

October 2018 Newsletter

Hello,

Last month I wrote about September being a month to focus on health and well-being. Little did I know what was in store for me! Between the new moon and full moon, a flurry of healing activity came my way. I installed a pyramid in my yard (see article below), I began testing a homeopathic product to help rejuvenate my cells as well as an energy product to help revitalize the chi in my home, I renewed my walking routine, and I started taking elderberry syrup to strengthen my immune system before the winter months. I'd much rather do any one of these things than get a flu shot, ha ha. I haven't had a flu shot since I was a kid.

I also began Stephanie Bennett Vogt's Daily Om program "A Year to Clear What's Holding You Back." This was gifted to me by one of my sisters. She gifted me a Daily Om (<http://www.dailyom.com/>) program and this is the one I chose, as I had been considering it for some time. I'm a fan of Stephanie's approach. At first, committing to a program for a year seemed daunting. Was I ready to take on one more commitment? I decided, YES, I was! After all, this program could help me to decide what to remove from my life to fit more in. I'm glad I did. My manifestations are easy these days and I'm finding the daily messages and recommendations easy to integrate.

The focus for October is relationships. This is very timely, as Venus, the planet of Love and Money goes retrograde October 5th through November 16th. This is a month to re-evaluate and reconsider relationships of all sorts. The area of your home is the back right corner of your house and every room. The same goes for your yard and workspace. See the article below for more detail.

In my area of NH, gypsy moths are taking over many of our trees. It's beginning to look like "Halloweentown" in some areas! Gypsy moths are cyclical, although we haven't had a major outbreak since the 1980's. If you'd like to learn more, click this link to a Mass Audubon Society blogpost about them. (<https://www.massaudubon.org/learn/nature-wildlife/insects-arachnids/nuisance-moths/gypsy-moths>)

Enjoy October!

Peg

October Feng Shui Forecast

October 8: New Moon in Libra

October 24: Full Moon in Taurus

Venus Retrograde October 5 – November 16

Bring Balance to your Relationships

The October 8 new moon in Libra spotlights **Relationships and Partnerships**. This is the back right of your space, every room in your space, as well as your land.

To strengthen your marriage or partnership, adjust the back-right areas of your home, yard, or workspace prior to October 8th. Then, set your intention on the day of the new moon (October 8th) and watch how changes take shape and begin to come to light with the October 24th full moon.

Last week my husband and I agreed to reorganize our garden shed in the coming weeks. Guess where it's located ... the back-right corner or the Relationship area of our yard! Our timing is perfect. This project needs to get done before winter, so we'll do it before October 8. As we reorganize we'll also pull out items we're no longer using or haven't used in some time. We'll give away anything worthwhile and toss the rest. Pay attention to your hunches and your intuition. They guide you well.

Clean Your Relationship Area Before Enhancing It

It's always a good idea to clean and reorganize any area before you adjust or enhance it. Otherwise, you could be enhancing low energy, the opposite of what you want.

To clear stuck energy from your Relationship gua, I suggest that you:

1. Remove all trash, clutter, and things that have been sitting idle for a while.
2. Wash the windows and glass on picture frames.
3. Dust and vacuum deep into the corners, high and low.
4. Clean and reorganize closets and cupboards.
5. Dust and wash your lamps and lights. Replace burnt out bulbs.
6. Trim and refresh plants. Remove dried flowers or dead plants.
7. Clear excess from tabletops.

After cleaning your Relationship gua, you'll be ready to adjust and rebalance the chi.

The Relationship Gua is Governed by the Earth Element

The Relationship sector is an Earth area in the feng shui bagua. Earth energy is strengthened by Fire and depleted by Metal. It is muddied by Water and broken up by Wood. Look to nature to learn more about how this relates to your space.

The qualities of Earth are accentuated in autumn, our harvest season. Earth is represented by the fall color palette (and yellow, in particular), earthy items such as brick, pottery and earthenware, seashells and square shapes. Furniture and items that hug the earth or lay close to the ground are earthy in nature. Large, oversized sofas and chairs possess earth attributes.

In balance, Earth is nurturing, grounded and comfortable. Think: Mother Earth and her bounty. Too much Earth can bring smothering and suffocation. Too little Earth is a dry or parched energy. Too much or too little of any element is never helpful.

Add the Fire Element to Strengthen Earth

When Fire burns, it creates ash or earth. The western wildfires demonstrate this. When big parcels of land are devastated by fire one year, the forests experience new growth the following year. Although it's very sad and highly traumatic, the same goes for people who lose their homes and possessions. They begin anew. In nature, Fire creates ash or new earth. If you'd like to "fire-up" your Relationship area, add something red or pink, bring in some triangle shapes, add pictures of people or animals, add some lights or candles. Pairing up an item is a good way to strengthen partnership.

