

February 2019 Newsletter

Hello,

February is going to be another month to hang on tight. Cosmic energies have been intense lately. We're on the brink of significant global change and chaos typically creeps in right before such periods. Stay positive and focus on what you really want. Know that the light ultimately wins out over the dark.

We live in an immediate world and too many unfiltered, negative, social media posts go viral. Why spread negative news? Stay away from it or become an observer of it without being pulled in and captivated by it. Don't let it consume your energy.

People speak without thinking, blurting out whatever is on their mind. If you post on social media, I recommend that you only post positive stories. Omit complaints and bad news or agreeing with or sharing someone else's woes. Skip over such content without contributing to it. You can be empathetic with people and situations without allowing your energy to be dragged down.

There's a lot of good going on in the world and people who are doing remarkable things. I suggest that you tap into this type of news and spread it around. You might begin with the Good News Network. You can subscribe for free and receive heartwarming and uplifting stories via email every day. Check it out at:
<https://www.goodnewsnetwork.org/>

February 5th begins the year of the yin Earth Pig. Here's a link to my annual Flying Star update: <http://fengshuiconnections.com/attachments-you-may-print/>. Let me know if you'd like a customized interpretation for your home or workplace.

Subscribing to Focused Life Force Energy (FLFE) might help you to ride the waves of change more easily. See the story below for more information. I continue to experience quick resolution to problems and new ideas coming to me quickly since adding FLFE to my home and phone. Try it free for 15 days: <https://bit.ly/2OxoT8m>

If you're feeling stressed, one of more coaching sessions can help you adopt a new perspective and help you to develop strategies to ride the waves of change. Contact me to learn more. peg@fengshuiconnections.com

Enjoy February!

Peg

February Feng Shui Forecast

February 4: New Moon in Pisces

February 5: Chinese New Year: Year of the Pig begins

February 14: Valentine's Day

February 19: Full Moon

Focus on the Center of Your Home

February is a month to focus on your physical, mental and spiritual health. The Pisces new moon on February 4th correlates with the **Center**, or the heart of your home and workspace. It's the **Health gua** and healthy heart energy is vital to overall well-being. Creating beautiful energy in the Center of your home or workspace sets a vibrant and healthy tone in your space and helps to reinvigorate your life.

Are you noticing the days growing longer? I am! I'm eager to jump out of bed and get an earlier start each morning. Even though we're still deep in winter, my energy is shifting as each day grows longer. Within months I'll be able to spend early mornings on the lake, which is one of my favorite things to do.

February 4th is the Day for Annual Adjustments

In the Chinese calendar, February is the first month of spring and February 4th, the solar new year, is the day to make the annual "Flying Star" adjustments in your home. How synchronous that it's also a new moon day this year. New moons are about new beginnings. February 5th is Chinese New Year, this is when the lunar celebrations occur. It's rare that the solar and lunar new year are a day apart.

If you have time before February 4, give the Center of your space a good cleaning. I'm going to clean out a dining room buffet and let go of everything that we're no longer using. I'll also make sure that our table linens are pressed and ready to use. We'll be ready to welcome in family and friends and have more room for storage. Our laundry room also falls in the Center of our home. I'll clean this area and make a few adjustments to account for the draining energy of the washing machine.

Create A Spacious Feeling in the Center of Your Home

To the extent you can, create spaciousness in the Center of your home or workspace. If the area is cluttered, reduce or omit it. Let go of what you really don't need and organize the rest. Give everything a home. In other words, put things away and put them in places where you'll easily find them when you want. If your space is very tight, rethink it. Identify what you can live without (at least for now) and let go of what you don't need or neatly store it elsewhere.

Surrounding yourself with clutter bogs you and your life down. Is this what you really want for yourself? I doubt it! Acting on your intentions may take less time than you realize. Recently I cleared out a bathroom cabinet and storage drawers. The project had been on my mind for some time. I kept telling myself “soon ... soon I will clear the cabinets and drawers of what we’re not using and no longer need.” Finally, I took the time early one morning. The project took less than an hour and the space looks and feels much better. Thoughts of getting it done are no longer consuming energy, which is another plus.

