

## July 2018 Newsletter

Hello,

My suggestion for this summer is to buckle down and hold on. We're in very active planetary cycles. A lot of change is under way and we really won't know how things are likely to turn out until the end of August, even if you think you know now.

If the news is getting you down, pull away. Stop watching or listening. Pick it up again after Labor Day or not at all. You may be better off without it.

The feng shui focus this month is on Family. I encourage you to adjust the Family sectors of your spaces prior to the July 12<sup>th</sup> new moon and set related intentions. Then tune in to the July 26<sup>th</sup> full moon and notice what's happening.

Also take time during July and August to gather ideas for your life plan for the next two years. Be flexible and know that things are likely to change from one day to the next. You might be moving in one direction and then realize that you need to switch gears and adjust. This is a cycle we're all in. Stay open and flexible. Work from your heart, without fear, and you'll be fine.

Be sure to do some things you truly enjoy, fit in regular self-care and have some fun along the way! Enjoy July.

Peg

## June Feng Shui Forecast

**July 12: New Moon and Solar Eclipse**

**July 27: Full Moon and Lunar Eclipse**

**July 26: Mercury Retrograde**

## June 28 Full Moon Recap

Did you adjust your **Knowledge gua**, the front-left corner of your home (or any room) or office, prior to the June 13<sup>th</sup> new moon? If so, take note of what has shifted or is shifting for you beginning with the June 28<sup>th</sup> full moon.

Each month, you have an opportunity to come into alignment with lunar cycles by changing the chi of your home or workspace. Prior to each new moon, I recommend an area of your home or work area to adjust or refresh, with your intention in mind. This is

the time to clean more thoroughly, remove clutter, repair items that need it, etc. Each activity shifts the chi of your space and helps to enliven it.

When the new moon arrives, do a meditation to activate your intention. Then go about your regular activities for the next two weeks. Of course, you can also continue to work on your space. Two weeks later, tune into the energy of the full moon. This is when things come to light. Look for signs that your intentions have taken root and that a shift is underway.

Be open to changes showing up in new, unique, or unexpected ways. It's easy to overlook signs of change if you're holding out for a specific change or evidence of exactly what you've asked for. What you ask for may show up differently. The Universe focuses on the essence of your intention and it periodically delivers an even better result than you anticipate.

### **The Knowledge Gua and Self-Development**

For June, the focus was on the Knowledge gua, since June's new moon was in the sign of Gemini. The Knowledge area of the bagua relates to self-development. It's about knowing yourself at a deep level, being open to new solutions to problems, tapping into your intuition and gaining insight into what's really happening in your life.

In my life, I've come to realize that we're on Earth to expand our souls and that everyone's true work is always on oneself. You might think that other people and challenging circumstances throw your life off-track, but they don't. Just the opposite happens.

### **My Personal Experience**

In May one of my sisters fell down a flight of stairs, which resulted in a traumatic brain injury to her left frontal lobe, among other things. As a result, I've become her health proxy and advocate. I'm learning a lot about myself and my ability to expand my life to accept this new responsibility. I'm learning how to rebalance my activities to make sure that I fit in things I love to do while also doing the best I can for my sister, continuing my work, maintaining my house and gardens, and spending time with family and friends.

I can do the best for her by doing the best for me ... genuinely being happy and keeping my chi strong. I'm regularly receiving signals that this is the right way to go. I've experienced excellent cooperation with her health providers, solutions are readily emerging, and problems are easily getting solved.

A few times I had to literally drop what I was doing, hop in the car and drive a few hours to attend to my sister's care. Rather than be upset about this, I've chosen to see this as a puzzle that's being assembled more each day.

This past month I've had some great help. My siblings have stepped up and are helping, each in different ways and to varying degrees. Accepting all help and not having any judgment about what anyone can or cannot do, makes a difference.

Early on during her hospital stay, my sister received a notice that her health insurance was cancelled. Apparently, she failed to send in verification that was needed at some point. Rather than be upset about this, I set it aside until things settled down a bit. I knew that providers would want to be paid and I had a hunch that they would assist me.

Sure enough, it happened. After nearly a month in intensive care and another two and a half weeks in a rehabilitation hospital, my sister was moved into a long-term care facility. The day I went to a health insurance center to get the right paperwork in place was magical.

