

December 2018 Newsletter

Hello,

It's been quite a year! It's been a good one for me, even though the world at large has been quite chaotic. This month take some time to enjoy the holidays before embarking on new initiatives in 2019. We begin the month with eight days of Chanukah and end with the twelve days of Christmas. Lots of light and joy on both ends.

If the holidays typically stress you out, decide to do them different this year. Focus on what brings you joy and do more of that. If you don't know how to do this, contact me. I'll coach you through it. A big part of it is changing your story. Let go of what you don't want and create a new one. It's easy and it's fun.

The Knowledge gua is the area of focus for the month. This is the front-left area of your space. Pay attention to the Relationship area too, the back-right. They are energetically linked. How you feel on the inside influences the type and condition of relationships that you draw to yourself. Removing clutter from these areas and arranging your home and work spaces so that they please you, can help you to discover more about yourself and to cultivate healthy relationships too.

Have a joy-filled December!

Peg

December Feng Shui Forecast

Mercury Retrograde Ends: December 6

December 7: New Moon in Sagittarius

December 22: Full Moon and Winter Solstice

Mercury Retrograde Ends December 6th

This is a welcome shift for the month since we've had many retrograde planets for extended periods this year. Note that it will take until December 15th before things are moving along at a normal pace ... although every day seems to bring a "new norm." We're certainly in changing times and I anticipate that we'll experience more shifts during December. You can get back to signing contracts, making agreements and moving forward in new ways as of December 7th. If you use Madeline Gerwick's Good Timing Guide, work around the timeout periods (red on top time) and falling out days

(orange on top line). If you don't use it, I recommend that you check it out.

<https://www.polarisbusinessguides.com/goodtimingguide/about-the-guide/?amigosid=2>

Focus on Inner Wisdom and Self-Development

The December 7 new moon in Sagittarius correlates with the **Knowledge gua**. This is the front left corner of your home or workspace, every room in your space, as well as your land, from the entrance or how you come into each space. The Knowledge gua is associated with inner knowledge and spiritual development. When you know yourself on a deep level, you're more apt to develop peace from within. When you're at peace, chi flows easily, and your desires are easier to manifest. The new moon is time to plant seeds. The full moon is when they begin to sprout and come to life. What seeds are you ready to sow this month?

Knowledge and the Mountain Trigram

The Knowledge gua is associated with the Mountain trigram in the I Ching and Earth in the Five Element system. The body parts associated with this area are your shoulders, back, arms and hands. The Knowledge gua sits diagonally across from the Relationship gua in the back-right corner. As a result, the two areas are energetically linked.



The Mountain trigram is symbolized by two yin or broken lines on the bottom with a solid yang line on top. Primarily, Mountain energy is about stillness and strength. The solid yang line that hovers over two yin lines depicts a hard or masculine shell on the outside with soft, feminine, yin energy on the inside.

Feng shui lore describes sages or wise-people going to the Mountain for days at a time to clear out inner chatter and develop stillness, gentleness, grace and peace on the inside. Stillness enables you to cultivate a neutral perspective. This is one where you notice what happens all around you and in the world at large, without being consumed by it. Thus, you can be aware of the chaos in the outer world while experiencing peace from within. The two are complementary rather than being in contradiction to one another.

Cultivating inner peace enables you to trust your intuition and hear your inner voice. For me, this shows up as hunches that are usually on target. I've learned to pay attention to the thoughts and ideas that pop into my head, as well as the various messages that come into my life through a variety of sources. These are all a part of inner Knowledge. The hunches flow freely when my energy is smooth and coherent ... when I'm still, at peace, in meditation or at rest. When I'm rushed or anxious, the flow stops, and a path filled with blocks and/or obstructions (lessons) emerges.

Adjust Your Front-Left Areas

If you would like to cultivate a deep sense of knowing, or you would like to keep your intuition and your source of inner answers flowing this winter, I recommend that you work with your Knowledge guas prior to the December 7th new moon. At my house, this begins with the front left of our driveway where we pile snow in the winter. Fortunately, the land in this area gently descends. During the winter months, it can accommodate a lot of snow before it builds to a mountain. As a mountain of snow is created, it creates a container to hold in the energy rather than allowing it to run downhill. During the warmer months, the downhill trek to the lake is both welcoming and expansive.

The Knowledge area of our house begins at the back entrance. This area benefitted from previous winter prep. We have a free and clear space where we keep snow shovels, as well as a back porch where we can discard boots and wet clothes before coming into the house.