Use a Mirror to Expand a Tight or Narrow Area

Sometimes the Center of a home might be clutter-free, yet tight, such as a narrow hallway or a small room. In such situations, a strategically placed mirror can help to expand the space. Placing something pleasant opposite the mirror provides more of a nice view in addition to enlarging the area.

Balance the Earth Element

The Center of your space is an Earth area in the Five Element system and Earth is strengthened by Fire. This means that Earth and Fire energy strengthen the Center of your home or workplace. Earth and Fire energy are represented by:

Yellows, earth tones, red and pink
Pottery and earthenware
Adobe, brick and tile
Shells and natural items
Square and triangle shapes
Low, heavy furniture
Lights and candles
People and animals, including pictures

If the Center of your space is already very Earthy, some Metal, Water or Wood energy can help to bring in into balance. Metal energy weakens the earth. Water muddies it and Wood breaks it apart. During 2019, I recommend balancing excess Earth in the Center with Wood or Water energy vs. Metal energy. This is due to the Flying Stars. So, for 2019, limit Metal energy in the Center of your home. If you already have some there (and we all do), don’t worry about it. Just don’t add more.

Metal energy is represented by:

Gray, white and pastel colors
Gold, silver, brass, aluminum and all metals
Marble, granite and flagstone
Natural crystals
Circle, oval and arch shapes

Water energy is represented by:

Black, and deep, dark tones
Glass, mirrors and windows
Reflective surfaces
Free form, wavy and symmetrical shapes
Water features
Pictures of water and water bodies (lakes, ocean, rivers, harbors ...)

Wood Energy is represented by:

Blues and greens
Trees and plants
Flowers and floral patterns
Stipes and columns
Horizontal rectangle shapes

Every space should have representation of all five elements (Wood, Fire, Earth, Metal and Water). The level of each element changes depending on how a space is used and where it's located in the bagua. If you're not sure, aim to please yourself. Tap your intuition and create a space that appeals to you. When spaces look and feel great, they are usually well balanced.

The Influence of the Center on Your Health

Health-wise, the Center of your space is associated with your immune system, infectious diseases, tumors, fevers, circulation, blood sugar problems, blood pressure, gall bladder, spleen, pancreas, lymph and nervous system. Stress, anxiety, extremes and excess, worry, delusions, and feeling ungrounded. If any of these issues are prevalent in your life, rebalancing the energy in the Center of your home or workspace could help to shift your health condition and perhaps bring easy solutions to you.

Setting Intentions, Adjust the Flying Stars, Full Moon Check-In

After prepping your space by clearing clutter, cleaning and refreshing the Center of your home, do a meditation on February 4th and set an intention for yourself that relates to your overall health and well-being.

I'll also do my annual Flying Star adjustments on February 4th. You can print a summary of recommendations from my website (<http://fengshuiconnections.com/attachments-you-may-print/>). If you would help interpreting this method, or you'd like a customized plan for your home, contact me (peg@fengshuiconnections.com). I would be happy to help you out. To accurately guide you in this method, I would need a copy of your floor plan and compass direction of your front door.

Things come to light with each full moon. The February 19th full moon could bring answers to your intentions. Look for signs that what you've asked for has taken root and that answers to your questions or positive shifts are underway.

Chinese New Year is February 5th

February 5th is Chinese New Year. It marks the beginning of spring. 2019 is the year of the yin Earth Pig. The Spring Festival celebrations began January 24th and will continue until February 19th. Pig years are lucky years. Maybe we'll be delighted with some positive and encouraging global shifts this year.

Here are a few perspectives about Chinese New Year and the year of the Pig that you might enjoy:

<https://www.timeanddate.com/holidays/china/spring-festival>

https://www.travelchinaguide.com/intro/social_customs/zodiac/Pig.htm

<https://chinesenewyear.net/zodiac/pig/>

Valentine's Day is February 14th

Since the Center of many homes is also a gathering area such as a kitchen, dining room or family room, this is a great space to energize for Valentine's Day. Red is a favorable color in the Center this year. You might add some red roses or fresh flowers, hearts, crystals such as rose quartz or amethyst, mandarin ducks, a Double Happiness symbol, or any favorite romance symbols.

