

August 2018 Newsletter

Hello,

We begin the month between eclipses and with very active planetary cycles. Mars, the warrior planet is retrograde, as well as Mercury, the planet of communications. August is a month to cut your schedule in half, allow things to slow down and simply “be.”

I recommend that you do what you need to do yet refrain from pushing forth with important projects. You’re likely to have better luck after Labor Day.

A good use of these energies is to gather ideas about where you’d like to be in two years and write your plan down. Set some goals and then work backwards to figure out how to get there with as much ease as possible.

The feng shui area to energize this month is **Children, Creativity and Joy**. It’s time to relax and have some fun. May the articles and stories below inspire you along your path.

Enjoy August.

Peg

August Feng Shui Forecast

August 11: New Moon and Solar Eclipse

August 26: Full Moon

July 26 – August 18: Mercury Retrograde

[July 27 Full Moon and Lunar Eclipse Recap](#)

Did you adjust your **Family gua**, the left-center area of your home (or any room) or office, prior to the July 12th new moon and solar eclipse? If so, notice movement toward your goals and intentions beginning with the July 27th full moon and lunar eclipse.

Although we didn’t see it in North America, the eclipse was at 4 degrees Aquarius 45 minutes. The energy impacts you if important planets in your astrology chart are within three degrees of the eclipse degree. (An astrologer can help you with this.) Touted as the longest lunar eclipse for the 21st century, the entire eclipse lasted 6 hours and 14 minutes, while the duration of the full eclipse was 1 hour and 43 minutes.

Why is this important? I find that information is power. It can also bring relief. Rather than be caught off-guard or side-lined by unexpected shifts in life, having a heads-up about what's coming can help you navigate these challenging times with as much ease as possible.

Eclipses are about significant periods of change and they come in pairs. The July eclipses are about unfortunate news with friendships and separations or endings of relationships. Tough stuff! If you know what needs to be done, quick action can bring good results. A secondary meaning of the July 12th solar eclipse is about taking a lead role and using your voice and words to get the results you're seeking. Be sure to speak from your heart, without fear. People will look to you and hear your words, particularly if you are one among many.

The July 27th lunar eclipse also relates to receiving and using wisdom from elders or those more experienced. This is a reminder to ask for help from others and seek the easiest path toward the best solution. You're not meant to do everything yourself. Listen to your inner voice and be open your intuition emerging to guide you along your path.

The eclipse energy is in conjunction with a focus on family for the month of July. As stated above, the Family gua is the left-center of your space (yard, house, each room, and workspace) as you enter your land, house or room. Sometimes, this confuses people. If you'd like help identifying how to lay the bagua on a space, contact me. This can be tricky for some properties.

My Personal Experience

What a whirlwind month! If you've been following my newsletters and blog posts for the past few months, you may remember that one of my sisters had an accident in May, which resulted in a very serious traumatic brain injury. I became her health proxy as well as her power of attorney, since she's also a widow and a single mom of two sons in their early twenties. This is a big responsibility that requires time and energy.

If you're new, you can read a recap on my June and July Chi forecast blogs:
<http://fengshuiconnections.com/blog/>

I had a heads-up earlier this spring when I got help with my astrology cycles. I knew that the July 27th eclipse would impact me in a big way and that it was also about unfortunate news and separations. Even though eclipse events typically happen within 30 days, eclipse energy has a 6 to 12-month window. I was more curious than fearful about what would unfold for me. Therefore, I wasn't surprised about my sister's accident and my need to step up and be her advocate.

A wonderful and surprising turn of events is that my siblings (Family) have also stepped up, each one assisting in whatever ways they can. They have even gone above and beyond what I anticipated. The Universe is rearranging things for the best possible outcome.

One of my brothers did laundry when it was needed for a month, a sister sorted out clothing and purchased new, appropriate and attractive outfits for our sister with the brain injury, and another brother stepped in and is looking out for our 20-year-old nephew (a son of my sister with the brain injury) who's trying to get established on his own. He delighted and surprised us all when he purchased a used car for our nephew. It's making things much easier.