### **Allow Others to Help You ... Ask and You'll Receive!**

The health insurance folks offered to fill out the multi-page application as I provided the information. Just as easily they could have told me to figure it out. After a trip between the processing center and nursing home for signatures, I submitted the forms and had them date stamped before the office closed. It all worked out beautifully.

Prior to my sister moving to long term care, I received a call with four potential choices. I had one day to tour the skilled nursing centers and make a choice. After hanging up, I received a call from one of the centers. They were reaching out to take her and this is where she ended up going. It came down to a decision between two facilities, which had different strengths.

When I ask for help, this is often how things unfold. Help arrives! Yes, I'm making a big effort on my part. I'm also learning a lot along the way. Most of the learning is about me and my reactions to what's happening. I'm finding that the less judgment, frustration, resentment, anger, sadness, etc. that I hold or carry, the more easily solutions emerge, and help unfolds.

One Sunday early in the month I decided to set things aside and clean pollen from a screened porch and deck. For me, cleaning provides a good time to reflect on what happening. While I was in the middle of the project, I realized that I was working in the Knowledge area of my house and it was a few days before the new moon. This was a fun discovery!

What did you learn about yourself during June?

I'd love to hear about changes you made last month and anything you're noticing as a result. Contact me at <http://fengshuiconnections.com/contact-peg/> .

## **July Area of Focus: Strengthen Family Connections**

On July 12<sup>th</sup> we have a new moon and solar eclipse in Cancer. The Family gua is the area of the feng shui bagua that aligns with this. This is the left-center area of your home, every room in your home, workspace, and land when you divide the area into a grid of nine blocks, like a tic-tac-toe board.

The Family gua correlates to connections with your immediate family, parents and grandparents, aunts and uncles, siblings and cousins. This area also represents your past. It's about your ancestors and where you came from.

The Family gua works in unison with the Children and Joy gua, located opposite, on the right-center side of your space. This sector relates to what you give birth to (children, businesses and creative expression) as well as the future. It's also about your retirement years.

### **The Wood Element Supports Family**

The Family gua is a Wood area in the Five Element system. This means that Wood energy supports each Family area. Wood energy is strengthened by Water, depleted by Fire, broken up by Earth and chopped by Metal.

The primary quality associated with Wood energy is that of vibrant trees and plants. Many trees have deep roots and lots of branches. When you apply this concept to Family, it's also about roots running deep and offspring creating new branches.

Wood energy is fed by Water. Visualize rain feeding trees and plants. Overgrown and dry Wood creates a fire hazard in a nature, as lightning strikes easily initiate forest fires. In Family relationships dry Wood could lead to brittle relationships.

Fire burns and turns everything to ash. The ash is earth, from which new plants and trees emerge the next season. Hardened Earth creates metal ... or hardened rock, deep within the Earth. Metal, in the form of an ax or sharp tool is then used to chop or cut trees and clear forests of excess Wood.

Observe how the Five Elements interact in nature and then apply the principles to your space and your life. When one aspect is upset or out of balance, use the natural cycles to restore harmony.

### **Use Feng Shui to Help Transform Family Patterns**

If you would like to change or strengthen relationships within your family, transform family patterns, or reinforce happy relationships, give attention to your Family areas this month. You might begin by taking a photo of the left-center areas within your house, every room in your house, your yard and your workspace. Study the photos. Sometimes it's easier to notice details in a photo that you overlook in person.

Alternatively, deep clean one or more of your Family spaces. Eliminate clutter, remove or repair anything that is broken, and lighten up the space. Then analyze the Five Elements and rebalance the space with a focus on Family. Wood energy should predominate throughout the Family gua. If you have too little, add items or décor that represent Water or Wood energy. If you have too much, remove items that represent Fire, Earth or Metal energy.

If you find this overwhelming, place a beautiful picture of your Family (taken during happy times) or a vase of fresh flowers in the space. Flowers represent Wood energy and they help to lift the chi.

### **Tips to Strengthen Family Relationships**

Here are some suggestions for shifting the chi of your Family gua:

Clear the last of the spring pollen.  
Trim plants and remove the dead ones.  
Toss out dried flowers or old, tired arrangements.

Wash windows and curtains.  
Dust and vacuum deep into the corners, high and low.  
Open windows to allow fresh air to penetrate the space.

