, wood, or flimsy plastic bags if you care at all about what is inside the container. A few desiccant packets in your containers are also a good idea.

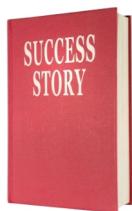
3. Thou shalt own and run a dehumidifier or humidifier when necessary. Climate control is your friend.

[Read more on www.unclutterer.com.](http://www.unclutterer.com)

## Success Story

### Ted's New Job

My long-time client Ted had made many Feng Shui changes in his home and office in the past that resulted in good things flowing for the entire family. However, when he called me for a return consultation, things were tense at his home because the company he worked for had started to lay off employees. Ted feared that his division would be hit next. He was taking the obvious steps of sending out resumes and activating his network, but he wanted to make a few more Feng Shui changes to move the positive energy toward finding a new job quickly. Ted's "Helpful People/Mentors" area was in his garage, and it was a mess. I recommended he activate the energy in that area by first clearing all the unnecessary items out of the garage, then decorating it with images that represented a peaceful job transition. Here is what he wrote after the consultation:



*At first I was hesitant to hang some job-related things in the garage, but my wife reminded me that Feng Shui had worked for us before. So I took your advice and hung up the business card from the head of the company that I had interviewed with, and artwork with a flowing river image, along with some other career-related items. Wouldn't you know it, the day before I received my "pink slip," the new company offered me a great new job! And I had enough leave accumulated that I could take a short vacation before starting the new job. Thanks for this intriguing suggestion about how to move my energy. I'll try not to neglect my garage in the future.*

## Feng Shui Q&A



*Do you have Feng Shui questions that you would like to see answered in this column?*

*Submit them to: [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com).*

**Q:** I just moved into a new apartment and there is a ceiling fan directly above my bed. The fan feels like sharp blades spinning above my head. Is there anything I can do to minimize the effect?

**A:** There are two options to modify any harshness from a fan above a bed. The first is to hang a round, faceted crystal from the center of the fan. This represents the Water Element and reduces the Metal Element energy of the fan. You can use a small crystal hung with fishing line or similar filament line so it doesn't show. There is usually something on the fan housing that you can

hang it on, like the switch that reverses the blades. Another option is to place a red dot on the top side of each of the blades. The dots represent the Fire Element, which symbolically "melts" or reduces some of the Metal Energy.

**Q: I spent the summer de-cluttering my house. Now with the start of school I am trying to figure out what I am going to do with all of those school papers the kids will bring home and pile up all over the house. Any ideas?**

**A:** Of course you love every adorable drawing your child creates at school, but if you save everything it diminishes the value of those special ones since they get lost in the clutter. Instead, each week collect all of the papers in a folder and have your child select one paper to place on the refrigerator or display on a bulletin board. After a week, date the paper, place it in a sheet protector, and put it in a scrapbook for each child. You can keep the scrapbooks or pass them along to the grandparents. As your children get older, let them make their own scrapbooks.

## In the News

**New Mexico Business Weekly Profiles Carol Olmstead**



Many thanks to Rachel Sams, Associate Editor of the *New Mexico Business Weekly*, for profiling me in the article "**Feng Shui For Real Life helps people, businesses make their spaces better**" in the August 7, 2009 issue. The article not only profiled my Feng Shui practice, but also featured the success stories of two of my clients, [Jilli Kae The Chic Boutique](#) and the [Celebration of Excellent Women](#). For Jilli Kae, I redesigned

the store's new location to attract more customers. Owner Jill Winburn came in on a day the store was usually closed to repaint the back room in a Fire Element color, and made \$500 in sales from customers who wandered in when they saw the door open. For Diane Furie and the Celebration of Excellent Women I helped design the floor plan for this networking event and expo in a unique sunburst shape so all vendors would have equal visibility, which resulted in selling almost all booths in record time.

Read the complete article in the Media Room on my website. The direct link is:  
<http://fengshuiforrellife.com/Detailed/141.html>.

### **Do You Want Feng Shui News Tidbits?**

If you want Feng Shui tips and news tidbits to include in a blog, news article, marketing materials, or e-zine/newsletter, please [e-mail](#) or call 1.800.652.9038.

## Home & Office Consultations

### New! "Move Without Moving" Package



Recession got you down? Afraid to try to make a move in this poor economy, but need to "do something?" Overwhelmed by clutter? Move the energy in your home with my new "**Move Without Moving**" Feng Shui home makeover package. You will be amazed at the new energy you can move into your life with a home makeover.

Package includes:

- On-Site Feng Shui Home Consultation
- Step-by-Step Makeover Plan
- 30 Days of E-mail Follow-up
- Phone Consultation Progress Report
- 90 Days Follow-up Maintenance
- Signed copy of the *Feng Quick Guide For Home and Office*

Regular Price: \$675 **Special Package Price: \$525**

*Note: Price is available through September 30. Once you purchase the package you can schedule your consultation now, or anytime during 2009.*

Travel charges may apply to some locations.

To reserve your package, [e-mail carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)  
or call 1.800.652.9038.

### Where is Carol This Month?

Nationwide, I schedule consultations for homes and offices on request.



On a regular basis I work with clients in 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). Appointments do fill up fast, especially on weekends, so

schedule your consultation now to get the date you want.

#### Here is my schedule for August:

Washington, DC/Maryland/Virginia: August 12-17

I have a few appointments left in the DC Metro area for this trip,  
which are available at a summer discount.

