

## June 2018 Newsletter

Hello,

We're beginning June in the shadow of the May 29<sup>th</sup> full moon and a very active planetary cycle. If you feel like life is moving too fast for you, you have a lot of company. This is a time to stay grounded. A good way to do this is to envision a long cord extending from your tailbone that is anchored deep in the center of the earth. Once you're grounded you can spin around like a gyroscope, always returning to center.

Ground your energy in your home and workplace too. A favorite chair or spot where you can sit and meditate daily, even for a few minutes, will do this for you. Taking time to pause each day and mediate will help you to have a better day. I guarantee it. Clutter gets you stuck and can also bring chaos, so remove it continually.

The area of your home and workspace to work with this month is the Knowledge gua. This is the front-left of your land, house, every room in your house and workspace, which correlates with inner self-development.

My husband and I planted flower boxes and a flower garden over Memorial Day weekend, one of our favorite activities. This was a nice grounding activity also. The result will bring us a lot of joy well into October.

Enjoy June!

Peg

## June Feng Shui Forecast

**June 13: New Moon**

**June 28: Full Moon**

**Mars Retrograde**

## May 29 Full Moon Recap

Did you adjust your **Prosperity gua**, the back-left corner of your home (or any room) or office, prior to the May 15<sup>th</sup> new moon? If so, take note of what has shifted or is shifting for you beginning with the May 29<sup>th</sup> full moon.

You have a wonderful cycle to set intentions with new moon each month. Tying your intentions to the energy of the new moon and correlating them with the related area in

your home and/or workplace, can help you to manifest results more easily. To help you out, I write about this each month.

After taking inspired action (such as adjusting the related area in your house) and setting intentions with the new moon, notice what happens beginning with the full moon two weeks later. This is when things come to light. It's a time to notice and acknowledge the subtle changes. Observe what's shifting for you. Everything counts. When you do this, more changes show up, as your intentions take deeper root.

The May new moon related to the Prosperity area of your home, the back-left corner of your home (or office) and every room in your home, as well as your yard or landscape.

As you connect with this area energetically, recognize the fortunate blessings in your life. We all have some, regardless of circumstances. Blessings come in many forms. For some people, it may be money or financial blessings. For others, blessings may show up in the form of helpful people, vibrant health, deep and meaningful relationships, a new job, solutions to problems, you name it. Anything that raises your energy, brings relief to troubling situations and/or helps you to feel better or to be happy, is a blessing.

I'd love to hear about changes you made last month and anything you're noticing as a result.

## **June Area of Focus: A Month for Self-Development**

The June 13 new moon in Gemini aligns with your **Knowledge gua**. This is the left-front 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 Knowledge gua is about personal development. This is so timely! We're in a five-month phase of volatile planetary energy (May – September). This includes the planet Mars going retrograde on June 26<sup>th</sup> until the end of August, a cycle that occurs every two years. Business tends to slow down during Mars Retrograde. Rather than push forward and begin new projects, you're meant to reassess what's going on and write a plan for yourself (and your business) for the next two years. Results for business initiatives that get started during Mars retrograde cycles come in well below expectations.

As we move into summer, take some time to do your personal planning. Relax, reassess where you are and reflect on where you'd like to head for the next two years. The first two weeks of June are an excellent month to adjust the Knowledge areas of your home and workspace. Doing so might inspire you to focus on personal growth and development during July and August.

## The Knowledge Gua and Earth Energy

Earth energy governs the Knowledge Gua. Earth is strengthened by Fire energy, weakened by Metal, muddied by Water and disrupted by Wood. What does this mean? If you'd like to strengthen the Knowledge gua, include items that represent Earth and Fire energy. If your Knowledge gua already has a lot of Earth energy, you can rebalance the area by bringing in objects that contribute Metal, Water and/or Wood energy.

Balance is relative to each space. It does not mean equal amounts of the elements. Rather, it's a feeling of harmony.

My husband and I planted our annual flower boxes over Memorial Day weekend. I helped choose the flowers and he did the prep work! We make a great team. This year we selected yellow "Million Bells" plants for flower boxes that will reside in the Knowledge area of our lot and the Helpful People and Travel area of our house.



Although we initially intended to get a different color, yellow was the only color available in the quantity we needed. The Universe guided us well. It turns out that yellow is perfect for this area. Yellow represents the Earth element, which rules the Knowledge area and strengthens Helpful People (which is a Metal gua).

