

## **November 2018 Newsletter**

Hello,

I'm amazed with how quickly the days are flying by. As we move deeper into fall, the shorter days and longer nights are a reminder to slow down, go inward, do more reflection and get more sleep. Doing so will support your health and immune system. Sleep is one of the best ways to counteract the busy-ness of life these days.

You can pull back from life's hustle and bustle and do things to strengthen your chi rather than deplete it. Exercise, meditation, rest, and spending time with family and friends are options. This is even more important as you move into the holiday season. This year choose to stay centered, grounded and healthy as you also enjoy the holidays in whatever ways you desire.

This month the feng shui focus is on the Wealth gua, which is also known as Fortunate Blessings. How appropriate for Thanksgiving! Mercury goes retrograde on November 16<sup>th</sup> ... be on alert that miscommunications may occur more easily as family and friends gather over the holiday. Knowing this, just let things go and roll with whatever comes your way.

Have a happy and blessed Thanksgiving! Enjoy November.

Peg

## **November Feng Shui Forecast**

**November 7: New Moon in Scorpio**

**November 23: Full Moon in Gemini**

**Venus Retrograde Ends: November 16**

**Mercury Retrograde: November 16 – December 6**

**Focus on Prosperity, Gratitude and Abundance**

The November 7 new moon in Scorpio correlates with the **Wealth gua** this month. This is the back left of your space, every room in your space, as well as your land. The Wealth gua also aligns with the money aspect of the Venus retrograde cycle we're in. If you've been feeling that you don't know how to get what you want, clarity around this may come to you this month.

To help bring clarity and flow related to Prosperity, Abundance and Blessings, I recommend that you audit the back-left areas of your home, yard, or workspace and then make at least one adjustment prior to November 7<sup>th</sup>. Alternatively, give these areas a solid fall clearing and cleaning. Then, set your intention on the day of the new moon and watch how situations shift and begin to come to light with the November 23<sup>th</sup> full moon.

### **Audit Your Wealth Guas or Spaces**

To audit your Wealth guas, take some photos of the back-left corner of your house, your master bedroom, your workspace or office (if you have one) and your yard ... and study them. What do you see in the pictures? Do you like each of your spaces? Does anything capture your attention? Is there anything that might be blocking or limiting a free flow of energy? What can you adjust or change?

Write down your first impressions. Are your spaces appealing? Do they feel like areas where you would enjoy spending time? If you could make one change, what would it be?

Next, spend a few minutes assessing the Five Elements in these spaces. To help you out, here's a link to a worksheet you may print under the Resources tab of my website. (<http://fengshuiconnections.com/attachments-you-may-print/>) You can audit your space by writing down the elemental aspects of everything that's in your space. Items can have multiple energies. For example, a green wool blanket would have Wood and Fire elements. Green represents Wood energy and since wool comes from an animal, it has Fire qualities.

Every space will have some representation of each of the Five Elements. You want this. In the Wealth guas, having more Wood and Water energy is very supportive. It contributes to flow, blessings and prosperity. As you step back, tune into your space and assess how it feels to you.

### **The Wealth Gua is Governed by the Wood Element**

The Wealth sector is a Wood area in the feng shui bagua. Wood energy is a vibrant, life-enhancing energy. It is strengthened by Water and weakened by Fire (fire burns wood).

Its vitality is also depleted by Earth and Metal. Wood consumes Earth (picture tree roots emerging from the Earth) and Wood energy is reduced by Metal (visualize how an ax chops wood).

Thus, Wood and Water energies help to create a vital life force in the Prosperity area and objects with Fire, Earth and Metal qualities can be effectively used to balance the space.

In your Wealth guas, look for:

- Plants and flowers, including silk, plastic and dried material
- Plant based fabrics, such as cotton and rayon
- Floral print upholstery, wall coverings, draperies and linens
- Art depicting landscapes, gardens, plants and flowers
- Column shape: columns, pedestals, poles and stripes
- Green and blue colors
- Items that represent blessings in your life
- Things that you treasure.

