

January 2019 Newsletter

Hello,

It's time to welcome in 2019 and help bring positive shifts to the world. You can help do this by choosing to live the best life you can every day. It begins with you and your space ... your home, yard and workspaces. Make these as vibrant and as uplifting as you can. Doing so will improve your mood and outlook. Each month I'll highlight a specific area to give extra attention. This month it's the center-back of your spaces, the Fame gua.

A benefit of releasing clutter is that weight loss is easier too. If weight is a challenge for you, look for areas of stuck energy in your space and lighten up. Slow, steady progress makes a big difference.

I also recommend omitting all steady streams of negative news cycles and/or negative social media posts. Stay away from doom and gloom, gossip and repetitive negative stories (tell them no more than three times). Rather, put more time into positive initiatives and activities. If you use social media, use it as a means for positive change.

If each of us chooses at least one new positive habit this year, our choices will gain momentum and make a difference. Give it a try.

For those of you who follow classical feng shui, 2019 is the year of the yin Earth Pig. Chinese New Year is February 5th. The day to make your annual changes is February 4th. I'll be preparing my annual summary in early January. If you'd like a personalized update for your home, let me know (peg@fengshuiconnections.com). I'll complete this for you by mid-January. This provides you enough time to order any supplies you need and implement your adjustments by February 4th.

Enjoy January!

Peg

January Feng Shui Forecast

January 5: New Moon and Solar Eclipse in Capricorn

January 21: Full Moon and Lunar Eclipse in Leo

2019 Mercury Retrograde Dates

We have a new moon and solar eclipse in Capricorn on January 5th. New moons represent new beginnings and eclipses are periods of change. What a wonderful way to begin 2019! It's time to leave the challenges of 2018 behind and move forward with a

clean slate. Capricorn is a very practical and grounded sign. This is the time to envision your plans for the year ahead and take inspired action to get them started.

From a feng shui perspective, Capricorn is associated with the Fame and Reputation gua. This is the **back-center** of your house, every room in your house, your land, your workspace ...wherever you spend time. This energy is about shining your light! It's time to be clear about what you want and to bring attention to it.

The Fame gua is opposite the Career gua, the front-center of your home, every room in your home and various spaces where you spend time. The Career gua is about your life's purpose and journey. The two areas work together to help you bring visibility to your intentions, work, reputation and integrity. The Fame gua is associated with Fire energy and the Career gua is related to Water energy, creating a dynamic relationship between these opposite energies. A push-pull, of sorts.

I recommend that you begin 2019 by defining or specifying your intentions and long-term goals. How would you like the year to unfold for you? The Capricorn new moon is a perfect time to do this. Visualize and write your plans or story with an expectation that things will easily fall into place for you. Use positive, present tense language. Envision a magical year unfolding before your eyes. Doing so helps to lay the groundwork and get things moving in your favor. Omit self-sabotage, including stories you carry about struggle, blame, lack of resources, things not happening, etc. Such stories reinforce those patterns. As you begin 2019, leave the past behind. It's time.

2019 Planning Guide

Here's a link to Susannah Conway's annual planning guide. "Unravel Your Year 2019" <https://www.susannahconway.com/inspiration-library-access/>. The password is "delight." Give yourself the gift of time and thought that this guide requires. It's well worth the effort. As project managers know, the more time you put into planning the easier the process unfolds. It's the same with planning your life. Rather than rushing through life or sitting back and reacting to what's happening, partner with your inner self and desires. Focus on what you really want and then take inspired action to clear your pathways and allow your desires to come to you.

In your home or workspace, give attention to the center-back (Fame gua) this month. Look around and quietly observe the condition of your space. Without judgment, note how it looks and feels. Pay attention to anything that captures your attention. If you can, give the area a thorough post-holiday cleaning prior to January 5th (or shortly thereafter). Put away holiday décor, remove clutter, excess and things out of place. Dust and vacuum deep into the corners, high and low. Note anything that needs repair or is broken. Remove or mend the items if you can. If you're not able to do this, set an intention to do so. Your intention will initiate the process.

After you've thinned out and cleaned your Fame gua, enhance it using guidance from the Five Element system. Note that "less is more." One intentional, strategically placed, item can go a long way.

Fame and the Five Elements

Fire energy supports and strengthens the Fame gua. Fire is represented by:

- lights, candles and sunlight,
- people and animals (including pictures of people and animals),
- animal products such as leather and fur,
- electrical items,
- triangles, pyramid and cone shapes (including volcanos),
- red (including burgundy and pink).