For a garden in the Knowledge area of our yard, I decided to add some red, orange, some pink and yellow, prior to remembering that this was the Knowledge area. A little blue would also work (read more about blue further down). These are very supportive colors for this gua.



As you do your gardening, have fun and let your intuition be your guide. Chances are it will lead you to exactly what your space needs!

### **Earth Fire Energy Attributes**

In your garden and spaces, Earth energy is represented by:

Yellow and all earthy colors ... think “fall” palette  
Square and boxy shapes  
Earthenware and pottery  
Shells and natural items  
Plants that hug the ground ... such as boxwood  
Furniture that is low to the ground  
Cotton, linen and natural fabrics

Fire energy is represented by:

Red (and all variations)  
Triangles, pyramids and cone shapes  
Lights ... garden lights are great  
People and animals  
Wool and Leather

### **The Mountain Trigram**



The **Mountain trigram** from the I Ching is another aspect of the Knowledge gua. Mountain is the foundational energy of this area. The Mountain trigram is depicted by two broken or yin lines on the bottom with a yang or solid line on top. This is a deep, reflective energy. It's a place you go to seek solace and silence, enabling you to tune into what's hidden beneath the surface in your subconscious. The yin lines represent your inner self, capped off by a firm outer layer ... the version of you that you present to the world.

The feng shui color for the Knowledge gua is blue, such as the slate blue of the mountains. Thus, including some blue in your Knowledge areas is a good way to introduce or strengthen Mountain energy. Hanging a mountain picture or including a Mountain sculpture works too!

The cycles of the Universe provide wonderful guidance for living in harmony with each other and the Earth. I encourage you to take time this month (and this summer) to do some self-reflection. If something needs to change in your life, make it a priority ... or the Universe will do it for you.

This happened to one of my sisters in early May. She has needed to make some life changes for quite some time. Since she didn't do it on her own, the Universe jolted her! She had a severe fall and is now facing a long recovery. It's an opportunity to remake her life and come out ahead. There's a reason we have five months of disruptive energy this year. We have a lot of changes to make to create a better world ... and it begins with each one of us.

### **Tips to Adjust Your Knowledge Gua**

This month adjust your Knowledge gua prior to the June 13<sup>th</sup> new moon. Then set intentions for yourself on June 13<sup>th</sup> and notice the development toward your goals beginning with the June 28<sup>th</sup> full moon.

Here are some ideas to get you started:

1. Thoroughly clean one or more rooms in the front-left corner of your space.
2. Lighten up. Switch over from winter to summer, if you haven't done so.
3. Eliminate paper piles, thin out magazines and catalogs.
4. Check light bulbs. Replace any that are burnt out.
5. Wash the windows in the Knowledge gua for clear vision.
6. Evaluate and rebalance your Knowledge gua, emphasizing Earth energy.
7. Add some blue, yellow, orange or red.
8. Hang a mountain picture.

9. Plant a garden in the Knowledge area of your yard.

Contract me for a 20-minute consultation if you'd like some help evaluating your Knowledge gua (or any other area). A floor plan and some photos or a short video would be helpful.

### **Mars Retrograde**

Last month I wrote about the cycle of explosive and disruptive energy that we're in for about five months. On June 26th, the planet Mars goes retrograde through August 27th, adding to the confusion. Mars represents warrior energy. It's the red hot, fire planet.

The cycle happens every two years. Its purpose is to encourage you to take a time-out, to reflect and plan for the next two years. It is not a time to begin new projects or initiatives.

See my separate blog post about Mars Retrograde for more information.

### **Mars Retrograde**

With Mars going retrograde June 26 – August 27, a significant summer theme is to envision your future. What do you want for yourself for the next two years? Give it serious thought through August and write it down. Writing plans down can help you to think them out.

Have you been feeling unusually stressed or feel that things are coming your way faster than you can handle them? Perhaps you're experiencing a lot of contrast or extremes ... highs and lows ... happy and sad times? This is the type of energy we're in right now. Fasten your seat belt and hang on! In my life, I'm seeing challenges as a big puzzle to be solved. Rather than get overwhelmed or sidelined by them, put forth your best effort to do what needs to be done and to keep things in perspective.