E-mail [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) to schedule your appointment

Santa Fe/Albuquerque: August 19-31

Appointments also available at a summer discount.

I welcome your referrals in these and other cities nationwide!

If your city is not on my current schedule,  
e-mail [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)  
or call 1.800.652.9038 to schedule a consultation.

## Workshops & Author Events

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

### \*Celebration of Excellent Women\*

September 10, 2009 -- 3:00pm-6:30pm

Sandia Resort and Casino, Albuquerque, NM

I will have a booth and will be signing books at this annual networking event that showcases outstanding women in the community. More than 400 attendees are expected. Register for only \$25 at [www.CelebrationofExcellentWomen.com](http://www.CelebrationofExcellentWomen.com).

### \*New Mexico Women Authors' Book Fiesta\*

September 26, 2009 -- 11:00am-5:00pm

Milner Plaza at Museum Hill, Santa Fe, NM

I am one of 65 women selected to participate in this second annual event. I will speak about Feng Shui and sign my book in the Creative Arts Pavilion at 1:30 pm.

### \*Feng Shui Tips For Finally Getting Organized\*

with Carol Olmstead and Miriam Ortiz y Pino

Saturday, October 10, 2009 9:00am-5:00pm

Sunrise Springs Resort, Santa Fe, NM

This full-day session includes a gourmet lunch and access to the resort's beautiful meditative gardens. Details to follow.

**Discounts available for early registration. [E-mail to hold your place.](#)**

## Custom Workshops

### Invite Carol to Speak To Your Group!



I can create a custom presentation to motivate your business or group to make simple changes that will attract wealth, harmony, and positive relationships.

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.

My workshop clients include:

- American Association of Medical Colleges
- Arlington Arts Center
- Booz Allen Hamilton
- Brandeis University National Women's Committee
- Discovery Communications
- Georgetown University
- Greater Washington Academy of Women Dentists
- IKEA
- JCC of Greater Washington, DC
- Marriott
- New Mexico Bar Association
- University of Maryland University College
- US Mint
- Women in Public Relations

**I welcome your referrals!**

If you know of a group or organization that would be interested in scheduling me as a speaker, please e-mail [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) or call 1.800.652.9038.

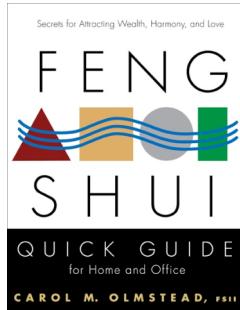
To see the complete list of clients and a sample of workshop topics

I can customize for your group's objectives and your location, please check out my website.

The direct link is:

[http://fengshuiforrealife.com/workshops\\_and\\_seminars/index.html](http://fengshuiforrealife.com/workshops_and_seminars/index.html)

## Feng Shui Quick Guide For Home and Office



### Sizzling Summer Sale!

**Save 40% over retail price.**

Give the gift of the *Feng Shui Quick Guide For Home and Office*  
10 books for only \$99.99 plus S&H

Summer is the perfect time to stock up on signed copies of the *Feng Shui Quick Guide For Home and Office* during my **Sizzling Summer Sale**. Giving the *Quick Guide* as a gift is a unique thank you for friends and clients, and for Realtors to give at closing to help buyers settle into their new homes.

*I bought 10 books to give to my clients at closing. I figure that if I have the books available, it's a symbol that I will certainly sell at least that many houses!*  
~ A. Valenza, Realtor

**Order gift copies now while this offer lasts!**

**E-mail [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com) or call 1.800.652.9038.**

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

By Carol M. Olmstead, FSII

296 pages \* \$15.95

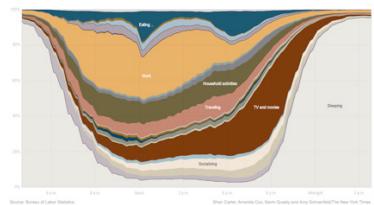
Feng Shui Basics \* Monthly Clutter Clearing Guide \* Success Stories \* Daily Calendar of Tips

Order individual copies at [Amazon.com](#).

The direct link is: [www.tinyurl.com/fengshuiquickguide](http://www.tinyurl.com/fengshuiquickguide).

## Beyond Feng Shui

### How People Spend Their Day



*The New York Times* recently ran a fascinating article with an interactive graphic showing how different groups of Americans spend their time. The data came from the "American Time Use Survey" conducted by the Bureau of Labor Statistics. Individuals over age 15 were asked to record what they did every minute of the day. The findings

showed that sleeping, eating, working, and watching television take up about two-thirds of the average day. On average, a person spends 24 minutes a day preparing meals. Other top household activities include interior cleaning (22 minutes), lawn care (11 minutes) and laundry (10 minutes). What's fascinating about the article is that you can use the graphic to see what percentage of people were participating in which tasks at a specific time of day.

I wish they had included specific categories for e-mailing and social networking sites, two of my personal "energy vampires" that occupy a great portion of my day, but this is still an eye-opening picture of how we spend our time.

Play around with the graphics and see how you compare to the people surveyed. The direct link is: <http://www.nytimes.com/interactive/2009/07/31/business/20080801-metrics-graphic.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 website. I ask only that you credit **Carol M. Olmstead** as author and include my website address or link to my website <http://www.FengShuiForRealLife.com> when you print or use the article 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.

**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 on my website at <http://fengshuiforreallife.com/archives/index.html>.

**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**

**1.800.652.9038**

**E-mail: [carol@FengShuiForRealLife.com](mailto:carol@FengShuiForRealLife.com)**

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