

September 2018 Newsletter

Hello,

September brings a return to work, school, and the initiation of fall activities. It's another bittersweet time of year as we're likely to have some gorgeous days that will encourage the playfulness of summer. Enjoy them as you can.

Transition and transformation are key themes this year. As we slowly emerge from a very challenging six period, notice how you're feeling and what continues to show up for you. If old patterns that you thought you cleared, persist, try a new approach.

It's been a treat to watch the night sky. The August 26 full moon was stunning, and many planets are providing quite a show. Mars (the red planet in the night sky), which represents your energy and motivation, is moving slowly until mid-September. Thus, it's an excellent time to complete tasks and projects before taking on more.

The area to work on this month is the center of your home and workspace. I recommend that you clean and re-energize your center spaces prior to the September 9th new moon and then enjoy the rest of the month. If disruptive energy shows up, notice it and do what you need to do, without taking it on. Some of the articles below may help you.

Enjoy September!

Peg

September Feng Shui Forecast

September 9: New Moon in Virgo

September 24: Full Moon

The September 9 new moon in Virgo is a reminder to take care of yourself and your well-being. The area of your home or business to focus on this month is the Center of your space, every room in your space, as well as your land.

The Center or Tai Chi is About Balance and Unity

The Center is also known as the tai chi. The objective is to balance the universal forces of yin and yang to promote overall harmony and well-being throughout your space and your life. The yin yang "tai chi" symbol represents the interconnection of feminine,

earthly energy with male, heavenly energy. One is never without the other and together they represent the wholeness of the Universe or unity.



A key premise of feng shui is that your space reflects your inner self. You mirror your space and your space mirrors you. This is also true for the people with whom you spend time. The people with whom you connect reflect aspects of your self back to you.

What's Been Happening This Year?

We've just come through a challenging six-month period where key parts of your life may have been jolted or thrown into turmoil. The purpose of this was to bring attention to what needs to shift or transform in your life. What's been coming up for you? For me, it's been about setting boundaries as I balance my needs and wants with those of others. It's also been about completing things I have underway (tying up loose ends) before I embark on new projects or interests. It's been a busy period.

This September is a wonderful month to reflect on what's been happening and rebalance any aspect of yourself that feels off-kilter. Allow yourself to dream. Reflect on how you'd like the next two years to unfold and visualize it happening. Focus on the result without any disbelief or angst over how it could even happen. If you find yourself blaming others for your circumstances, look within and take responsibility for your choices. Then consider what you'd like to be different and open yourself to the possibilities of really having what you want.

It's Time to Refresh the Center of Your Home and Recharge Yourself

Prior to September 9th, refresh and shift the chi in the center of your home. The quality of energy in the center of your space spreads throughout the entire area. The same is true for yourself. The quality of physical energy in your gut as well as the true feelings in your heart influence what happens in your life. Be honest with yourself and be gentle as well. In my opinion, the "work" is always on oneself. The people around you reflect aspects of your Self back to you. If you've been feeling unsettled or off-kilter, adjusting the Center of your home, business or workspace, and yard will help you to come into balance.

The center of your space can be the physical center or the energetic center. Many times, the exact physical center is not a place where you spend a lot of time, such as a hallway. When that's the case, use your energetic center ... which might be a kitchen or gathering area, the "heart" of your home.

If the center of your space feels constricted, notice how this might show up in your life. An adjustment would be to expand the space by hanging a mirror or a picture with depth. Have the mirror reflect a pleasant view, whenever possible. Mirrors serve many purposes, including doubling and expand energy.

You might also take some photos of the center of your space (and every room), set them aside and look at them during a quiet time. Study the photos and see what you notice.

If your space feels cramped and crowded, clear away clutter and items that you don't need or use. If the area feels dusty or dirty, clean it high, low and deep into the corners. Perhaps your space is feeling tired and worn and you're feeling similar? Add something new or fresh to liven it up.

What pictures or images do you have on the walls in the Center of your home or business. Do they reflect what you want? To the extent that you can, look behind the energy or into the history of the creation. This also influences how things unfold in your life.

For many years a beautiful photo of myself and my daughter hung in both of my homes, at the time. The photo was taken at a family wedding and we both looked beautiful. Each time I looked at myself, I knew how sad I was at the time. The photo was taken two weeks after a miscarriage and I never had more children, even though my husband and I wanted them dearly. I wasn't until years later that I realized that this photo anchored the very situation that I wanted to change. It was very subtle yet very profound.