Repair or remove broken items.  
Toss out old magazines and catalogs.  
Release paper piles and reorganize books.

Remove all unflattering photos.  
Remove photos that stir up controversy, sadness, anger or frustration.  
Remove photos that weren't taken under happy circumstances.

Add a beautiful family photo.  
Add a vase of fresh flowers.  
Bring in color: blue and green will add Wood energy.

Move 27 items that haven't been touched in a year. Perhaps by the end of adjusting your space, you will have done this! Every action will help to shift energy. Completing a series of action will set change in motion.

## **Set an Intention for Family Prior to July 12<sup>th</sup>**

After you've completed adjusting or uplifting your space, set an intention for your Family prior to the July 12<sup>th</sup> new moon. Write it down and make sure the words are just the way you want them. I recommend that your intention be positive, present tense, just as if it's happening now. An example: I'm so glad that my family is happy, healthy and supportive.

## **July 12<sup>th</sup> New Moon Meditation**

Then on July 12<sup>th</sup>, read or recite your intention out loud and do a meditation to reinforce it. You could also journal, go for a walk, spend time in a quiet place, go to the ocean, a river or lake, etc. Be somewhere that lifts your spirits. As you do, visualize your desired outcome. Skip over how things might happen ... that's the Universe's job, not yours.

Your job is too:

1. set your intention
2. take inspired action to root your intention and
3. visualize your desired outcome.

As you visualize the outcome, skip over "how" things might happen. This is where it's easy to get bogged down and sabotage the process. Do your work and then get out of your own way. The Universe works in mysterious ways. Open to the possibility of magic happening! If you skip over the "how" and focus on the result, chances are that you'll see progress more quickly.

Contract me (<http://fengshuiconnections.com/contact-peg/>) for a 20-minute consultation if you'd like some help evaluating your Family gua (or any other area). A floor plan and some photos or a short video would be helpful.

## **July Eclipses**

Eclipses are periods of significant change. This month a solar eclipse accompanies the July 12<sup>th</sup> new moon and a lunar eclipse comes with the July 27<sup>th</sup> full moon. The solar eclipse is at 20 degrees Cancer 41 minutes and the lunar eclipse is at 4 degrees Aquarius 45 minutes. If you have a planet or point within three degrees of these, these eclipses affect you. These eclipses are basically about relationships and friendships. Separations may occur. Positive results can occur if you are quick to act.

If the solar eclipse affects you, speaking from your heart, without fear will yield good results. For the lunar eclipse, use knowledge and wisdom coming from more experienced people, such as elders, to assist you.

Eclipse events can occur up to 30 days before and after each eclipse. The issues brought to light can last 3-6 months for a lunar eclipse and a year or more for a solar eclipse.

### **Mars Retrograde**

Mars went retrograde on June 26<sup>th</sup> and will continue through August 27<sup>th</sup>. Mars, the hot, fire planet, represents warrior energy. Mars retrograde cycles occur every other year. This is a time to pause, to reflect on your life and plan for the next two years. It's not a time to initiate new projects. Hold off on these until the fall. Don't be surprised if your plans or expectations change between now and then. Even though you don't know it now, they could! Be patient this summer as you clarify your vision and put a new plan in place.

**Read more in Mars Retrograde Blog Post**

<http://fengshuiconnections.com/2018/06/01/mars-retrograde/>

### **Mercury Retrograde: July 26 – August 18**

Mercury retrograde will be here again at the end of the month: July 26<sup>th</sup> to August 18<sup>th</sup>. I've come to enjoy and appreciate this cycle. For me, it's a time to slow down, to catch up with what I've started, and to thin things out. It's a welcome period.

If you are new to this newsletter or to Mercury Retrograde cycles, Mercury rules communication. Three or four times each year, the planet Mercury appears to back up for about three weeks at a time. When this happens, we tend to experience more communication mix-ups and snags, more electronics breaking down, and more accidents.

As a result, it's highly recommended that you avoid signing contracts (including marriage) or purchasing electronics (including cars). It's a good idea to lighten up your schedule by at least half and be prepared for unexpected changes and adjustments. If you must purchase electronics, purchase a service contract or have a guarantee that you can return the item if it doesn't live up to expectations.