In my office, we keep our printer in the Knowledge area. Within the past few days, this area was cleaned out and rearranged. We replaced a bulky futon with a smaller sleeper sofa that's a much better fit. My office loft feels more spacious.

All the other Knowledge corners in rooms throughout my house are in great shape too. We've been giving my house a thorough cleaning this fall and it feels clean, warm and cozy on the inside.

Shoulder, Back, Arm or Hand Problems?

Healthwise, the Knowledge gua relates to your shoulders, back, arms and hands. If you experience shoulder problems or back pain, reflect on what you're carrying. Is your burden too heavy or is other people's "stuff" weighing you down? If so, it's time to reflect on what you're carrying and how to make things easier for yourself. Although you are not meant to struggle through life, it can be a challenge for some people to give up the stories that you hold around this. If you're ready to lighten your burden, acknowledging what you're carrying and deciding that you are ready to change is a great place to begin. Clearing clutter, making repairs and re-energizing your space can help.

Earth and Fire Elements are Helpful

The Knowledge gua is associated with the Earth Element. Earth is strengthened by Fire and depleted by Metal. Wood energy breaks up the density of the Earth, while Water muddies it. When Earth energy is in balance your space feels comfortable and you feel supported and nurtured.

Poinsettia plants and holiday lights are easy ways to "fire up" the Knowledge area of your home. A Christmas tree also brings in vibrant chi. The vitality of the Wood energy adds life and the Fire energy from the lights and dazzling ornaments enlivens your environment.

Do your prep for the Knowledge gua this week. Then set your intention with the December 7th new moon and watch how situations shift and begin to come to light with the December 22nd full moon.

Tune in to the December 22rd Full Moon

Things come to light at the full moon. This month the full moon is December 22, the Friday before Christmas. It's also the day of the Winter Solstice, the shortest day of the year. Tune in to what happens, particularly if you took the time to set your intentions two weeks earlier.

Three Easy Actions for the Month:

1. Clear clutter from the front-left corners of your house and rooms in your house.
2. Repair or replace anything that needs it in your Knowledge areas (front-left).
3. Light up a Knowledge area this season! Fire strengthens Earth.

Winter Solstice: A Time for Reflection

This year the Winter Solstice coincides with the December 22 full moon. A lot of light will be shining on the shortest day of the year. I recommend that you cast your light inward and notice what captures your attention. When you're still and listen to your inner voice, you allow your intuition to come forth. This inner voice is your guidance system. It will always steer you right.

As I write this, our third consecutive Tuesday snowstorm is underway. The power is out, and my house is quiet. Within the stillness, there's a lot of activity. I'm listening to generators in the distance, along with plows, trucks and other mechanics. Heavy snow is falling from the burdened trees, allowing some of the branches to spring up. The windchimes on my porch are gently swaying and birds can be heard in the trees. As I listen closely, more sounds come to the surface. There's a lot going on all around me.

The same is true within yourself. When you quiet yourself, activity that been held out of view fills the silence. The stillness can provide solace and peace as you notice what comes to the surface. If the practice is new to you, you might feel restless at first. Give it time. Notice any discomfort or anxiety you may feel. Allow it to bubble to the surface without judgment. As your energy settles down other things may capture your attention, breathe fully and easily, without pushing, pulling or judging.

The solstice is a very brief period. A moment in time in the ever-moving cycle of life. We've been approaching this moment since June 22. The pendulum briefly paused on the longest day of the year before beginning a gentle six-month descent. We reach the

opposite side on the shortest day of the year and begin the ascent toward longer days filled with more light once again.

Pausing for the winter solstice can help you develop more balance during the busy holiday period. Doing less for a brief time helps you to do more over the long run, as you gather your strength from within. Give it a try this year and notice what comes to light for you.

Affirmation #346:

“Today I joyfully contribute to the abundant circle of giving and receiving.”

December Special ... Link Your Intentions to the Bagua

Many people unintentionally energize what they don't want. Are you one of them? As a test, write or specify your intentions. Do any negative words show up ... such as not, don't, won't, etc.? If so, I'd be delighted to help you reword and refocus your intentions so that what you really want comes to you.

Being clear about what you want is an important step to bring it to fruition. Once you're clear about your desires (note: not what you **don't** want), working with your space to bring you into alignment is much easier.

During December I'm offering 20-minute sessions via telephone, WhatsApp or Zoom to help you set clear intentions and link them to your home or office. You can help maximize our time together by sending a floorplan. To schedule an appointment, contact Peg at peg@fengshuiconnections.com.

Cost: \$45.00 for 20 minutes. (Save \$15.00!) 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:

Take one step toward cleaning your home or clearing clutter each day. Your actions will quickly add up and you may be inspired to do more from time to time.