### **Add the Water Element to Strengthen the Wealth Gua**

It's a stormy day as I'm writing this post. It's a reminder that Water nourishes Wood. Rain, snow and all forms of precipitation fall to the Earth and are absorbed into the soil, feeding the root system of our plants and trees. Too much Water contributes to flooding and overwhelm. Too little leaves an area parched and dry, contributing to wildfires. Just enough creates a lush and vibrant environment.

In your Wealth guas, look for Water energy in the form of:

- Water features or fountains
- Reflective surfaces, such as glass, mirrors, cut crystal
- Flowing, free-form and symmetrical shapes
- Black, charcoal gray, midnight blue, and other very dark tones
- Art with streams, rivers, lakes, ocean, pools, fountains

Having water or a representations of Water energy helps to strengthen the Wealth gua.

### **Use Fire, Earth and Metal Elements to Balance Excess Wood**

If your Wealth area has many Wood and Water elements, objects with Fire, Earth and Metal elements will tone it down and help to balance it. Look around to see how these elements are represented in your space.

For the Fire element, note the presence of:

- Red, burgundy or pink tones
- Lighting, including electric, oil, candles, natural sunlight and fireplaces
- Electronics and electrical items
- Items made from animals: fur, leather, bone, feathers and wool
- People, pets and wildlife
- Art that depicts people, animals, sunshine, light or fire
- Shapes such as triangles, pyramids or cones

Earthy items include:

- Wooden furniture and accessories, wooden paneling, siding, roofing and decks
- Big, heavy furniture that hugs the floor
- Ceramic, earthenware, adobe, brick, tile and seashells
- Squares, horizontal rectangles, and long, flat surfaces
- Art depicting earthy landscapes such as deserts and fields
- Yellow, brown and earth-tone colors (think Thanksgiving!)

Metal energy is found in:

- Stainless steel, copper, brass, iron, silver, aluminum, gold and all metals
- Rocks, stones, marble, granite, and flagstone
- Natural crystals and gemstones
- Circle, oval and arch shapes
- White, gray and light pastel colors
- Art and sculpture made from metal or stone

Items with Fire, Earth and Metal energy will help to balance Wood and Water energy.

Suggestion: print a Five Element worksheet and use it to audit your Wealth gua or one of your Wealth corners. <http://fengshuiconnections.com/attachments-you-may-print/>

## **Clean Your Wealth Areas Before Enhancing Them**

This is a great time of year to do deep fall cleaning, if you haven't already done so. Cleaning is a good way to revitalize your Wealth areas before you place feng shui adjustments. Otherwise, you could be energizing low energy, which is exactly what you don't want.

To release stuck energy from your any area of your home or business, I suggest that you:

1. Toss out trash. Thin out magazines, catalogs and paper piles.
2. Wash or vacuum lampshades. Replace burnt out bulbs.
3. Wash the windows and glass on picture frames.
4. Dust and vacuum: furniture, floors, deep into the corners high and low.
5. Clear clutter from closets and cupboards. Tidy up or Reorganize.
6. Move objects that have been sitting idle for a while.
7. Remove dried or dead flowers and plants. Trim and refresh the remainder.
8. Clear clutter from tabletops, desktops, bureaus, etc.

We lead busy lives these days and you may feel that you don't have time to make changes. Taking one action with intention will be more effective that doing nothing.

### **8 Tips to Activate the Wealth Gua**

1. Place a vase of beautiful, fresh flowers.
2. Add something you treasure, something meaningful.
3. Include an item that represents blessings in your life.
4. Hang a mirror so that it reflects something expansive or appealing.
5. Hang a beautiful crystal.
6. Add a fresh, green plant.
7. Bring in movement ... such as a clock, something that whirls or twirls.
8. Add a little green, purple, red or gold.

### **Tune in to the November 23<sup>rd</sup> Full Moon**

The November full moon is the Friday after Thanksgiving. Notice what comes up as family and friends gather to celebrate Thanksgiving. Also look for signs of your intentions taking root. It'll be an active holiday weekend. It's also a period for high growth ... retailers will delight in this.

### **Summary of Action Steps for the Month:**

1. Take photos of the back-left corners of your spaces.
2. Study them ... see what captures your attention.
3. Write down your impressions.
4. Assess the Five Elements in your Wealth areas.