Periodically I uncover similar situations when working with clients. An innocent question will open a story that represents the pinnacle of what the person wants to change. If there's something in your life that you'd like to change, look to see how the condition might also be anchored in your space.

A Bit About the Earth Element

From a feng shui perspective, the Center of your space is influenced by Earth energy. In balance, Earth is caring, supportive and nurturing. Life flows easily. You and your space feel balanced, well taken care of, supported, stable, grounded and secure. Too much Earth feels smothering or overprotective and too little feels exposed, parched and dry.

Even though the Earth is round, the feng shui shape for Earth is square or rectangular. (Heaven energy is round.) Earth color are yellow, brown and the fall palette. Yellow is a cheerful, communicative color and brown is stabilizing. Fall brings the harvest season, when we celebrate the Earth's bounty or the fullness of Mother Earth.

In your home or workspace, Earth is represented by square and horizontal rectangular shapes, yellow, brown and the fall color palette, brick, clay, pottery, adobe and earthenware, seashells, oversized or big, heavy furniture that hugs the ground.

Earth energy is strengthened by Fire, weakened by Metal, broken apart by Wood and muddied by Water. In nature, fire creates ash, dirt or earth; soil hardens deep within the Earth to form petroleum and various metals; tree roots break through the earth when there isn't enough soil to fully cover them; and too much water creates mudslides.

The natural cycles of the Five Elements are always in motion. Observing the existing energy in your space and noticing how you feel as a result, is a great way to figure out what to adjust.

With feng shui eyes and without judgment, observe the center of your home, any room in your home (particularly your master bedroom), as well as the center of your workspace and your yard. Notice how you feel. What captures your attention? Do you like what you see or are you noticing things you'd like to change?

8 Tips to Help Balance the Center of Your Space

1. Add a vase of fresh flowers.
2. Hang an inspiring photo.
3. Place uplifting artwork or a sculpture.
4. Enhance the area with colors you love.
5. Incorporate pottery, earthenware or seashells.
6. Ground your energy with a beautiful rock.
7. Add some brown for safety and stability.
8. Include a reminder of health or well-being.

Do this after you:

1. Clear your tabletop.
2. Remove excess paper, magazines, newspapers.
3. Thin out knick-knacks.
4. Wash windows.
5. Repair anything that is broken.
6. Dust and vacuum.

Adjust the Five Elements

Too much Fire or Earth? This might show up as a lot of red or yellow, lots of triangular and square shapes, too many lights or candles. Balance with Metal qualities ... round, circular, shiny, metallic, white, gray or pastel colors.

Too much Wood? This might show up as an abundance of green, blue, florals or stripes. Bring in objects with Fire or Earth energy ... candles, lights, red or yellow colors, triangular or square shapes, pottery, shells or earthenware.

Too much Water? Lots of glass, physical water, black and very dark colors represent Water energy. You can reduce this by bringing in more Wood energy, along with Fire and Earth objects. Offset an abundance of Water with florals, stripes, rectangles and triangles, green, blue, red and yellow, and natural items.

Too much Metal? Barren, white spaces can be cold and harsh. Water, Fire and Wood elements will reduce excess metal more quickly than simply adding Earth.

September 9 New Moon Meditation

The new moon is Sunday, September 9. It would be ideal to clean, adjust and reenergize the center of your home and workspace prior to September 9. As you do this, think about your intentions as they relate to your health and well-being and reflect on what you really want for yourself. Not what you “don’t” want, but what you “DO” want. If you find negative words or descriptions floating through your head, write them down and reposition things to reflect what you do want. Make sure your statements and intentions are about you and not what you want other people to do. You can change yourself but not anyone else.

On Sunday, September 9th, read or reflect on your intentions and do a meditation, visualizing the result. See yourself as healthy, whole, prosperous and happy ... whatever you truly desire. Two weeks later, on the September 16th full moon, look for evidence that what you’ve asked for is beginning or energy or show up. It may be subtle at first. Long term change is deep rooted and takes time. Let go of any timetable and go with the flow. Trust that what you’ve asked for, and the steps you’ve taken are the catalysts for change in your life.

Affirmation #243:

“I notice increased abundance and prosperity the more I connect with high energy friends.”

September Special ...

Balance the Heart of Your Home

Would you like help identifying some easy shifts to help bring balance to the center of your home, a room or your workspace? If so, email a few photos of your space and a floorplan, along with comments about what you’d like to shift (or what’s been happening for you) to: peg@fengshuiconnections.com). You’ll receive a link for an online payment after confirmation and setting a date for the consultation.

