

Feng Shui For Real Life E-zine

November 2009
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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. For more Feng Shui, please visit my website www.FengShuiForRealLife.com.

--Carol Olmstead

I love to write about Feng Shui, but I must limit the length of this e-zine to keep it from getting caught in spam filters. If you want to read more about the topics in this e-zine, please read the weekly articles I post on the Feng Shui site at BellaOnline.com.

What's New This Month

Happy Thanksgiving!



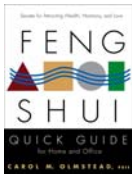
I wish you a holiday filled with family and friends, harmony and happiness, and food and festivity. I am truly thankful for all of my wonderful e-zine readers, clients, and colleagues. You enrich every day of my life. Please keep your wonderful success stories coming. The *Feng Shui For Real Life E-zine* reaches an international audience, so when you send me your stories and questions I get to share them with the world.

Purse Hangers Make Great Holiday Gifts.



I found a great new folding purse hanger that easily fits in your pocket, purse, or briefcase. I am offering them at a pre-holiday sale price of \$11.99, including leatherette case and shipping. [Order from the Online Store on my website.](#)

*Special Holiday Pricing For the *Feng Shui Quick Guide For Home and Office*.*



Order copies of the *Feng Shui Quick Guide For Home and Office* for everyone on you gift list for under \$10 a copy when you by multiple copies. Details in the *Feng Shui Quick Guide* section.

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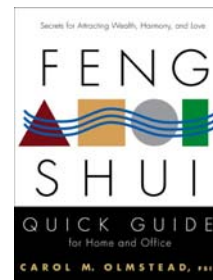
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Read Carol's New Book!



[Order Now!](#)

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

Feng Shui To The Rescue

Feng Shui Tip For November: Create Thanksgiving Harmony



The colors, aromas, and tastes of Thanksgiving are strongly associated with positive Feng Shui. However, this family and food-filled holiday can also be stressful and demanding. Here are three tips to help you create a peaceful and harmonious holiday around the dining room table.

Use the "Good Stuff." Thanksgiving is not the time to eat in front of the TV. Bring out the china, crystal, silver, etc. you have been "saving." The dining room is considered to be a place of wealth in Feng Shui, so if you have one, be sure to use it for Thanksgiving dinner. Hang a mirror that reflects your beautifully decorated table and you will symbolically double your abundance and prosperity.

Encourage Family Harmony. Display a centerpiece of orange flowers to encourage conversation, or use a cornucopia with fresh fruit and vegetables to represent good health and longevity. Keep shiny surfaces to a minimum, and stow the carving knife out of sight after you carve the turkey. Be sure to remove photos of deceased relatives or animals from the room because these can create health problems if you dine in their presence. If your family is prone to arguments, keep the yang energy to a minimum by inviting an even number of guests, keeping the lights low, and decorating with earthy colors like pumpkin, goldenrod, evergreen, and chocolate.

Choose Harmonious Foods. The winter months are part of the yin side of our energy, so we need to balance this darker, lower, colder energy with strong yang energy in our Thanksgiving menus. Cooked foods, spices, and hot foods such as chile peppers, ginger, garlic, and chocolate are yang energy. Lighter foods like raw vegetables, potatoes, and fish are yin and are better used in moderation during this period. Feng Shui is all about balance, so serve "white" foods like those mashed potatoes in bright colored plates and bowls.

[Read more Thanksgiving Feng Shui tips in the article on my BellaOnline website.](#)

Holiday Gift Guide

Six Gifts to Avoid Giving



Looking for those perfect Christmas gifts or Hanukkah presents for your family and friends? Be careful what you choose because your gifts may have hidden meaning in Feng Shui terms. Here are six gifts NOT to give this holiday season because of negative Feng Shui:

- 1. Sharp Objects.** Never give knives, scissors, letter openers, or can openers as gifts since they represent cutting a relationship.
- 2. Empty Wallet.** Avoid giving an empty wallet, purse, or briefcase because it represents the lack of prosperity.
- 3. Thorny Flowers and Plants.** Never give cactus or other spiky plants, and avoid giving roses with the thorns still on the stems because these can pierce a relationship.
- 4. Stunted Trees and Plants.** Bonsai trees or other miniature plants make poor choices as gifts since they represent stunted growth.
- 5. Clocks and Timepieces.** Gifts that show time symbolize a limited life span or stealing time from others.
- 6. Handkerchiefs.** It is best to avoid giving handkerchiefs because they symbolize wiping away tears and could suggest that you expect the recipient to be doing a lot of crying in the future.

If you receive any of these gifts, there are ways to turn around any hidden meaning. [Read more about this in my article "Thanksgiving Feng Shui" at BellaOnline.com.](#)

Quick Tip From the *Feng Shui Quick Guide For Home and Office*:

When you place your purse on the floor it represents disregard for your wealth, plus studies show that bacteria accumulate on purses that touch the floor. Instead, hang it on your chair or use a purse hanger to hang it from a table or your desk.