I thank my lucky stars each day. We all have challenges in life. How you respond is what matters. I recommend always taking the high road. I know that this helps me immensely. Ways it has shown up for me include my house being comfortable while my gardens flourish, my sister being in a clean, safe and accommodating environment, a government employee filling out a 10-page application on my sister's behalf, my siblings stepping in and doing more than anticipated.

For myself, I regularly ask that time be expanded to fit in what I'd like to accomplish. As a result, I experience a lot of synchronicity and good timing. I'm able to continue doing what I love to do, meet my commitments and do my work, while looking out for my sister and handling her paperwork and bills. Spending some time outside in nature each day helps to ground my energy. The days I kayak are an extra treat. I'd love time to slow down in August, so that I can enjoy family, friends and the lake more fully.

Did you notice any personal patterns or shifts during July? I'd love to hear about what's surfacing for you and how you're handling it. Contact me at <http://fengshuiconnections.com/contact-peg/> .

August Area of Focus: Children, Creativity, and Joy

The lazy days of August are a reminder to play! Often hot and humid, it's a reminder to enjoy the summer before gearing up for fall. The feng shui area of focus is the **Children, Creativity and Joy** gua. This is the center-right side of your space, opposite the Family gua, which was the focus for July.

The **Children, Creativity and Joy** gua is a reminder to lighten up and bring some whimsy to your life. It is a Metal area in the Five Element system and health-wise it's related to your mouth, teeth, throat and voice. The energy is about what you give birth to (children, expression, art, projects and businesses), as well as your future and retirement years. Quite a bit is packed into this area!

The Metal Element Supports Children, Creativity and Joy.

This means that balancing the Metal element in the right-center area of your house (and every room in your house) helps to give power to your words and voice, can open you to creative projects, endeavors and solutions, and can assist with health solutions related to your mouth, gums, teeth, and throat. Isn't it amazing how this connects with the secondary meaning of the July 12 solar eclipse, which is about using your voice and words and being heard by others?

Metal energy is represented by:

- all metals (gold, silver, copper, brass, aluminum, etc.)
- white and light pastel shades
- circle, oval and arch shapes
- oil, petroleum and plastic
- marble, granite, flagstone and rocks dug from deep earth
- natural crystals

Metal energy is strengthened by Earth and depleted by Water. Thus, if you'd like to boost Metal energy, you can add earthy items such as earthenware, pottery, shells, and square shapes.

If the Metal energy in your space feels too strong, add some Water energy to reduce the effect. Common items include water itself (such as a water feature), glass, mirrors and shiny surfaces, black or very dark colors, free form or wavy shapes, art or pictures with water.

Use Feng Shui to Help Bring You More Clarity, Fun and Whimsy

Feng shui is a powerful tool for bringing you and your space into alignment. When you're in alignment, you're happier and your life is easier to navigate. Solutions to problems emerge, sometimes before you ask. Things move along with a lot of synchronicity and harmony. It doesn't mean you won't have challenges. We all do. It does mean that easy paths might appear to resolve your tests or that perhaps you develop resilience rather than being thrown off track.

Take photos of the center-right areas of your home, yard and workspace. Study them. Do you like what you see? If you could do anything you want, what would you do differently in this area? What is one action you could take this month to help lead you in that direction?

If you notice clutter, schedule time to clear it or address it. August 7th and 9th are particularly good days to clear clutter this month. They are during the third quarter moon (best time to let go of what you don't need) and the moon is also stationary. You

can be highly productive with cleaning and clearing out on these days. Save pushing forward with new initiatives for later in the month.

When you deep clean, remember to reach into the corners, high and low. Remove dust and cobwebs. Wash windows and curtains. Remove things that are broken or in disrepair (or at least note that they need to be fixed).

Then, reassess the Five Elements (Wood, Fire, Earth, Metal and Water) with an emphasis on Metal energy. Use items you have to balance the elements before buying new things. Sometimes less is more. You can remove items to create a better balance vs. always feeling that you need to add things. You don't. During the summer, continue to lighten up.

White hydrangeas are a wonderful "Metal energy" flower to add to your space. I happened to do this recently, without realizing its deeper significance! It must have been my intuition kicking in, as I also placed them in another Metal gua, Helpful People and Travel. A few days ago, my husband moved a trunk of toys and games to another area of our house. Guess where he placed it? Our **Children, Creativity and Joy** gua! His intuition must have been active that day, as he is also influenced by the summer eclipses.