The physical north is another area of your home that you can also enhance for romance, travel, artistic endeavors, education, wisdom and intelligence this year. This is where the #4 annual star is located. Enhancements for this year can include: fresh flowers, green plants, 4 stalks of lucky bamboo, a "still" or quiet water feature, mandarin ducks, a blue Kuan Yin, a dragon-headed tortoise, a calligraphy set and/or an abacus, and the colors blue and black. Although it's OK if you already have some, don't add any red, pink or purple or extra metal to the physical north sector this year. Remove windchimes. A north-facing front door could bring in new opportunities and lots of travel.

Affirmation #24:

"Anonymous acts of kindness expand my prosperity."

February Coaching Special ...

Would you like to release unhelpful patterns this year and create a life you'd love to live? One you dream about? If so, let's spend 15 minutes together and explore how you could benefit from my 12 week Dream Coaching program. This three-month program enables you to identify what you want, explore what's in the way, and develop strategies to move you forward. This month I'm offering a FREE 15-minute consultation to discuss how you could benefit from this program. Check out the program details on

my website: <http://fengshuiconnections.com/life-coaching/> Contact me if you'd like to learn more.

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:

Check the feng shui of your master bedroom this month. It's the second-most important area of your house, after your front door. You spend one third of your time sleeping (or should be!), so do your best to create a calm and nurturing sanctuary for your body, mind and spirit. In an ideal bedroom, your bed is positioned against a solid wall and it faces the entrance to the room without being directly in front of the entrance. If windows are located behind your bed, close the windows off at night with a shade or room darkening curtain.

Omit all clutter in your bedroom and have dresser, closet or storage space, so that you can put things away each day. Do you love your bedroom? If not, what are the top three actions you can take to create a more nurturing environment.

Business Feng Shui Tip:

The back-left corner of your business space is a very influential power spot. It's the Wealth sector. What's going on in this area in your business? Who sits there? It's an ideal location for a CEO. If someone else sits there they'll heavily influence the

prosperity of the company. Rest rooms located in this area drain the vitality and need to be uplifted. If this area contains clutter, remove it or lighten it up. Are you storing files here? If so, what type? When a client removed “dead files” from the back-left corner, money began flowing to her business again.

The physical SE sector is a second Wealth area to check. This is the Wealth area according to compass feng shui. Same things apply ... who and what are in this area? Reflect on how they are contributing to your business success and adjust if needed.

Plants: Boost Feng Shui and Remove Airborne Toxins

The right house plants are your friend. They contribute to good feng shui by bringing color and lively energy to a space, while also helping to clean the air.

Many modern spaces are super tight to conserve a loss of energy, restricting an influx of fresh air. Combine this with household products that contain toxins, such as cleaning and personal care products, fabric finishes, synthetic fabrics, floors and carpets, furniture made from pressed wood, and more, and you have a toxic soup. It's no wonder that asthma and breathing problems are on the increase.

The right plants help to create a healthier indoor environment by absorbing common toxins such as acetone, ammonia, benzene, chloroform, ethyl acetate, formaldehyde, methyl alcohol, toluene, and xylene.

One of my favorite resources on this topic is the book: *How To Grow Fresh Air: 50 House Plants That Purify Your Home or Office* <https://amzn.to/2Uj3VbS>. First published in 1996, the author does a great job categorizing plants by the chemicals they remove, ease of growth and maintenance, resistance to infestation and transpiration rate (water evaporation from plant leaves).

Recently, the Good News Network shared a story about researchers at the University of Washington who genetically modified pothos ivy to remove chloroform and benzene, both of which are linked to cancer. Read more about this here: <https://bit.ly/2Tbf9yJ>

The many green plants that clean the air include a wide variety of Palms and Philodendrons, Aloe Vera, Dracaena, Dragon Tree, Dumb Cane, Dwarf Banana, English Ivy, Ficus, Boston Fern, Corn Plant, Golden Pothos, Norfolk Island Pine, Prayer Plant, Schefflera, Snake Plant, Spider Plants and Weeping Figs.

Flowering plants include: Cyclamen, Peace Lily, Mums, Gerbera Daisy, Wax Begonia, Christmas and Easter Cactus, Orchids, Tulips, Lady Jane Anthurium, Kalanchoe, Poinsettia, Dwarf Azalea, and Urn Plant.