5. Make a few adjustments prior to the November 7<sup>th</sup> new moon.
6. Set your intentions on November 7<sup>th</sup>.
7. Tune in again with the November 23 full moon ... what is unfolding for you?

## **November 16 Planetary Changes ... Venus and Mercury**

### **Venus Moves Forward and Mercury Retrograde Begins**

2018 has been a very active year as we continue to undergo huge shifts in consciousness. As the changes accelerate more and more ugliness comes to the surface. The old systems must break down and dissolve before new and viable structures emerge and take root. It's necessary for all of this to come out so that we may experience a peaceful and loving humanity. It's possible and it's happening ... although at times it feels just the opposite.

During spring and summer, we experienced five months of slow, stuck energy. Things weren't moving, and people were frustrated as they tried to push initiatives forward. The time was meant for you to slow down, clean out, and transform the old ... unproductive thoughts and patterns, clutter, relationships ... whatever wasn't working in your life. If you made progress, you may be having an easier time now. If not, continue to notice what shows up and release what's not working. Let go of all struggle.

On November 16<sup>th</sup>, Venus, the planet of love and money moves forward. She's been retrograde since October 5<sup>th</sup>. You may find that you're clearer about what you value, the relationships that you hold dear and the role of money in your life. Money is energy. Your energy influences how it impacts your life. Free-flowing, positive energy within yourself and your home and workplace is most helpful for a free-flow of loving relationships, money and blessings in your life.

### **Mercury Retrograde November 16 – December 6, 2018**

The planet Mercury influences communications. It goes retrograde or appears to move backward three or four times annually for a period of about three weeks. During these cycles, it's best to avoid signing contracts (including getting married), purchasing electronics, purchasing cars, or arguing with people. Communications get mixed up during this time and many misunderstandings occur. It's best to observe these activities, without engaging.

This period is a great time to review and redo things! Most "re" words apply during this three-week period. Give some thought to what you could read, reconsider, recycle,

renew, repair, renovate, revitalize. Mercury retrograde cycles are periods to slow down and go inward, rather than pushing forward. You might use this time to do some inner reflection and thoroughly enjoy Thanksgiving without rushing into Christmas. Slow down, breathe, and just “be.”

If you’re planning to purchase electronics for yourself or for holiday gifts, make your purchases before November 16<sup>th</sup> or after December 6<sup>th</sup>. You’ll be likely to have fewer problems.

I like Mercury retrograde cycles. They’re catchup and cleanout periods for me, including digital clutter which can easily accumulate. May you make the most of the upcoming Mercury retrograde cycle and have an easy time.

## **Gratitude and Appreciation ... Journal Each Day This Month**

November is a month to focus on Gratitude and Appreciation as we celebrate Thanksgiving. Rather than celebrate for one day or one weekend, I suggest that you give thanks for the entire month.

One way to do this is write in a Gratitude Journal. You may already have one. I do ... yet I haven’t written in it for a while. I’m going to reactivate this habit this month. I’ll keep it on my desk and give thanks for at least 5 things (events, situations, people, etc.) daily.

The more you give thanks and express gratitude and appreciate for the blessings in your life, the more you’ll receive in return. It’s just the way things work. A big part of this is giving to others freely, without any expectation to receive something in exchange. I guarantee you it’ll happen though, in one way or another and probably when you least expect it.

You can express gratitude and appreciation in many ways ... through prayer, intention, writing it down, verbally to another person or in a group, a kind act, a gift and more.

From a feng shui perspective, gratitude and blessings correlate with the **Wealth gua**, which is also the area of focus this month. This is the back-left area of your home, every room in your home, your office or workspace and your yard. Read the post about the November Feng Shui Forecast for suggestions about energizing your Wealth gua.

May you, your family, friends and colleagues all have a very blessed Thanksgiving!

### **Tips to Express Gratitude and Appreciation**

- Do a kind act

- Call and thank someone
- Send a card of thanks
- Write in a Gratitude Journal
- Say a Prayer
- Do a meditation
- Set an intention

May I suggest that you practice a habit of gratitude for 30 days? This will help it to stick! You can also mix things up and do something different each day while holding an overall intention for gratitude and appreciation.