Tips to Strengthen Creativity and Joy

Here are some suggestions for shifting the chi of your **Children, Creativity and Joy** gua:

- Add white and light colors
- Include whimsical items and toys
- Set up a game table

- Place a vase of white hydrangeas or other rounded flowers
- Include pictures of children
- Showcase your art

- Incorporate at least one item that brings you joy
- Remove dark, heavy objects
- Add some natural crystals

- Add earthenware
- Include seashells
- Balance metal (gold, silver, brass, aluminum, copper, etc.) with other décor

Set an Intention for More Fun and Creativity Prior to August 11th

After you've completed adjusting or uplifting your space, set an intention related to bringing more fun, whimsy and easy solutions into your life Family prior to the August 11th new moon and solar eclipse. Write down your intention and make sure the words are just the way you want them. I recommend that your intention be positive, written in the present tense, just as if it's happening now. An example: I'm enjoying bringing a lighter approach and incorporating more fun into my life.

August 11th New Moon Meditation

Read your intention out loud and do a meditation to reinforce it on August 11, the day of the new moon and solar eclipse. You can also journal, walk, spend time in a quiet place, go to the ocean, a river or lake, etc. Position yourself in a space that lifts your spirits, even if you visualize it. As you do, see your desired outcome unfolding. Skip over how it will happen ... that's the Universe's job, not yours. Your job is too:

1. set your intention
2. take inspired action to initiate your intention and
3. hold the energy for your desired outcome.

It's easy to get side-tracked and sabotage the process. Instead, empower your intention and then get out of your own way.

Allow whimsy and magic to take over this month. You might be pleasantly surprised.

Tune into the August 26th Full Moon

With both Mars and Mercury retrograde this month, your best bet is to reduce your schedule and commitments by half (stretch them out), do some cleaning or rearranging, reflect on your goals and priorities for the next two years, and take some vacation.

By the August 26th full moon, you'll be ready for a shift. Notice what is shifting and unfolding for you beginning with the August 26th full moon. The good news is that positive shifts are coming. Post-Labor Day you may experience possibilities that weren't on the table a few months ago. Some of the heavy energy will clear, although September brings a few more hurdles.

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

Mars Retrograde ... Capture Ideas for Your Two-Year Plan

We have one more month of Mars retrograde before it takes a break for two years. Mars represents hot, fiery, warrior energy ... we've seen an escalation of this since June 26th. Things should settle down a bit after August 27th.

During August, I recommend that you take some time to write your personal plan for the next two years. Do this for your business too, if you have one. It's a tough period to get new projects started, because you're meant to reconsider what's happening, not forge ahead.

Be patient. This is a time to clarify your vision and put a new plan in place.

The next Mars retrograde cycle is September 9 – November 13, 2020.

Read more in Mars Retrograde Blog Post

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

Mercury Retrograde: July 26 – August 18

Mercury retrograde is here again, through August 18th. Some of the activities during this time are to **reduce** your schedule and commitments by half, **reassess** what's happening in your life, **release** paper piles, **remove** clutter, **repair** what's broken, continue with **renovations**, **relax**, **read** some books, and do some self-**renewal**.

Do you see all the "re" words? This is exactly what Mercury **retrograde** is all about! Reducing, reviewing, renewing and renovating.

I like this cycle. It provides me some breathing room and a three-week period to catch up. Well ahead of each Mercury Retrograde cycle I'm aware of **reducing** my commitments and allowing more open space on my calendar. This provides me the space to **rearrange** things as needed. The end result? **Reduced** stress and a more **relaxing** three weeks.

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, you might 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.

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 #212:

“I open fully to the richness of blessings in my life.”

August Specials ...

Bagua Overlays \$60.00 for one floor or space, \$75 for two.

One aspect of feng shui that is often confusing to people is how to lay the Bagua over a floor plan. We always lay the bagua from the main entrance. This can be confusing when you have multiple entrances to a space or you have waterfront property. For a home, the main entrance is the architectural front door. For a room, it's typically the door you use. There are exceptions and they depend on each situation.