Cost: \$60 for a 30-minute telephone or web consultation.

[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:

Create a focal point in the center of your home that represents a quality of energy that you'd like to cultivate. I love having a vase of fresh flowers on my dining room table. The flowers bring me joy every time I enter or pass through the space. They change regularly, so they are always in tune with the season. For me, the flowers represent vibrancy and well-being. They also represent taking care of myself and others, as they require ongoing attention with fresh water daily, removing the wilted flowers, and trimming the remainder. With inattention they quickly fade and die. Sunflowers are abundant this time of year and readily available in many areas.

Business Feng Shui Tip:

How about placing a vase of fresh flowers on your desk or bringing them into your work area? I placed a vase of fresh flowers on my desk recently after clearing my desk and office. I may make it a regular habit again. I used to do this when I worked in a corporate environment. Before I studied feng shui I discovered that flowers shifted the energy and improved the mood of most people who entered my office. They often asked about the special occasion and were surprised to find out it was something I did for myself. Plants and flowers are an easy way to shift the chi, particularly in the Wealth area, or the back-left corner.

Feng Shui and Health

People are often amazed when they tune into the patterns that are embedded in their spaces and therefore their lives. The longer you live or work in a location, the deeper the blueprint or connection between you and your space.

Your space can influence your health in profound ways. And the experience is different for everyone, depending on each person's life and challenges. One person might thrive in one location where someone else may not or may even experience setbacks.

You choose your home and your home chooses you! Sometimes you're drawn to a space for the life lessons or shifts that you're meant to make in this life. You might initiate the changes or if you don't, and they are meant to happen, they'll happen anyway.

Some environmental factors that influence your health include:

Design Details

The Five Elements and Organ Networks

The Bagua, Body Parts and Emotional Ties

Design Details and Health

We often say that whole, clutter-free spaces help to bring balance and nurture well-being. A whole space is one without a lot of sharp angles and has a good amount of open space. Angles can cut off sections of a building or room and create poison arrows (or sharp, knife-like angles). They can also expand spaces. It all depends on the situation, relative to the area around it. Taken out of context of the broader environment, can lead you to needless angst, worry and incorrect conclusions.

Some design details to be consider:

Design Detail	Life Factor
<i>Missing Bagua Area</i>	<i>Influence on a specific area of your life</i>
Sharp Angles	Sharp, cutting chi, sharp words
Long hallways	Racing through life
Narrow passageways	Narrow, restricted thinking
Slanted ceilings	Pressure, headaches, pushing down
Contrary door that opens to a wall	Blocked energy, up against a wall

The Five Elements and Health

The Five Elements are a fundamental aspect in feng shui. They provide insight to many situations. One is how the Five Elements correlate to the five organ networks in your body, as well as in the bagua. They correlate as follows:

Element	Organ Network	Bagua Area
Wood	Liver and Gall Bladder	Left-Center: Family
Fire	Heart and Small Intestine	Back-Center: Fame
Earth	Stomach and Spleen	Center: Health
Metal	Lungs and Large Intestine	Right-Center: Children
Water	Kidneys and Bladder	Front-Center: Career

When you have imbalances in any of your organs, analyzing the patterns in your home, every room in your home, in your land and workspaces can provide clues about how to adjust your spaces to enhance your life.

For example, if you have kidney trouble, work with the Career gua or the front-center area in your spaces. Notice what's there, remove anything that might be weakening your situation, fix anything that's broken and then strengthen the chi of the area. Make sure your windows are also clean and in good repair.

Kidneys correlate to Water energy. This in turn, ties in to plumbing. The gua area connects to your passion, career or life purpose. Periodically I see patterns with plumbing leaks, combined with unhappiness with one's job or career in the center-front of a home. Sometimes the patterns repeat themselves in various ways throughout the space as well. Using this example, I might find other evidence of plumbing leaks, dissatisfaction with one's job or career, or Water imbalances throughout the space. Water imbalances might show up as excess water (actual water, virtual water, or in art and photos), a lot of glass (windows and/or mirrors), too much black or dark colors, or an over-abundance of swirling objects.

Depending on your situation, you can apply this example to each area that correlates with the five elements.

The Bagua: Body Parts, Organ Networks and Emotions

Another aspect of feng shui and health is correlating body parts and emotional energy to the bagua. See the chart below to match ailments and emotions with specific areas of your home, yard or workspace. The five organ networks are also noted in italics.