Note such items in your Fame areas. When you think of Fire energy think about electrifying or brilliant and dazzling items.

Fire is enhanced by Wood energy. Wood is represented in your space by:

- trees, plants, flowers and floral patterns and décor
- rectangular shapes, stripes and columns
- blue and green.

When you consider Wood energy, think about life force, vibrancy and growth.

Feng shui is all about balance. Items with Fire and Wood qualities bring more of the same to your Fame gua. If your Fame gua is too fiery, tone it down using items with Earth, Metal and Water qualities.

Too Much Fire? Rebalance Using Earth, Metal or Water

Earth items help to ground and anchor the energy in your space. Earth items include:

- pottery, earthenware, bricks and clay
- seashells and natural items
- square shapes
- oversized or heavy furniture that hugs the floor
- yellow, brown and earth tones.

Metal energy helps bring clarity to a space. Metal items include:

- all metal: gold, silver, brass, aluminum and more (pots & pans, lamps, picture frames...)
- marble, granite, flagstone
- natural crystals and rocks dug from deep in the earth
- circles, oval and arch shapes
- white, gray and pastel shades.

Water brings reflective and philosophical qualities to a space. Water items include:

- all water, water features, pictures and art with water (rivers, streams, lakes, ocean, etc.)
- glass, mirrors, reflective surfaces and shiny objects

- free form and symmetrical shapes
- black and very deep, dark colors.

Balance Is Unique to Each Person and Space

Balancing the energy in each space is an art. It's all about how a space looks, feels and relates to the people who are living or working there. A space that works well for one person, group or family may require a different approach for another person, group or family. This is because you bring your energy (including emotions and intentions) to your space and your space reflects your energy back to you in the way your life unfolds. Each person is unique and therefore your environment should be as well.

This month take time to reflect on where you are and what you'd love to happen for you in 2019. Then activate your Fame gua (the center-back of your home and every room in your home, as well as your work space) with your intentions in mind. If it feels quiet or flat, fire it up. If the space is too active, calm it down. If you'd like some help figuring it out, contact me. (peg@fengshuiconnections.com)

Tune in to the January 21st Full Moon and Lunar Eclipse

Things come to light at the full moon. This month the full moon is January 21 when there's also a lunar eclipse. Eclipses are periods of change and lunar eclipses are associated with endings or completions. You may find that your emotions run high during this eclipse. Tune in and notice how you're feeling, without judgement or resistance. Just "be" and go with the flow. Acknowledge your emotions without allowing them to get the best of you.

2019 Mercury Retrograde Cycles

At the beginning of each year I like to note the Mercury Retrograde cycles on my calendar. Doing so helps me to plan my year. You might like to do this too. Here they are:

March 5 – March 28, 2019

July 7 – July 31, 2019

October 31 – November 20, 2019

Affirmation #18:

"As my joy increases, so does my good fortune and prosperity."

January Special ...

During January I'm offering Fame Gua consultations for \$125.00 via phone or web. This is a great way to learn how to balance Fire energy in this area and to bring visibility to your intentions. To discuss your situation or to schedule an appointment, contact Peg at peg@fengshuiconnections.com.

Cost: \$125.00.

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:

If you live in the snow-belt, maintain a clear and open path to your front door during the winter. It's easy to let this go and only shovel snow from the door you use each day. This sets you back and limits your opportunities. As snow accumulates at your front door, it blocks energy coming your way. It's an obstacle on your path. Avoid this altogether by removing it (or having someone do it for you).

Business Feng Shui Tip:

Maintain a clear and open path to your business. Check signage and how people find you. Make sure it's visible and that customers have easy access. Check lighting at your entrance too. Replace lightbulbs that have burned out. If you're a virtual business, search for your business online. Check the technical paths (particularly via mobile devices) and make sure your business is easy to find and navigate.

A New Year ... A New You!

A friend recently asked me to include some tips to lower weight in this month's newsletter.

I love to eat (and cook)! Last winter I spent a month at Swaswara (<https://www.cghearth.com/swaswara>) in southern India, on an Ayurvedic rejuvenation retreat. I loved being there and I'll return at some point. During my stay I unintentionally left 10 pounds behind. I'm not planning to find them again, so I really didn't lose them. I simply released them. It was so easy, while eating high quality, organic, vegetarian meals.