Years ago, I worked with a house that was on a corner and had two front doors. Both could have been used to lay the bagua. I dowsed to identify the best approach. The patterns associated with the property then indicated that the choice was correct.

If you'd like help with laying the bagua on a space, send me a floor plan along with the address of the property and your question. I'll lay the bagua and return your plan via email. If you'd like the bagua laid on a second area or room within the same property (such as a master bedroom), there's an additional \$15 charge per room. Email your photos to: peg@fengshuiconnections.com). Cost: \$60 for one bagua overlay, \$75 for two bagua overlays within the same property.

I'll send you a link for an online payment when I receive the floor plan.

[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:

Place something joyful, fun, light-hearted or whimsical in the **Children, Creativity and Joy** area of your home or yard this month. You have many options. It could be a colorful sculpture, a whirligig, inspiring art, a happy photo, a beautiful plant or vase of flowers, etc. the Children and Joy area is the center-right of your space ... your land, your home, and every room in your home, when you divide it into a grid of nine blocks.

Choose the **Children, Creativity and Joy** in one area, set an intention for yourself prior to the August 11th new moon, and anchor your intention with the object. I'm going to move a fun, metal owl sculpture from our pond to the Children and Joy area of our yard for the month. Rearranging things shifts the chi.

Business Feng Shui Tip:

To help you experience more happiness, satisfaction, creativity and/or solutions to business problems, shift the energy in the **Children, Creativity and Joy** area of your workspace, office or business this month. This is the right-center section of your space when you divide it into a grid of nine blocks. From a business perspective, this area also relates to subsidiaries and other offices or subsets of the business. You could also focus on the future and place something that represents where you'd like the business to head or areas of growth. The sky is the limit.

Since this gua is strengthened by the Metal element, adding metal, something white, grey or pastel, a round or curvy object, is helpful. You might combine this with

something whimsical, light-hearted or fun. What comes to mind when you think about where you'd like your business to head. Be creative!

Set an intention for the future of your business prior to the August 11th new moon and anchor your intention with the object.

Finding Lost Items ... Shifting Dimensions

Do you misplace items or forget where you put things and then they end up lost? Maureen St. Germain writes about this phenomenon in her book *Waking Up in 5D*. <https://amzn.to/2LOLg3A>

Periodically, I misplace items or forgot where I left them. Other times they seem to simply disappear! I found an important key that vanished months ago, a misplaced driver's license reappeared for a friend, a missing kayak was found by another friend. Recently, I was looking for a notebook for a class. I looked where I thought it would be. I didn't see it. I looked in the same place a few minutes later and there it was!

When these situations occur, I remember Maureen's teaching that the fourth dimensional world is where you'll find the misplaced items. It's a transitional plane between the third and fifth dimensions.

I notice that missing items reappear when I'm relaxed. If I'm stressed or worried about finding what I'm looking for, the items remain out of view ... and sometimes when they are even in plain sight. I've noticed this with my husband and daughter for years. They would look for something and give up when they couldn't find it. Then they would mention it and I would find it for them. They couldn't see it, yet I could.

When you lose or misplace something, Maureen suggests that you ask that it be returned. You can say: *"If my missing item is in the fourth dimension – I'd like it back. Thank you."* If you get your things back, know that you are shifting among dimensions. This will happen when you move away from an emotion of stress or anxiety and into acceptance.

Each of us is a multi-dimensional being. Fifth dimension is where you want to be these days. Maureen says that this is the "tranquil zone." Even though you live in a 3D body, you can have higher level experiences and move among the dimensions.

On page 62 of her book, Maureen writes: *“Your first objective is to make sure that there is no conflict between your thoughts and emotions or your emotions and your actions. True integrity is at the core of remaining fifth dimensional. When you think one thing, act another, and feel yet another, you have created a roadblock to being fifth dimensional. How many times have you caught yourself in denial about something? That’s when you’ll find out you are out of sync with yourself and cannot remain fifth dimensional.”*

If or when you’re confused about what’s happening, ask “What’s going on?” and then listen to your intuition for the answer. If you practice this regularly you may find that your life experiences become more peaceful and loving on a regular basis. You may hear the news and not be rattled by it. When something goes awry you might accept it knowing that whatever is supposed to happen will, as situations rearrange themselves for the best outcome.