Favorable activities during Mercury retrograde include gather information and doing research, repairing items, reviewing and editing documents, continuing with renovations already underway. Think "re" words ... most of them apply to Mercury Retrograde cycles.

For an earlier blog post with more information, click here:

<http://fengshuiconnections.com/2018/03/28/make-the-most-of-this-mercury-retrograde-cycle/>

## **Affirmation #202:**

“Today I am at peace realizing that abundance is mine for the asking.”

## **July Specials ...**

### **Family Gua Consultations.**

The Family Gua is the center-left of your home, land, every room as well as your business, office or workspace. Clearing clutter from these areas, revitalizing the space and rebalancing the Five Elements can help your dreams and visions come to the surface. Doing so will help you write your plan for the next two years. The Family gua is diagonally opposite the Children and Joy gua. If you'd like to bring more Joy to your life, cleaning up loose ends related to family (and your past), will help.

If you'd like help with this or any other area, send me a floor plan and photos. We'll meet via phone for 20 minutes and explore practical options to bring new life to your space. Email your photos to: [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com)). Cost: \$60.00

### **Short Two-Point Anger Release**

During the summer months, I'll guide you through a short, Emotional Freedom & Healing, Two-Point Anger Release. This is an effective way to tap away deeply held anger. You'll have a method to draw on anytime. We'll do this via phone. Plan on about a half hour. Cost: \$75.00.

[Contact Peg](#) to schedule or for more information.

- **Life Coaching**
- **I Ching Readings**
- **Feng Shui Consultations**
- **Office Feng Shui Consultation**
- **Fashion Feng Shui Consultations**
- **Business Feng Shui Consultations**
- **Space Clearings or Personal Clearings**



- **Personal Empowerment Coaching Sessions**
- **Emotional Freedom & Healing Release sessions**

### **A Presentation, Workshop, or Class**

Peg works onsite as well as remotely via email, web, phone, Zoom or Skype.

EF&H and coaching sessions are generally via telephone.

Consultations are tailored to your needs.

### **Home Feng Shui Tip: Family Photos**

Audit the family photos in your home or office and analyze the energy. Are the photos flattering and are the people happy? Were the photos taken during happy times? If not, remove them and replace them with a photo that is more appealing. Sometimes what's really going on is very subtle.

A beautiful photo of myself and my daughter hung in the center of my two homes for many years. Taken at a family wedding, my daughter was the flower girl and it was a very happy occasion. Every time I looked into my eyes in the photo I was reminded of how sad I was. No one else would have seen or realized this. I had miscarried twins a few weeks earlier and I never had more children, even though my husband and I wanted them.

Years later I understood how this photo was an anchor in my life. When I realized it, I removed the photo and replaced it with a different family photo from another happy occasion. Later, I recognized that more children simply weren't meant to be. They weren't in my life plan and I was at peace with it. I didn't know it at the time though.

### **Business Feng Shui Tip: Assist Your Work Family**

In a business, employees are the work family. Evaluate the Family area of your business, office or workspace for overall energetic quality. What do you see or notice? Is the area clean, clutter-free and does it feel good? Is it uplifting and inspiring or does it feel heavy, dusty, crowded or stuck?

If the latter, spend at least a few minutes this month revitalizing the space. Extract things that might be dragging your business down and remove excess paper or dirt. Items could include files of business proposals that didn't materialize or reminders of

employees who didn't work out or left under negative circumstances. If a negative or traumatic event happened in the space, clear and reset the energy.

When I was in corporate business, I cleared the energy of new offices I moved to and asked the Facilities department to swap furniture in and out until the office felt great.

Analyze the Five Elements. Family is a Wood area. Too much Fire energy (red, triangles, electricity and electronics) can deplete this gua. A vase of fresh flowers is an instant cure. Flowers are wonderful chi enhancers and instantly makes a space feel better.

## **Natural Chi Enhancers: Public Gardens**

I spent a delightful June weekend in NYC exploring three public gardens: The Heather Garden at the Cloisters, the High Line and Wave Hill. What wonderful resources that contribute to the chi of their locations. One question worth pondering: do the gardens lift the chi of the surrounding area or did the vibrant chi of the area contribute to the garden being established? I'm not sure. What I do know is that the two go hand in hand. Gardens do wonders for your spirit and are a delightful space to spend time.