[Purse Hangers make great Feng Shui-friendly gifts! Click here to order.](#)

Clutter Clinic

Get Organized For Stress-Free Holidays



Are you already overwhelmed by your holiday "to-do" list? One way to avoid stress is to simplify the gift giving process, and save money at the same time. Professional Organizer Hazel Thornton of [Organized For Life](#) offers these tips for organizing your holiday gift shopping:

- Shop early in the season.
- Make a list of what you bought so you don't forget what you have.
- Shop early in the day and on weekdays to avoid lines, or purchase gifts online or from catalogs.
- Shop with a list of ideas so you can avoid aimlessly wandering the mall.
- Keep gifts in a central location rather than scattered throughout your home.
- Shop alone, because research shows that you'll spend more if you shop with friends, children, or your spouse.
- Buy multiples of gifts you like for several people on your list.
- Buy a few general presents for those unexpected guests who come bearing gifts.
- Give gifts that don't add clutter to the recipients home, including movie passes, museum memberships, tickets to musical performances, certificates for movie rentals, certificates for sessions with a professional organizer -- and of course gift certificates for sessions with a Feng Shui Practitioner.

Special Offer: Hazel Thornton is offering her tip sheet "Preparing for Stress-Free Holidays" without charge to readers of the Feng Shui For Real Life E-zine. [Click here to download the tip sheet.](#) For more organizing tips or to arrange an on-site or virtual organizing session, check out the Organized For Life website at www.Org4Life.com.

Success Story

Finding Love With Feng Shui



Ming is an accomplished artist, instructor, and author who attended my session at the New Mexico Women Author's Festival and wrote how my presentation touched her heart. She told me her own Feng Shui success story and allowed me to share it with my readers.



Many years ago I was living in California and without warning, I was laid off by a company I had worked with for many years and my husband suddenly walked away from our marriage. I felt lost with no direction and decided to consult a Feng Shui Master. He told me that if I wanted to find love or a relationship, I needed to display flowers, especially peonies, on my dresser or in my garden.

He also said that my bedroom had to be decorated with a spring-like atmosphere. He said I would meet someone in the Fall who would bring me much happiness. I did exactly as he directed, re-decorating my bedroom and adding flowers so it looked like spring. One day while I was hiking another hiker came up to me and introduced himself. We hiked together that day and the next. After a few months of hiking and talking he invited me to dinner and I could see in his eyes he was the one. We were married a year later. My husband has helped me re-discover my talent and directed me back to art, as well as supported me in accomplishing all that I have achieved today.

Tip: Displaying peonies in your bedroom is one of the tips in the *Calendar of Daily Tips* included in the *Feng Shui Quick Guide For Home and Office*. [Click here to "look inside" the book.](#)

Ming's book and DVD set, *Splash Ink with Watercolor*, is available at the [Museum of New Mexico Foundation store](#). You can see Ming's beautiful artwork on her website

Ask the Feng Shui Maven

Q: Where is the best place to store records of paid off debts, debts currently owed, and other important financial papers that you just can't get rid of? The wealth is certainly not flowing in since I lost my job, but the debts sure are, so I would like to make sure that I'm not encouraging it. I have them stored in a file cabinet in the closet, but that's the Wealth area of our home. Can I store them in the attic?

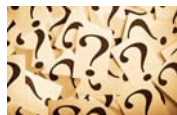
A: When you keep paperwork related to debt visible on your desk or even in the room where you conduct your job search it can have a negative effect. And things that you store in your attic weigh down on you so that's not a good place either. In Feng Shui, you "are what you see" so if you are looking at evidence of your debit it can have a negative effect on the energy around you. Keep these documents stored in a file cabinet so you don't have to look at them everyday. Better yet, scan the documents so you have an electronic record, then shred the originals. To help in your job search, surround yourself with artwork with images that feel wealthy, abundant, and prosperous; that is, how you will feel when you land the perfect new job. If you are targeting a specific company be sure to display their logo in the room where you conduct your job search. Be sure to remove any images that feel negative or have any association with unpleasant times in your life.

Q: I'm divorced and my children want a photo of their father, my ex-husband, in the house. Is this a good idea?

A: While it's not a good idea for your ex-spouse's photo to occupy a prominent position in the public areas of your home, his photos can certainly be displayed in each child's room. Try to make sure that it's a current photo of your ex doing something fun with each child.

Q: What's the Feng Shui opinion of re-gifting?

A: Re-gifting is definitely Feng Shui-friendly because it removes things you don't want from your home and sends them to a place where they are welcome. Just be sure to avoid re-gifting if you have negative feelings about the gift or its original giver, since you might be passing along your negative thoughts to the next recipient.