### **Affirmation #313:**

“Today I gratefully look for the unique ways that abundance shows up in my life.”

### **November Special ... \$45 Wealth Gua Consultations**

If you'd like help identifying how to revitalize your Wealth gua or any Wealth corner, contact me. During November I'm offering 20-minute Wealth Gua consultations via telephone, WhatsApp or Zoom for \$45.00. You can help maximize our time together by sending a floorplan and/or photo of the area or areas you'd like to assess. If you fill out the audit worksheet <http://fengshuiconnections.com/attachments-you-may-print/>, send it along and I'll help you make sense of it. You'll get at least three practical suggestions. To schedule an appointment, contact Peg at [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com)).

Cost: \$45.00 for 20 minutes. Longer sessions will be prorated.

**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:**

From a feng shui perspective, your stove symbolizes wealth and prosperity. Ovens are symbols for accumulating wealth and burners or stovetops provide the means to fire it up. Both are important and influence your experiences with prosperity.

Do you keep your stovetop and oven clean? Do all the burners work? Do you even use your stove? Some people have gorgeous kitchens yet rarely use their stove due to travel or eating out. When you cook, get in the habit of using all the burners. Sometimes one or more burners fail due to lack of use.

Make a point to clean your stove this month, if it needs it, and keep it that way. Then tune in and note any connections between your actions and more prosperity or blessings coming your way.

### **Business Feng Shui Tip:**

This month audit the back-left corner of your office or workplace. This is the Wealth area. Take some pictures and study them. Pictures tell stories. You'll notice things in pictures that you may not notice in person. This is because it's easy to overlook things in your space that's been there for over 30 days ... you probably walk right by and don't even notice. Challenge yourself to identify at least one thing that might be holding you back as well as one thing that might be contributing to growth and prosperity. Do less of the first and more of the second.

Several years ago, a client realized that she was storing "dead" client files in her Wealth gua. Consider the connotation and the block to prosperity that "dead" files represent. After she made the connection, she removed the files and refreshed the area. A large

grant that she was hoping for, came through shortly thereafter. Sometimes simple shifts can make a big difference.

## **Focused Life Force Energy**

I've been working with David Hawkins Map of Consciousness for about 15 years. It's a ranking of emotions from low to high, that he determined using kinesiology. In this list, negative emotions emit low energy, whereas emotions such as love, joy and bliss, emit much higher levels. Trust is the neutral point.

Recently I learned about FLFE or Focused Life Force Energy, or "Fluffy" for short. This is a high energy wave that is calibrated at the energy of Love, on Hawkins Map of Consciousness.

Since signing up for FLFE I've noticed that I am getting a lot accomplished! I'm also getting more done in less time. My backlogged list of projects is clearing up and things are moving along very easily. One day my husband mentioned that he solved a work problem that no one else in the company could figure out, on the second day. The answer just popped into his head. I said maybe the FLFE wave helped. He said, "it took two days." I replied that it "only" took two days. Who knows, maybe it would have taken a lot longer before he saw the solution.

Everyone can get a free 15-day trial for your home and phone (or another object) ... just not simultaneously. I did my home first, subscribed and later tried it on my phone, and subscribed. Now I can carry a good energy wave where ever I go.

I encourage you to check it out and sign up for a free trial. Here's a link for more information:

<https://bit.ly/2J6P0ND>

Here's a link to sign up for a FREE 15-day trial:

<https://tm179.isrefer.com/go/aboutus/PegDonahue>

Let me know if you try it out. I'm interested in what you might discover.

## **Resizing Your Home or Life? Look at These Innovative Designs**

Here are two fun videos that move beyond the Tiny Home movement and show some innovative designs for conscious living in very small spaces. Some of them could be add-

ons to current properties for guest or office space. Alternatively, maybe we'll see small living pods as we begin to populate outer space in the coming years.

<https://www.youtube.com/watch?v=4so8slresUM&feature=youtu.be>

<https://www.youtube.com/watch?v=eZqYYY9sHKo>

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