### **Angry Energy? Release It!**

Mars, the warrior, carries explosive energy. A pattern to watch for is anger emerging and erupting. Emotional patterns are held deeply at a cellular level. They could be patterns that you've built up over lifetimes and added to throughout this life. Ancestral patterns, ones that you inherit from your parents and grandparents, also run deep and many people may not even realize that they carry them.

Recently someone was telling me about anger that runs throughout her family. This person carries it. Her siblings carry it. Their father had it. This is how ancestral patterns run. Anger is one aspect. The patterns continue generation after generation until they are changed. Other patterns could relate to addictions, fear, abandonment, betrayal, failure and more.

The good news is that you can change your life by releasing deeply held emotional patterns! If you'd like to release anger or ancestral patterns, check out the Emotional Freedom & Healing MP3 recordings (<https://polarisbusinessguides.com/audio-classes/category/45-eft-audio/?amigosid=2>) I have on the Polaris Business Guides website. If you'd like a customized Emotional Freedom and Healing release, contact me ([peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com)).

If you're ready to change your life and you're not sure what to do, coaching (<http://www.fengshuiconnections.com/life-coaching/>) is a gentle way of bringing topics to the surface and identifying strategies to overcome them. Contact me if you'd like to discuss options. I'm ready to work with a few coaching clients this summer. You could be one of them.

### **Mars and Feng Shui: The Fame Gua**

Each of the Five Elements is associated with planetary energy. Fire energy and Mars are paired. This makes sense. Mars is the warrior planet. It's red hot and explosive. Fire is a transforming energy. It carries the potential to transform anger into joy. Fire expands outward. It represents excitement, warmth and fullness. Fame is the Fire gua that's associated with Mars.

The Fame gua is the center back of your space when divided into a grid of nine blocks, like a tic-tac-toe board. This could be the center back of your house, every room in your house, your land as well as your business or workspace.

Prosperity	Fame	Partnership
Family & Ancestors	Center/Health	Children & Joy
Knowledge	Career	Helpful People

*←— Place your front door along this line —→*

Too much Fire results in a lost sense of self, where you can't get enough pleasure or stimulation, a feeling where you're always looking for more. You also might fear separation, isolation and loneliness. It's also anger out of balance.

If you are feeling angry or you sense explosive energy erupting from within, check your Fame gua (particularly in your master bedroom) and cool it down. Adding some Earth, Metal or Water energy will do just that. Both Earth and Water extinguish Fire. Fire melts Metal, so it is consumed, used up, or depleted in the presence of Metal. Wood, on the other hand, strengthens, feeds and adds to Fire.

Quick ways to adjust your Fame gua to cool Fire energy would be to remove (or minimize) plants and flowers (they feed the fire), and to replace red, purple, green and blue with yellow, white, grey, pastels or black. You could also add a mirror (Water), bring in pottery or seashells (Earth), or add something circular (Metal).

When Fire Energy is in balance, you feel motivated and alive. You're aware of others, you're compassionate, optimistic and develop deep connections. Too little Fire energy results in cold and clammy feelings, doubt, shyness, and a dull, heavy heart.

Summer is the season associated with the Fame gua. How synchronous that Mars will be retrograde at this time, encouraging you to pause and reflect on where you are and where you want to be headed for the next two years.

This summer take some time for yourself. Cool off in a pool, river, lake or ocean ...whatever you like. As you do, see excess heat, heartache, anger or any explosive patterns dissolving. Allow new desires to come to you ... they may be totally different than you've been anticipating. Take notes and put your plan together by the end of August. Then you'll be ready to step forth in the fall.

## **Prosperity Affirmation #151:**

"Each new blessing I recognize expands my life in unexpected ways."

## **Two June Specials ...**

### **Knowledge Gua Consultations.**

The Knowledge Gua is the front-left of your home, land, every room as well as your business, office or workspace. Clearing clutter from these areas and revitalizing them can help your dreams and visions come to the surface. Doing so will help you write your plan for the next two years. The Knowledge gua is diagonally opposite the Relationship gua. If you'd like to strengthen partnerships or find a partner, working with your Knowledge gua can 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**

Just in time for Mars Retrograde, 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:**

As we move into summer, it's time to lighten your space and to have more fun. Inside, change fabrics over to lighter weights and lighter colors. You might replace dark blues with pastels or wool with cotton or linen. You might also remove heavy curtains to allow more light and air to flow through. Outside, add some color to bring more joy to your space. If you have shady spots, begonias and impatiens are great plants that add a lot of color.