Use the Metal Element to Deplete Excess Earth

As Earth hardens, Metal is formed deep below the surface. This is where iron ore and crystals are formed. Thus, Metal consumes the energy of the Earth and depletes or wears it down. If your Relationships or Relationship gua feels bogged down or stuck, look to see if you have a lot of Metal items or attributes in it. Metal is represented by white and light pastel colors, circular and oval shapes, all types of metal (gold, silver, brass, aluminum, etc.), crystals and gemstones, large rocks and stones. If this is the case, remove as much Metal as you can and add items with Fire and Earth qualities.

Finetune Imbalances of Wood and Water

In excess, Wood and Water energy imbalance the Earth. Look for tree roots that burst through the surface of the Earth to better understand how Wood can penetrate Earth and thereby wear it down. Excess Water, on the other hand, creates mud as it mixes with Earth. The devastation caused by Hurricane Florence in the Carolinas is an example of the destruction Water can bring. Used effectively, you can introduce both Wood and Water elements in an environment to reduce excessive sluggishness and get things moving quickly. They should be managed, however.

Tips to Rebalance the Relationship Gua

1. Place a happy photo that represents marriage or partnership in the back-right corner of a room or your home, office or desk.
2. Pair up one or more items, such as a set of candles on a dining table.
3. Integrate some red, pink or yellow with intention.
4. Add a vase of beautiful, fresh flowers in the autumn palette.
5. Ground a space that feels spacey or flighty with a heavy item in each corner.
6. Fill up a large space with oversized furniture that hugs the ground.
7. Place two beautiful pieces of rose quartz or a rose quartz heart.
8. Add heart energy! Heart shapes, heart mementoes, heart-filled affirmations.
9. Add pottery, earthenware, shells or natural items.

In addition to a garden shed in the Partnership area of my yard, we have a beautiful red garden globe and a large chunk of rose quartz. The globe gets put away for the winter months. The rose quartz stays in place year-round.

Tune in to the October 24th Full Moon

New moons are a time to set or seed new intentions and ideas. Two weeks later, the full moon is when things come to light. Use this time to pay attention to signs that your intentions have taken root.

At the September 24th September new moon, I realized how much of my activity for the month had been focused on health and well-being ... which was the theme of the month. My activities flowed from one to another quite naturally. Opportunities and ideas came my way and I activated them. At times during the month it felt like whirlwind energy! When I paused a few times to catch my breath, another idea or opportunity came in. This is how things happen when you're in the flow. It was an easy, active and full month. I'm looking forward to what unfolds during October.

Venus Retrograde October 5 – November 16

The planet Venus represents feminine energy, love and money. It'll be retrograde from October 5 through November 16. This will be a period to reassess or rethink your relationships and values. This includes your relationships with people as well as your relationship with money. It's not a time to make major relationship or financial decisions. Notice what comes up for you during this period. You may be unclear about things and not know how to proceed. It's OK. This is normal. Hang in there. More clarity will most likely come to you during early November.

Affirmation #229:

“Today I choose to raise my vibration and come into a higher alignment with prosperity.”

October Special ... Save 25%! Clear Stuck Emotions ... Free Your Chi

During October I'm offering 25% off Emotional Freedom & Healing Release sessions. This means that you pay \$135.00 instead of \$180.00. I'm doing this because we're in a great cycle for healing and personal growth. It's a very favorable time to release deeply held emotions. Doing so can help you experience more joy and abundance. These sessions are done via phone. They are also recorded so that you can repeat your session at any time until your patterns are gone. To schedule an appointment, contact Peg at peg@fengshuiconnections.com).

Cost: \$135.00. Each session takes about 60 – 75 minutes.

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:

Give extra attention to the back-right corners of your home, office, workplace, yard and where ever you spend time this month. Clear out cobwebs and clutter, photos that don't flatter, remnants of past relationships, old magazines, books that don't inspire, knick-knacks that have lost their luster.

Freshen up plants and/or add a vase of fresh flowers, introduce some rose, pink or fall colors, pair up something you love. If you have a bathroom in this area, strengthen with reds, pinks or earthy colors and décor. Balance the draining energy of plumbing in this gua with items that raise the chi.