Here are my thoughts:

1. Focus on overall health and well-being vs. losing weight.
2. Make the best choices you can every day.
3. Food is energy. Select food with high vitality. Organic food is a better choice.
4. Eat food in season.
5. Eat more warm food and less (or no) raw food.
6. Eat as much fresh and locally grown food as you can.
7. Include foods that cover all colors of the spectrum every 48 hours.
8. Eat more vegetables than fruit (4:1).
9. Eat less (or eliminate) wheat.
10. Eat less (or eliminate) dairy.
11. Meat: eat less overall and grass fed and/or pasture raised meats when you do.
12. Drink a lot of room temperature water daily. Omit ice.
13. Incorporate daily movement ... via enjoyable exercise or other activities.
14. Get more sleep. Get deeper sleep. More and better sleep helps to regulate weight.

I prefer to cook from scratch, rather than use prepared products. Based on what I learned during my stay, followed by another program that I did with my husband, I'm cooking smaller portions. It's easier and it also reduces leftovers. I'm also eating mostly fresh food, which means less frozen food. Previously, I would cook extras and freeze the leftovers, for future meals. Freezing food lowers the vitality, so I'm doing less of this. I still enjoy salad, particularly on a warm summer day. During the winter, I'm steaming salad greens and including them in soup more often.

Since last winter, my husband released more than 30 pounds. A 21-day detox for both of us, after I returned from India, was the most challenging part. When we got through that, the rest was easy. It's been my husband's choice to stay away from wheat and dairy. Less sugar is also a natural outcome of this. I'm finding that there's less desire for sugar and dessert when there's so much good, fresh food available.

From a feng shui perspective, release clutter in your environment. Make this is ongoing habit. We all have it to some degree. Staying on top of it helps to keep your environment fresh and vibrant. This is turns gets incorporated into the way you approach your life. Your space mirrors you and your mirror your space. You don't need to go overboard, rather decide you'll keep up and keep things circulating throughout your home and your life. Doing so puts you in a better position to handle the challenges that come your way.

As you begin the new year, give some thought to a new you. Who are you and what would you like to shift or express this year. January is a wonderful month to begin.

If you'd like more direction and help with shifting your life, consider my Dream Coaching program. (<http://fengshuiconnections.com/life-coaching/>) It's a 12-week program that will help you to remove obstacles and put you on a new path. Contact me for more information (peg@fengshuiconnections.com)

EMF Mitigation Via FLFE

I've been writing about Focused Life-Force Energy (FLFE or "fluffy") for the past few months. It's a "quantum resonance" service that helps you create a nurturing environment and live a healthy life. This is done by sending a wave of loving energy to your home, workplace or personal object. You can enroll your address (home and/or business), a personal object (such as your mobile phone), or both to activate a high consciousness field and to come into resonance with it.

One of the new features that I'm quite excited about is the EMF mitigation program. I encourage you to check it out and try this service for yourself. Click the link to get a 15-day free trial. It's quite easy ... no credit card is needed and there's no auto enrollment when your trial ends.

If you're among the skeptics who wonder about something that you can't touch or feel, it's OK. You're one of many! If you love your life the way it is, continue doing what you're doing. On the other hand, if you find that your days are filled with obstacles and irritating or annoying people and situations, give the service a try. During your free trial tune in and notice if situations are resolved more easily, if unexpected delights come to you, if you encounter nicer people, if you're happier and healthier, etc. It's that sort of thing.

Rather than struggle, I prefer to take the easy path. It's a choice. I enrolled in the service because I noticed that so many things were happening more quickly for me with the FLFE wave coming to my home and phone. They still are. I think about something and

then I see evidence of my thoughts in action. It's amazing. By having FLFE on my phone, I carry a high consciousness environment wherever I go. I like to share it.

A very cool benefit of every FLFE subscription is "Pay it Forward." As a Christmas gift, the folks at FLFE gave every subscriber an extra Pay It Forward subscription. Since I have a subscription for my home and my mobile phone, I received two gifts. I paid it forward to our local elementary school and high school. Now the students and faculty will benefit from the consciousness of their school environment being gently raised to a loving level. Everyone use a lot more love!

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.



Check out my previous blog post about the FLFE service for more information.

<http://fengshuiconnections.com/2018/11/28/focused-life-force-energy-2/>

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