## **Business Feng Shui Tip:**

Refresh the Knowledge gua of your office or workplace this month. The Knowledge gua is the front-left area when the space is divided into a grid of nine, like a tic-tac-toe board. The Knowledge area is great for a training area or to store information about the business (such as on a bookshelf). It's an Earth energy area too, so placing a plant in an earthenware pot would be great. Hanging a mountain picture here, symbolizing the Mountain trigram is energizing also.

## **The Five Elements: The Key to Bringing Balance**

The Five Elements of Wood, Fire, Earth, Metal and Water are a fundamental aspect of nature and feng shui. They provide the answers to bringing balance to spaces, people and energies. Many people find the phases confusing. This is where a feng shui practitioner can help! We're trained to analyze the Five Elements and translate the result. We cut through many layers of information and present options to bring harmony to your space.

The Five Elements are found throughout nature. They apply to much more than your land, home, office or workspace. They are applied to people, personalities, health, food, directions, the planets, you name it.

Each element works in relationship to the others through three primary phases: the creation (or strengthening) cycle, the controlling (or overpowering) cycle and the reduction (or softening) cycle.

### **Five Element Creation Cycle**

In the creation phase, each element adds to the power of the one that follows it:

Metal carries Water  
Water nourishes Wood  
Wood feeds Fire  
Fire creates Earth  
Earth contracts to Metal.

Metal is formed deep within the earth. It hardens and carries water. Water, in the form of condensation, feeds the Wood energy of plants and trees. Wood is used as fuel for Fire. When Fire burns, Earth (ash) is created. Over time, the Earth contracts and Metal is formed.

You use the creation cycle in your space when you want to add more of an element. For example, if you'd like to strengthen the Wood (vitality) element, you could add the Water element in the form of a mirror, the color black, actual water or virtual water.

### **Five Element Controlling Cycle**

The controlling cycle is a cycle where one element overpowers another element. You see this in nature when:

Metal is used to chop Wood (an ax)  
Wood breaks up the roots of Earth (the roots of a tree)  
Earth dams Water (sandbags)  
Water extinguishes Fire (rain, also a hose)  
Fire melts Metal (volcanic eruption).

If you have too much of an element in your space, this cycle is a great way to bring it under control. For example, if an environment is too sluggish and stuck due to overwhelming Earth energy, bringing in Water (in the form of a mirror, the color black, actual water or virtual water) is a quick way to begin to rebalance it.

### **Five Element Reduction Cycle**

The reduction cycle is a gentler approach to balancing a space. You use this cycle to take the edge off an element that may be too strong. In this cycle,

Wood absorbs Water  
Fire consumes Wood  
Earth smothers Fire  
Metal depletes the Earth  
Water holds Metal

If you prefer a gentle approach vs. a drastic one when something is out of balance, the reduction cycle is a good one to use. For example, too much Water energy in the form of many windows or mirrors is easily balanced by views of plants and trees or the addition of plants and greenery to your space.

### **Ti'an Five Element Sculpture Garden**

Maureen St. Germain, author of the best-selling book, *Waking Up in 5D* (<https://amzn.to/2J9tuKu>), sent me a series of photos from a Five Element sculpture garden in Ti'an China. The sculptures are amazing! See if you can recognize the power of the energies through each sculpture:



This is an interpretation of the Wood element. Do you see how it represents trees and upward vitality?



Here's the interpretation of Fire. It's a vibrant and transformative energy.



The energy of Earth has solid, stable qualities. In this interpretation I see the many layers of earth in the sculpture and a very solid bottom in the accompanying symbol.



Metal is a strong energy. It can cut through things and get directly to the heart of any matter. Metal brings clarity.



Water flows, swirls and creates a ripple effect. Do you get the sense of that here?

Here's a view of the sculptures as you enter via the Wood element. Following the path clockwise, you'll see the creation cycle of Fire, Earth and Metal. Water is hidden from this view:



If you do a Google search on Five Element sculpture gardens, you'll find many throughout the world.

Contact Peg (<http://fengshuiconnections.com/contact-peg/> ) if you'd like help analyzing the Five Elements in any room in your space. When you feel comfortable with how the elements work together, you'll have an easier time bringing balance to your space and to your life.

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