Recently I began to clean items on top of my kitchen cabinets. I thought I would do one a day. Within two days, the project was done. I wasn't satisfied with doing just one item each day. With a little more time and effort, the project was quickly done.

My intention to clean one item daily quickly expanded. I was inspired to get more and more done each day and now I've moved on to other projects.

Business Feng Shui Tip:

Give extra attention to organizing one item, file or drawer each day. Your efforts will quickly add up. Recently I cleaned my business storage cabinet. It had been on my mind for some time. The day I decided to get it done, it took much less time than I anticipated. When I was done, I realized that my cabinet sits in the Relationship corner (back-right) of my office. This aligns nicely this month ... since it's diagonally opposite the Knowledge corner (front-left) which is the area of focus for the month. The opposite corners andguas are energetically linked.

Focused Life Force Energy

Focused Life-Force Energy (FLFE or "fluffy") is a "quantum resonance" service that provides you support for creating a nurturing environment and living a healthy life. You can enroll your address, a personal object (such as your mobile phone), or both to activate a high consciousness field and to come into resonance with it.

Why would you want to do this? So that you are happier, healthier and more prosperous! If you live in a high consciousness environment and you also carry it with you, people and situations that are not a match will either change and begin to rise to your level or fall away. Your pets will benefit from it too.

FLFE Benefits

This service can help you:

- Expand your consciousness.
- Boost your body's natural healing ability.
- Increase your focus, concentration and creativity.
- Energize your living/working space.

Anyone of these features is fabulous. Combined, they can help your life to unfold more seamlessly and with better results.

I've had the FLFE high consciousness service in place for about two months. Overall, I'm getting more done in less time. I feel very productive and I've noticed that more and more ideas and solutions are popping into my head every day. Projects are getting done faster, I'm reading multiple books each month, I've easily been fitting in unexpected changes to my schedule and when I think about something the answer often shows up within hours or days. We made some very nice adjustments to our home with three new pieces of furniture that came to us so easily. Also, my business is growing, and I've expanded to accommodate more clients. My French proficiency is also accelerating! I'd love to be fluent and more of it is sticking each day.

Healthwise, I'm sleeping and meditating more deeply and I'm remembering more dreams. I also had a very easy recovery from cataract surgery last month. It turned out even better than I anticipated as I no longer need eyeglasses. This was a fun surprise!

Is the FLFE high consciousness field associated with this? I think so.

FLFE EMF Mitigation Feature

An exciting **new EMF-Mitigation feature** is being added during December. I tested this program during November and I like it. My house has a lot of devices that emit EMFs (electro-magnetic frequencies) such as two automated electric meters, a router, several wireless Dots, smart TVs, iPads and iPhones and more. Personally, I would love to live with fewer wireless devices. My husband, on the other hand, can't get enough of them. We meet in the middle: he adds devices and I add measures to mitigate the unhealthy fields they produce.

Over the years I've taken many steps to mitigate the EMF energies throughout my home. I use a computer with an ethernet cable (with the wireless feature shut off) and I wear a biogeometry pendant to keep my energy high. My house has a feng shui power disc, smart meter guards, router guards, sacred geometry symbols to balance wireless and a variety of crystals to help keep frequencies at a high level.

Within days of the EMF feature being turned on I realized that headaches I had been noticing had gone away. I also began sleeping more deeply. There's a very good webinar about FLFE and EMF Mitigation on the website under the Learning Center tab. Check it out by clicking on the banner below.

What might you discover with FLFE? It could help you to increase your ability to live the life you want. You might also discover that negative people and events drop out of your life. They exist, and you notice them, but you realize that you're no longer bothered by them.

Pay It Forward Feature

A very nice feature with each subscription is "Pay It Forward." This enables you to put in an address to receive a very comfortable high frequency field. It's a field that is well above average and lower than that for paid subscriptions. Since I have two subscriptions, I paid it forward to my sister's nursing home and to The White House. You can send the frequency anywhere in the world.

Click the link below to learn more. Check out the Free 15-day trial. You can do one for your home and one for your phone at separate times. I highly recommend it!



Holiday Schedule ... off beginning December 21st

I will be taking Friday, December 21st, through January 1st off for the holidays. Please schedule December clearings or consultations with me before then. After the New Year I'll summarize the changes that are needed for the coming year. 2019 is the year of the Pig; Chinese New Year is February 5th. The day for your annual changes is February 4th. The lunar and solar new years are very closely aligned for 2019! Enjoy the holidays and we'll address this in January.

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