The bottom line? You’ll develop inner peace as you regularly strengthen your energy and the chi of your environment. As you do, you’re contributing to a better world and a happier and healthier planet.

The Stories You Tell ...

On the way into a restaurant for dinner recently, an elderly gentleman held the door for me and my husband. We thanked him and asked him to move ahead of us in line. He did. After he was seated at his table, we observed the wait staff chatting with him. He was a frequent customer. As he was dining we noticed that he looked alone and sad. When our check came, my husband got up and spoke with our waiter at the register. In short order, I realized what was happening. My husband paid the elderly gentleman’s dinner check. My heart was beaming with joy! What an amazing and unexpected generous action. When our waiter returned, he let us know that paying the man’s bill was very timely. His significant other had recently passed away and he was feeling a bit lost and forlorn. My husband was so happy that he acted on his intuition as well.

A dear friend was having a bad day. She proceeded to share her experiences, in explicit detail, on Facebook. Before long, her friends and acquaintances were agreeing with her and sharing their experiences as well. The bad experience was kept alive and reenergized. The next time I met her, she lamented about other events that were happening in her life. When she mentioned that she needed to purchase a car, I attempted to steer her away from purchasing a car during Mercury Retrograde. She brushed it off and told me it wouldn’t be possible. Ugh. Chances are this streak of unfortunate events will continue.

A young nephew is working hard to get himself established in a new city. His dad passed away when he was nine and his mom is my sister who's in the nursing home. My husband and I have been checking in and helping him out a bit. When we realized that he needed a car to get to work, we told him that we would sell him a spare car for \$1.00. There were a few hurdles though. He would need to learn to drive a manual transmission, get it registered in his new state, purchase insurance and then pick it up. As we were realizing that this would take a few months, one of my brothers stepped in and purchased a used car for this nephew. He also paid for the registration and he's covering the first three months of insurance. Within two days our nephew received a promotion at work. My heart is still jumping for joy with how goodwill and generosity spread so easily! Everything is connected.

The above three stories are real and happened within days of each other in the order presented, the most recent story first.

The stories you tell yourself and repeat to others are very important. Words carry energy and impact what happens in your life. To energize and feed positive energy, frame your stories in a positive or uplifting context. When you consciously withdraw your energy from what's not working, you can choose to redirect situations toward what you really want.

For example, rather than publicly share the details of everything that went wrong, my friend could have let her friends know that her car broke down, her tow-truck experience wasn't great, but things worked out in the end, and that she was in the market for a new car.

I'm not suggesting that you don't acknowledge what's happening in your life. Rather, I recommend that you consciously withdraw from repeating and reinforcing stories about what's not going well in your life. Stop seeking validation and agreement about what's not working. Doing so only gives it more power. At minimum, come to a neutral place so that you can move ahead on a more positive platform. Once you're there, it's easy to maintain it.

Express your experiences and intentions in ways that move you toward your desired outcome, helping everyone to move forward. When you withdraw from what's not working, things will change for you. I guarantee it.

The same is true in the public arena. Less repetition of bad news, celebrity gossip, political chaos and generally what's wrong with society leaves room for good news to fill the space, and there's plenty of it! More and more I'm seeing heartwarming humanitarian stories being given more publicity.

Are you aware that there's a *Good News Network* and that it's been around for over twenty years? The service is free, and the movement is gaining momentum. Here's a link

to check it out: <https://www.goodnewsnetwork.org/>. The *Good News Network* shares inspiring and uplifting stories. It turns out that there are plenty of them daily and word is spreading. More and more publicity is going to people are doing kind deeds for others. Together, we can shift negative cycles and contribute to a better life experience for all.

What does this have to do with feng shui? Plenty! Your space reflects yourself. Create a clean, well-maintained, clutter-free environment that vibrates love. If you're feeling poor, stressed, unsettled, angry, frustrated, vindictive, abandoned, full of guilt, blame or shame. etc., look toward yourself as well as your home and work spaces. The work is always on oneself. The August Mercury Retrograde cycle is an excellent time to make progress with this. You're more likely to have success.

Do your part to cultivate happiness and health in your own life. Then be generous with others. As you do, you're helping everyone around you and our planet as well.

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