You might reflect on what's happening in your life, as well as patterns and issues that you'd like to shift. Note the area(s) that influence the energy or even hold it in place. See if you can identify anything in the related area of your home that you might shift or adjust to assist positive movement in your life.

Feng shui is not a replacement for medical protocol or procedures, or your life plan. It merely reflects what's happening in subtle (and sometimes obvious) ways. When you recognize what's happening, feng shui might help you to understand the power of the Universe more deeply. I know that it has in my life. You can also use it as a tool to assist you on your life's journey, in whatever way you'd like.

<p>Wealth/Abundance</p> <p>Hips, Pelvis, Thighs Small bones</p> <p>Frustration, Anger, Power</p>	<p>Fame/Reputation</p> <p><i>Heart, Small Intestine</i> Eyes, Blood, Circulation</p> <p>Stress, Anxiety, Burnout, Overindulgence, Impulse</p>	<p>Partnerships/Marriage</p> <p>Internal Organs, Immune System</p> <p>Depression, Co-dependency, Overwhelm Mother-related Issues</p>
<p>Family/Ancestors</p> <p><i>Liver, Gall Bladder</i> Feet up to Knees Big Bones, Muscles</p> <p>Life Direction, Childhood Issues, Family Secrets, Phobias, Hysteria,</p>	<p>Center/Health</p> <p><i>Stomach, Spleen</i> Pancreas Digestion</p> <p>Worry, Stress, Extremes, Excess, Delusions, Not grounded</p>	<p>Children/Joy</p> <p><i>Lungs, Large Intestine</i> Mouth, Lips, Gums, Teeth Fertility Issues, Skin</p> <p>Grief, Sadness, Addictions, Rigidity, Chaotic Behavior</p>
<p>Knowledge/ Self-Development</p> <p>Hands, Fingers, Back Shoulders, Arms</p> <p>Fatigue, Lethargy, Doubt, Depression, Disconnection</p>	<p>Career & Opportunities</p> <p><i>Kidneys, Bladder</i> Ears, Hearing Issues Urinary tract</p> <p>Melancholia, Nervousness, Fear, Life Force</p>	<p>Helpful People/Travel</p> <p>Head, Neck, Brain, Pineal Gland, Skull Mental tension, Worry, Control Issues Father-related Issues</p>

This is a lot to consider. I recommend that you become a detective in your own space. Take an objective or neutral stance and be open to whatever you discover, without judgment. None of this is about right or wrong. Situations simply "are." Feng shui is a tool that you can use to make your life a little easier and go with the flow, vs. continually fighting back or rowing against the current. Paraphrasing Abraham, as channeled through Esther Hicks: *Rather than row upstream, how about dropping the oars, allow*

your boat to turn around, and float downstream with the current. You'll have an easier time and more delightful journey when you do.

If you'd like some help to identify shifts you can make in your space to assist you on your life journey, contact Peg at peg@fengshuiconnections.com. Depending on your location, we can work together either in person or on a long-distance basis.

The Role of Feng Shui in Accepting What Is ...

Overall, I believe that we're living on Earth to expand our souls and to raise the vibration of our collective consciousness, the container for "all that is." We do this through the ways we live our lives and how we handle our life challenges. Ultimately, I think we're meant to be happy and that we're intended to take care of each other and the planet, including relieving the suffering of others.

Simultaneously, it can be quite challenging for some people to be happy while others are sick, sad, in grief, in harm's way. You might find yourself confronting your values as you experience the daily contrast on the global stage. Sometimes I hear "How can I be happy when there's so much suffering in the world?"

The Work is on Oneself

The feng shui role is this is to look within and do what you can, from where you are, to authentically live as good a life as you can. Set a great example for others. Daily, you have opportunities to improve with every choice you make and every response you provide. Since your environment reflects your life, adjusting your environment regularly to raise the energy will help you to shift your life.

It's my understanding that "the work" is always on oneself. Your job is to cultivate as much joy and happiness within yourself because that is also how you help others. You can only give away what you've cultivated within yourself. So, even if you think you appear happy on the outside, yet you're holding deep anger, grief, sadness, frustration, etc. on the inside, your deep feelings and collective experiences drive your default reactions.

Scales of Emotions are Similar

Your job is to release the low feelings, make peace with your past, and gently move up the emotional scale. David Hawkins wrote about this in his book *Power vs. Force* (Hay House 1995, 1998, 2002) and Abraham-Hicks wrote about it in *Ask and It Is Given* (Hay House, 2004) Below is a table that compares the levels of emotion from low to high

from these two resources, as you move from bottom to top. They are more similar than they are different.