Business Feng Shui Tip:

Notice what's in the back-right corner of your office or workplace and note how this might correlate with your business or work. What does it say about relationships and partnerships? If the energy feels less than vibrant, this is the month to refresh it! Remove excess paper, dead plants, all junk. If furniture has been laying dormant, move it around or remove the excess. Is this a storage area? Make sure you're only storing what you need and use. Remove the rest as its most likely dragging you down.

Place something that represents partnership ... a pair of items, something grounding or earthy, red, pink or yellow objects, a vase of fresh flowers, a light, anything that raises the lifeforce or vitality of the area.

The I Ching: The Roots of Feng Shui Bagua

Many people ask about the origins of the feng shui bagua ... where it came from and how it developed. The answer is that feng shui emerged from the I Ching, The Book of Changes, the oldest book of divination. An exploration of the ways of the world, the I Ching integrates insight and wisdom about people, business, society, government, philosophy, morality, and ethics, within the larger backdrop of heaven and earth. It explores human affairs in all situations and provides deep guidance about proper action.

Yin and Yang Energies Provide the Basis

The concepts of yin and yang provide a basis for the I Ching. They are opposite energies that encompass the whole. Yin energy is dark, small, cold and tight. Yang energy is bright, big, hot and expansive. The initial two energies of yin and yang represent Heaven (yang) and Earth (yin). Later, the energies were split and expanded to four groups that

represented the seasons and how Heaven and Earth join together in nature. In this way, the I Ching was used as an almanac.

The Eight Unique Patterns

When the four energies were split a third time, they expanded to eight unique patterns that represent the forces of nature and man's place between Heaven and Earth:

Heaven: creative power, light of day, strong, firm

Earth: receptive, weak, responsive, darkness, nourishing

Water: profound, difficult, clouds, flow, depth, dangerous

Fire: intelligence, dependent, lightning, illumination, clarity, conscientious

Thunder: excitement, growth, activity, arousing, influential activity

Wind: gradual, penetrating, wood, honest, gradual

Lake: excess, fullness, pleasure, openness, satisfaction

Mountain: immobility, tranquil, perverse, stillness, stubborn, waiting

After years of observation, these eight patterns evolved into the feng shui bagua. There's an Early Heaven sequence where the energies are arranged as opposites (and only used for the outside) and the Later Heaven sequence that is the one commonly used today.

Bagua Map

<p>WIND</p> <p><i>Wealth/Prosperity</i></p> <p>Gradual, Penetrating, Honest</p>	<p>FIRE</p> <p><i>Fame/Reputation</i></p> <p>Intelligent, Illuminating Conscientious,</p>	<p>EARTH</p> <p><i>Relationships/Partners</i></p> <p>Receptive, Responsive, Nourishing</p>
<p>THUNDER</p> <p><i>Family/Ancestors</i></p> <p>Arousing, Exciting, Influential</p>	<p>TAI CHI</p> <p><i>Health/Center</i></p>	<p>LAKE</p> <p><i>Children/Joy</i></p> <p>Pleasurable, Full, Satisfying</p>
<p>MOUNTAIN</p> <p><i>Knowledge/Personal Development/Self Cultivation</i></p>	<p>WATER</p> <p><i>Career/Opportunities</i></p> <p>Profound, Deep, Flowing</p>	<p>HEAVEN</p> <p><i>Helpful People/Travel</i></p> <p>Creative Power, Strong, Firm</p>

Immobile, Tranquil, Still		
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Stacked Trigrams Form the 64 Hexagrams

When the eight trigrams are doubled up, a hexagram is formed. There are 64 unique hexagrams ($8 \times 8 = 64$). These are the 64 chapters of the I Ching. Around 1,500 BC, King Wen wrote an essay for each hexagram that explains every human condition. The wisdom still applies today.

The I Ching is a great way to get guidance on any topic in your life (<http://fengshuiconnections.com/i-ching-readings/>). The answer is always right! What matters is that you ask the right question.

Contact Peg (peg@fengshuiconnections.com) if you'd like an I Ching reading or guidance about how to use the I Ching in your life or click here to learn more about the I Ching in general: <http://fengshuiconnections.com/i-ching-guidance/>

Field Trip to Orgonon ... The Wilhelm Reich Museum



The Saturday after Labor Day, my husband and I ventured three hours north to Rangeley, ME. Rangeley is halfway between the Equator and the North Pole. It's also home to "Orgonon," (<http://wilhelmreichtrust.org/museum.html>) otherwise known as the Wilhelm Reich Museum, which also happens to be on the National Register of Historic Places.