### **The Heather Garden near The Cloisters**

The **Heather Garden** (<https://www.nycgovparks.org/parks/fort-tryon-park/highlights/12337>) located on the grounds of Fort Tryon Park in northern Manhattan, is a treasure. Open since 1936 and designed by Frederick Law Olmstead, Jr. (the son of the co-designer NYC's Central and Prospect parks) this gorgeous garden is a place of beauty, solace and calm. The winding path encourages you to meander and enjoy the scents, colors and sensations of the landscape that overlooks the Hudson River and offers a clear view of the NH Palisades in the distance. A series of curved paths lead to the Cloisters, which is a 10 to 15-minute walk away.

For people living in the neighborhood, the Heather Garden is an amazing place to replenish your chi and bring harmony to daily life. Free outdoor exercise classes, that take advantage of the setting, are offered throughout the year. The public can enjoy the garden for free, year-round. Easily accessed by public transportation, I encourage you to visit the Heather Garden and the Cloisters, if you find yourself in NYC.



Caption: Irises in Bloom at the Heather Garden

### **The High Line**

Build on a re-purposed railroad trestle, the High Line (<http://www.thehighline.org/>) is a beautiful garden on the west side, in midtown Manhattan. The plant design includes many of the native grasses and flowers that grew wild in the abandoned location, prior to its redevelopment. The High Line runs from Gansevoort St. to W. 30<sup>th</sup> between Washington St. and 11<sup>th</sup> Avenue. Rising above the city streets, the High Line brings nature into a dense part of the city, providing a place to relax, rest and recalibrate from the stress of daily life.

The High Line is a wonderful place to meander or to sit and quietly take in the sites or chat with friends. You can also sit and watch traffic on the streets below. The garden is accessible from dawn until dusk.



Caption: A view of Manhattan from the High Line

## Wave Hill

**Wave Hill** (<https://www.nycgovparks.org/parks/wave-hill/history>) is another NYC public garden, cultural center and treasure! Located in Riverdale, an area of the Bronx that borders northern Manhattan, the 28-acre site is accessible from the Metro North train line. A free shuttle runs hourly between the train and the garden. A small entrance (and parking) fee is charged.

Wave Hill overlooks the Hudson River with views of the NJ Palisades. In addition to celebrating gardens and landscapes, Wave Hill's mission is to explore human connection to the natural world through art, horticulture and education. The day I visited, Austin Ballard's *Sunroom Project Space* (<https://www.wavehill.org/arts/artists/austin-ballard/>) was wrapping up.

One aspect of feng shui is that the chi of each place is influenced by the people who spend time there and the events that take place. Built in 1843 as a country home by William Lewis Morris, the Wave Hill House has a remarkable history. (<https://www.wavehill.org/about/history/>) Residents and visitors include Theodore Roosevelt and family, Mark Twain, conductor Arturo Toscanini, and members of the British Delegation to the UN during the 1950's, among others.

Conservationist George W. Perkins was the last owner prior to donating the property to the city in 1962, under the condition that it not be used for biological research as the city initially intended.



Caption: A gorgeous tree at Wave Hill. In feng Shui, tree energy symbolizes deep roots and family connections. Look at these strong and stately branches

Parks are an important part of NYC. Home to over 8.5 million people, it's vital that people have places to go to connect with nature, appreciate and bond with the natural environment, release stress, and cultivate harmony and balance. Although Central Park is the most well-known, the NYC Parks department is responsible for over 1,700 parks, playgrounds and recreation areas.

I love to visit gardens and parks as I travel around. Doing so is a wonderful way to get to know and appreciate local flora and fauna, to destress and to lift my chi. Regardless of whether you live in the city or country, I encourage you to make a point to get outside and connect with nature. It's a free and easy way to bring more harmony to your day.

## **Be A Guest in Your Own Home!**

These days more and more people are becoming Airbnb hosts. During the past month I heard from one person who had a very disappointing and unsettling stay at an Airbnb location due to dirt and clutter. This individual selected a room in a house with a shared bath. It turns out that her room had a lot of personal clutter and both her room and the

bathroom were far from spotless. In retrospect, “causal housekeeper,” was the one clue in reviews that could have alerted her prior to selecting the location for seven nights.