Note that neutrality, trust and boredom are the dividing points between the lower and higher emotions. In Hawkins scale, Acceptance is correlated with Forgiveness. I matched this with Hopefulness on the Abraham-Hicks scale. On the lower end, not every emotion matches on both scales. That's OK. What's important to note are the higher and lower emotions in general. Anything and everything you do to move yourself up the scale, to reach the highest default emotion that you can, helps you and the world around you.

Power vs. Force/Hawkins	Ask and It Is Given/Abraham-Hicks
Enlightenment	Joy/Empowerment/Freedom/Love/Appreciation
Peace/Bliss	Passion
Joy/Serenity	Enthusiasm/Eagerness/Happiness
Love/Reverence	Positive Expectation/Belief
Reason/Understanding	Optimism
Acceptance/Forgiveness	Hopefulness
Willingness/Optimism	Contentment
Neutrality/Trust	Boredom
Courage/Affirmation	Pessimism
Pride/Scorn	Frustration/Irritation/Impatience
Anger/Hate	Overwhelm
Desire/Craving	Disappointment
Fear/Anxiety	Doubt
Grief/Regret	Worry
Apathy/Despair	Blame
Guilt/Blame	Discouragement
Shame/Humiliation	Anger Revenge Hatred/Rage Jealousy Insecurity/Guilt/Unworthiness Fear/Grief/Depression/Despair/Powerlessness

In both system systems, Anger is a higher-level emotion than fear. When you are angry, you're also in position to act decisively. This is harder to do when you're in fear.

Use Acceptance to Move Up the Emotional Scale

It takes time to move up the emotional scale, particularly if you carry a lot of pain, guilt, shame, blame, etc. The good news is that it *can* happen. Acceptance of your situation and that of others is a great starting point. Acceptance is recognition of the way things are. It's not about assigning blame, responsibility or holding anyone accountable.

Acceptance is recognizing that contrasting experiences are always underway and that it's OK.

When I was in India earlier this year, our first driver from the airport to the hotel indicated that acceptance of where everyone is in their lives is what makes easier to live each day. Part of acceptance of the beggars on the street is recognizing that their lives are as valid and as sacred as those who are much better off. They're having a very different human experience. When you come across uncomfortable situations, notice what feelings are evoked and what parts of yourself are tapped. These are the areas that need attention.

Once you accept situations as they are, you can help others from a place of love vs. from sadness, guilt, shame or blame. I also feel that the largest opportunities to help others are often right in front of you. They are within your immediate family and your extended family. Outside of that, they are in your neighborhood and community, then your town, state, country, etc.

Moving from the inner world to the outer world and back in again is like a torus (<https://en.wikipedia.org/wiki/Torus>) (donut shape). Your inner energy guides you as you relate to the people and events around you. You incorporate your experiences into your life as you further cultivate your spirit and soul.

View Situations from Others' Perspective

Viewing situations from other people's perspectives often helps me to come to terms with challenging situations. I know that the best way to help others is from a position of love vs. a position of sadness, guilt, or blame, etc. When you notice that you're upset about a person or situation, to the extent that you can, send the person or situation love rather than scorn, irritation, frustration, blame, or more.

You can ask that the person be embraced in loving white light and for them to make the highest and best choices that they can. Do the same for situations. Simultaneously, refrain from telling the story to everyone who will listen and from posting and sharing the negative story or news on social media. You give more power to a situation or story every time you share it ... so skip repeating negative news (there's more than enough of that going on!) and put your time and energy into framing things from a more positive perspective before sharing with others.

Use Social Media Responsibly

Just think of the progress we'd make if social media was used for social good and advancement of humanity, instead of complaints about what's not working, expressing frustrations or sharing social gossip.

This month, I recommend that you take at least one step to accept things as they are, decide to move forward from where you are, and generally be a happier and more loving person toward yourself and everyone around you. If you catch yourself and make at least one adjustment this month, that's progress!

Would You Like to Participate in a Gifting Economy?

I'm involved with a global gifting movement that helps people create new relationships with money and to open to the possibility of achieving your dreams. Based on abundance, generosity and mutual caring, it's a platform for deep self-growth through consciousness, connection and possibility. It's fun connecting with like-minded people throughout the world. Let me know if you'd like to learn more and I'll send you some information. peg@fengshuiconnections.com

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