Although Bamboo is not on the list. Bamboo is a sustainable plant because it grows quickly. Most “Lucky Bamboo” plants are dracaena and not bamboo. They still work as a feng shui adjustment. Here are some tips to propagate bamboo, as it can sometimes be a challenge to find: <https://www.wikihow.com/Propagate-Lucky-Bamboo>.

The Bottom line? Plants help to create good feng shui and they’re healthy for your home or workspace. Keep them well-maintained and they’ll reward you in multiple ways.

Front Doors That Make a Statement!

Your front door is the most important aspect of feng shui as it represents the quality of energy that comes your way. Architectural digest put together a slide show of 38 outstanding front doors, most of which contribute to great feng shui. There’s only one I truly didn’t care for ... it’s the oversized glass door towards the end. Watch the slide show here: <https://www.architecturaldigest.com/gallery/front-doors-slideshow>.

Notice the various sizes, shapes and colors as well as the walkways and surrounding landscaping. See which doors appeal to you and try to understand why. A great front door calls attention to the building without overpowering it. It also makes you want to meander up to it to discover what’s on the inside.

Take a few minutes to evaluate your front door. It is clutter-free and visually appealing? What do you love it and what would you like to change? If you don’t love it, consider ways you can jazz it up or energize it within your means. Get creative. Perhaps a new paint color? Seasonal décor or a wreath? I’d love to hear from you! Post your findings on my Feng Shui Connections Facebook page or send along an email.

The Benefits of Focused Life Force Energy

Have you tried Focused Life Force Energy for your home, business or phone? If so, I’d love to hear what you experienced as a result. If you haven’t tried it, check it out for free for 15 days. Here’s a link: <https://bit.ly/2OxoT8m>

I subscribed to FLFE in October after a free trial for my home followed by one for my phone. The EMF mitigation program was added in December. For me, FLFE brings peace of mind since my home has many EMF devices. My husband loves all the bells and whistles of the latest technology. Me? I’d like to simply turn on a light or the TV the old-fashioned way. I don’t need to be asking a listening device to do these things for me.

FLFE raises each location and personal device to the level of 560 on David Hawkins Map of Consciousness. This is a high vibration that calibrates above Joy, which is also higher than Love. If you're not familiar with this map, check it out here:

<https://veritaspublishing.com/product/map-of-consciousness-dr-david-hawkins/>

Years ago, Hawkins calibrated all emotions using kinesiology. His resulting Map of Consciousness is a ranking of each emotion, which he describes in his book Power vs. Force: The Hidden Determinants of Human Behavior <https://amzn.to/2sKzmA1>. Shame, guilt and apathy are at the low end of the scale whereas love, joy and peace are at the high end. Trust is the neutral point.

In addition to peace of mind, I'm continually delighted with quick resolutions to problems and a steady flow of creative solutions. After a recent storm my husband was clearing ice from his car when the roof window broke! Ugh. It was a very cold day and I was just one of those unpredictable things. After we cleaned up the scattered glass, my husband called our auto mechanics. They immediately said, "No problem. We'll look for a used replacement window and order a repair kit." We planned to drive it two hours to their shop on the upcoming Saturday. On Friday, my husband called to remind them that we'd be coming. At that time, the shop owner said, "You have AAA Towing for 100 miles, correct? You don't need to drive the car to us. Call AAA and they'll tow it!" What a brilliant suggestion. It hadn't occurred to us, yet the answer emerged and saved us both time and money.

Another day I was figuring out a day to visit my sister in the nursing home. I told her I'd take her out to get a phone on a particular day. My schedule changed and it was also looking like a snowstorm might interfere with our plans. Then I realized that I could fit in a visit with her the following day, since I would be completing an appointment by noon, about an hour away. I called her and let her know I'd be down to visit. She was thrilled.

These are only two examples among many. The bottom line for me is that "fluffy" is moving things right along for me in amazing ways.

Check it out for yourself, if you haven't already. If you have, I'd love to hear your comments ... even if you didn't notice anything. Sometimes you miss the result if the shifts happen differently than you anticipate.

<https://tm179.isrefer.com/go/TryFLFEfree/PegDonahue> target=_blank>



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

<http://fengshuiconnections.com/focused-life-force-energy/>

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