### **Eliminate Clutter!**

Later in the month, I visited a friend who was prepping her city apartment for Airbnb guests. She commented that preparing her home for Airbnb guests encouraged her to face her clutter and eliminate it. And, she did! Her space looked lovely and felt great. Her final touches included a welcome vase of roses, flowers in the bathroom, water, breakfast foods and other complimentary treats in the refrigerator and a guidebook to orient guests to the apartment.

I also spoke to a third person who is a long-term Airbnb host. She hosts guests in her home and is a “super host.” Prior to becoming a host, she decluttered her guest room and private guest bath to help create a wonderful guest experience. She remains conscious of maintaining the rest of her home in tip-top shape, with minimal clutter.

### **Experience Your Home Through Feng Shui Eyes**

This got me thinking. Clutter is anything that you no longer love or use. It comes in all sizes, shapes and forms. We all have some. Rather than wait for the perfect opportunity to let go of clutter, look at your home through feng shui eyes, as if you were a guest. What do you notice and how does it feel? If you have clutter, remove it. At minimum, gather it together, set it aside, and deal with it another day. See how you feel about it after 30 days. You might be ready to let it go, or to let some of it go in stages.

One aspect of clutter is that it contains your energy. When you’re emotionally tied to your “stuff,” it’s a challenge to let it go. This why removing things and setting them aside for a period makes it easier.

Also, when working with clutter, clear yours first. This will likely keep you busy for a while. After you’ve done yours, volunteer to help other family members. They might be ready by then. If you nag others to get rid of their clutter, when you haven’t dealt with your own, it’s hypocritical and counter-productive. You’ll have much better luck when you’ve done your own work. After all, the work is always on oneself.

### **Take Pictures of Your Home and Study Them**

Another approach is to take pictures of every room in your house and study them. You’re more likely to notice things in pictures that your eyes skip over regularly. One aspect associated with clutter is that you don’t see it after 30 days. As you adjust to it, it stops bothering you. At the same time, however, your life is affected by its energy.

Clutter slows you down and brings things to a halt. It stops the creative process, including a flow of ideas and solutions to problems. Whether you admit it or not, clutter adds stress to your life. Decluttering frees your energy and brings more harmony and balance.

Rather than pursue new projects this summer, I recommend that you be your own consultant and play with your space. Identify and remove things that you no longer love or use. If your space is small and cramped, create a spacious feeling by removing non-essential items. If the chi doesn't feel great to you, reflect on ways you can change it. If you don't like the colors, get creative about ways to introduce colors you love.

Create a great space and enjoy being a guest in your own home!

If you're stumped by any or all of this, contact me and I'll help you out.

(<http://fengshuiconnections.com/contact-peg/>)

## **How Happy Are You?**

In March, the United Nations published its 2018 World Happiness Report. The top five positions went to Finland, Norway, Denmark, Iceland and Switzerland. The United States ranked 18<sup>th</sup>, a four position drop over the past year and the lowest ranking for the US since the report was introduced in 2012. What is it that people in these countries know and practice that we don't?

At Yale University, Professor Laurie Santos' course on happiness (*Psychology and the Good Life*) is the most popular course on campus. One would think that Yale students would be happy, but many are not. They are taking the course to learn what to change, and you can too.

## **Take a Free Happiness Course!**

A **free** 14-hour version is available on the web: <https://bit.ly/2tsywIP>. The first part of the course guides you to identify what makes you happy. Then you'll discover strategies to put into practice to cultivate happiness. During the latter part of the course you'll receive tips and support to help you shift your life to further develop and sustain higher levels of happiness.

Overall, the course is about well-being and developing habits that work to your advantage. Professor Santos's research indicates that 50% of happiness is determined by genes, 10% by circumstances and the remaining 40% by your thoughts, actions and



attitudes ... things that you control. Thus, circumstances play the smallest role, given that your basic needs are met.

Some of the conclusions and life changing habits are to:

1. Get more sleep.
2. Meditate.
3. Practice gratitude.

This is no surprise. It just takes a bit of focus and effort. It's well worth it!

For a synopsis, read this article: <https://www.thecut.com/2018/05/how-to-be-happy.html> and explore the links.

Many thanks to Madeline Gerwick for sending me a link to the article!

Thank you for reading! Please pass along to anyone who might like to read this as well.