The William Reich Museum, Rangeley, ME

Reich was a medical doctor, scientist, and a student of Freud. In the 1930s, he discovered a life force energy that he named orgone that did not obey the laws of magnetism or electricity. Reich observed that this energy could charge organic matter and it could also kill bacteria and cancer cells. It was novel and alarming information at the time. After confirming its existence in the human body as well as in the atmosphere, Reich developed instruments to observe and to collect it. He then dedicated the rest of his life to its study. Preventing cancer and experimenting with weather were two key areas of focus. He promised no cure, nor did he charge for his work.

Reich's studies and findings were challenged in conventional medical and scientific circles in Europe as well as in the USA, where he settled. As the result of a 1947 inflammatory article in the New Republic, the US Food and Drug Administration investigated him and found no wrongdoing. Reich continued his research.

In 1954, an interstate commerce case was filed against Reich in Portland, ME. A resulting injunction forbade Reich from moving his orgone accumulators and writings out of state. While Reich was in AZ, a student moved accumulators and some of Reich's writings to NYC, without Reich's knowledge. This was a violation of the injunction and Reich was jailed in 1957, just shy of his 60th birthday. He died in jail eight months later.



One of Reich's Cloud-Buster machines.

Although tons of his books were burned in both ME and NYC, and some of his orgone accumulators were either dismantled or destroyed, many of his writings and his original accumulators remained intact. Over 200 archive boxes of his writings are stored in "The Center for the History of Medicine" in Harvard University's Countway Library. His accumulators, writings, and art are in the museum in Rangeley. You can read more about the history here: <http://wilhelmreichtrust.org/history.html> and as well as a "Mysterious Universe" blogpost perspective from 2014 here <https://mysteriousuniverse.org/2014/09/the-dangerous-truth-about-orgone/>.

I discovered orgone and became interested in it over 10 years ago, to diminish the effects of EMFS in my home and environment. Modern-day orgone accumulators are available on the web. They are also easy to make, using a combination of organic and inorganic materials: resin, metal shavings (including copper) and a variety of crystals. I have a muffin-sized disc near my computer and at my electric service box, as well as a larger cone near a power pole with a transformer. It's one of those things that "won't hurt and might help. Afterall, you never really know what you prevent.



A muffin-sized orgone accumulator.

Late this year I'll be testing another method of mitigating EMFs in my home. If it works, I'll let you know about it.

Pyramid Power is Worth Exploring ...



My Nubian Pyramid

After my friend and colleague, Madeline Gerwick (www.polarisbusinessguides.com) set up a Nubian-style pyramid (https://en.wikipedia.org/wiki/Nubian_pyramids) in her

backyard and told me about her results, I was curious and decided to give it a try. Nubian pyramids have a slope of about 70 degrees vs. 40-50 degrees for other pyramids. They were first discovered in western Africa and later throughout eastern Europe, the Ukraine, Russia, China and South America.

Madeline installed her pyramid to decrease the potential for earthquakes in the Seattle area, where she lives. It's energetically connected to two other pyramids nearby. So far, so good. In addition, she's noticed improvements in her health, plants growing more quickly, and organic food lasting longer, to name a few things. Madeline's pyramid holds a bench large enough for two people and two end tables. It has a range of 120 miles.

I sent my pyramid up on September 11th. It's large enough to hold one chair for meditation, so that I can move it inside during the winter months. It has a range of 70 miles. Since setting it up, I've noticed that I'm more focused and I'm accomplishing quite a bit each day ... more than usual while also going to bed earlier and getting more sleep.

Do Pyramids Harness Healing Energy?

Pyramids are intelligently designed structures that are being rediscovered all around the world. David Wilcock included a chapter on pyramid power in his 2011 book *The Source Field Investigations* (<https://amzn.to/2zvQf5Q>). They seem to be an ancient, yet advanced, technology that activates natural healing on multiple levels to improve physical, mental and spiritual health. Many experiments, particularly in Russia, have shown that pyramids help to:

- strengthen the effects of medication (so that you need less)
- decrease tumor growth
- close ozone holes
- increase crop yields
- decrease the impact of storms and catastrophic Earth changes
- reduce criminal behavior
- reduce toxins
- increase peace and harmony.

Overall, pyramids don't seem to have any negative impact on people or the environment and they certainly may help to improve quality of life. They may be a simple, untapped energy source that can make a difference in your life, your community and the world.

I purchased my pyramid connector kit from an Etsy store in Croatia (<https://etsy.me/2xQNKc4>) and my CPVC pipes from the plumbing department in Lowes. Note that CPVC pipes have the same width as copper pipes (which you can also use). Regular PVC are wider and require the larger and more expensive kit on the Etsy site. Perhaps set one up if you're interested and curious.

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