Do you have Feng Shui questions for the Feng Shui Maven? Submit them to carol@FengShuiForRealLife.com.

In The News

Listen to My New Podcast



I was interviewed by Life Coach Sallie Felton for her informative Internet radio program "A Fresh Start with Sallie Felton." The topic was "Clutter Free and Clear with Feng Shui." Among other things we discussed how clutter holds you back, and how my *5-Step Feng Shui Clutter Clearing Process* can help you move forward. One tip from the show: set aside 20 minutes each day to clear clutter, instead of trying to get it all done in one weekend. [Click here to listen to the podcast.](#)

Sallie and I are among the eight editors who wrote the e-book *Clutter Free and Clear: Take Control of Your Time and Space*, which includes tips and techniques for getting organized. [Click here to download the e-book.](#)

Do You Want More Feng Shui News Tidbits?

If you want Feng Shui tips and news tidbits to include in your blog, news article, or newsletter, place e-mail or call me at 1.800.652.9038

Home, Office, & Business Consultations

"Move Without Moving" Home Makeover Package



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

Package includes:

- On-site Feng Shui Home Consultation
- Step-by-Step Makeover and Clutter-Clearing Plan
- 30 Days of E-mail Followup Consulting
- 90 Days of Maintenance Consulting
- Monthly Progress Reports
- Phone Consultation Wrap-Up
- Signed copy of the *Feng Shui Quick Guide For Home and Office*

**4 months of Feng Shui services
for the cost of little more than one on-site consultation.**

For prices and to reserve your package, e-mail me at 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 late November and December:

Santa Fe/Albuquerque: November 15-30; December 1-17

Washington, DC/Maryland/Virginia: December 18-24

I have had requests for consultations in the following cities:

Charlotte, North Carolina

New York City

Portland, Oregon

San Antonio, Texas

If you are interested in setting up a consultation in these or other cities.
please contact me to hold your date and time.

carol@FengShuiForRealLife.com

1.800.652.9038

I welcome your referrals nationwide!

Custom Workshops

Upcoming Workshops, Open to the Public

Friday, December 4

"Feng Shui Tips For Assuring Holiday Harmony"

Includes a list of gifts not to give this year

Women Make a Difference Luncheon

11:30am-1:00pm

Chamisa Hills Country Club, Rio Rancho, NM

[Register at http://www.abgwomenmakeadifference.com](http://www.abgwomenmakeadifference.com)

Invite Carol to Speak to Your Group



Bring a custom Feng Shui workshop to your city! I will 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.

Feng Shui workshops make great fund-raisers because they always sell out!

[Click here to see more of the topics I can customize for your group.](#)

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 or call 1.800.652.9038.

Feng Shui Quick Guide For Home and Office

****Special Holiday Discount Offer****



Give the Gift of Wealth, Harmony, and Love

Give the

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

The perfect gift for everyone on your list, for under \$10 each.

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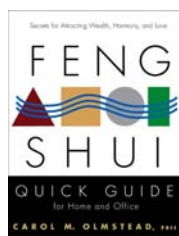
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5 books for \$59.99 plus S&H

All books signed and personally inscribed.

For information, contact;
carol@FengShuiForRealLife.com
www.FengShuiForRealLife.com
1.800.652-9038

Copies must be ordered before December 15.



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

By Carol M. Olmstead, FSII

296 pages * 15.95 retail

Feng Shui Basics * Monthly Clutter Clearing Guide

Success Stories * Daily Calendar of Tips

[Order single copies at www.FengShuiForRealLife.com.](http://www.FengShuiForRealLife.com)

Beyond Feng Shui

The Fun Theory

We all know it's better for our health to take the stairs instead of using the escalator or elevator, but how many of us actually follow that advice? And is it possible to get more people to take the stairs rather than the escalator by making it fun to do?



To test this theory, Volkswagen in Stockholm installed musical piano keys -- like the floor keyboard at FAO Schwartz that Tom Hanks danced on in the movie "Big" -- on a public staircase. The result was that 66% of people chose the stairs instead of the adjacent escalator. And they had fun doing it!

[Watch the video at www.thefuntheory.com.](http://www.thefuntheory.com)

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 www.FengShuiForRealLife.com when you print the article or use it online.

Make Sure You Receive Every Issue of This E-zine.

Sometimes the words "feng shui" get blocked by spam catchers. To ensure that your copy of the *Feng Shui For Real Life E-zine* doesn't get caught in your junk mail or spam filters, please add the e-mail address carol@FengShuiForRealLife.com and the domains www.constantcontact.com and ui.constantcontact.com to your address book, approved senders list, and/or white list.

Check the E-zine Archives.

If you missed any previous issues of the *Feng Shui For Real Life E-zine*, you can download them from the [Archives page on www.FengShuiForRealLife.com](#).

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, was certified by the Feng Shui Institute of America, and awarded Red Ribbon Professional Status from the Int'l 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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