

March 2019 Newsletter

Hello,

Spring officially arrives on March 20th. It's most welcome after a long and snowy winter. In the NH White Mountains, the ground has been covered with snow since November. We had three large storms that month and many people didn't have a chance to complete fall cleanup and prep for winter.

March 20th, the Spring Equinox is the day when the sun crosses the celestial equator. On the equinox, we have nearly equal amounts of day and night, light and dark. It's a time of relative balance between yin and yang energies. The northern hemisphere tips towards the sun and we have longer days until June 21, the summer solstice. Here are some fun facts you might enjoy about the Spring Equinox from the Old Farmer's Almanac <https://www.almanac.com/content/first-day-spring-vernal-equinox>.

March is a wonderful month to focus on spring cleaning. Clear out winter, to the extent you can and welcome in spring. In my area, it may be April or even May before the snow fully clears. There's a lot that can be done in the interim.

Do you remember I wrote about intense energies for February? They caught me too. Mid-month I slipped on snow-covered ice and broke my left wrist. The good news is that it's healing well and there's a good chance I won't need surgery. I'm left-handed, so I'm quickly developing right handed skills.

There's a feng shui practice of doing things with your opposite hand and in an opposite fashion when you want to strengthen your brain and to create more mindfulness and clarity. I'm getting a lot of practice with that this month. I'm also getting a lot of practice with more stillness and allowing others to do more for me. It's my turn to receive. Fortunately, many helpful people and resources have emerged. If all goes well, my cast will be removed by the end of March.

Set an intention for what you'd like to accomplish this month and then put it into action. You'll be assisted by the boost of spring energy. Do pay attention to Mercury Retrograde, March 5 – 28. This is a time to build extra time into your schedule and focus on "re" actions ... re-doing, renewal, reading, research and much more. See the article in this newsletter for more details.

Enjoy March!

Peg

March Feng Shui Forecast

March 5 – 30 Mercury Retrograde

March 6: New Moon in Pisces

March 20: Full “Worm” Moon, First Day of Spring, Spring Equinox

Last month I got ahead of the calendar. The February 4th new moon was in Aquarius and the March 6th new moon is in Pisces. Thus, the February area of focus should have been Helpful People and Travel and March the Center of your home. If you focused on the Center last month, you're ahead for the month. I'm repeating last month's tips about the Center below and including a post for adjusting Helpful People and Travel. Keep the Center energized this month while also giving Helpful People and Travel some attention.

Health and the Center of Your Home

The Pisces new moon on March 6th correlates with the **Center** of your home and workspace. The energy of this area is associated with overall **health and 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.

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 down. You probably don't want this. Set an intention to create more clear space and then see it happening easily for you. Acting on your intentions may take less time than you realize. As spring draws near I'm anxious to give my house a thorough spring cleaning. It'll be the end of March before I can fully use my left arm and hand though. Until that time I am diligently clearing out things that have accumulated over the winter and gathering up things we no longer need. I've been letting go of excess magazines and catalogs. I regularly replace old catalogs with new ones as they arrive. Now I'm tossing out more of the ones we don't plan to order from anyway. They gather dust and take up space.

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.

Plants and Flowers in the Center Can Be Helpful in 2019

A vibrant plant or a vase of fresh flowers in the Center of your home will help to balance excess Metal energy this year. Plants and flowers represent Wood energy. From a feng shui perspective, Metal "cuts" Wood. Think of how one uses an ax to chop down a tree. Metal controls Wood. Thus, Wood energy helps to consume, use or occupy Metal. Therefore, it can be a good choice to reduce Metal energy.

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.

Set Intentions and Check in with the Full Moon

After prepping your space by clearing clutter, cleaning and refreshing the Center of your home, do a meditation on March 6th and set an intention for yourself that relates to your overall health and well-being.

Things come to light with each full moon. It's a good time to notice what's happening and how it influences your life. One thing that came to light for me with the February new moon is that I goofed when I wrote the February newsletter! I wrote about Health rather than Helpful People. Perhaps it was a foreshadowing of sorts.

As I reflect, many Helpful People emerged to assist me this month. I received excellent medical attention when I slipped and broke my wrist. The doctor thinks that there's a good chance it will heal without surgery. My neighbors cleared and sanded our driveway while my husband and I were at the hospital. In addition, a good friend reminded me about the value of Ayurveda and consulted with the doctors in India about what I should take. I learned about ayurvedic medicines to help heal bone fractures and strengthen bones all around. A nice outcome is that my all of bones could end up much stronger.

I also became familiar with the benefits of comfrey, which is also known as knit bone. It's a plant that is known to heal bone fractures, sprains, swelling, burns and more. I've been drinking comfrey tea and I now have a salve to keep on hand to help with bones, joints, muscles and cartilage.

Tips to Energize Your Helpful People and Travel Gua

The February new moon in Aquarius was associated with the Helpful People and Travel gua. This is the front right corner of your house, every room in your house, your workspace and yard. Helpful People energy is about the right people showing up in your life at the right time. They can be seen or unseen, physical or spiritual. It is also about travel related energy. If you'd like to go somewhere, this is a worthwhile area to energize.

The Heaven Trigram

The Helpful People area is affiliated with the Heaven trigram, the most yang trigram with three solid lines. As a result, it's associated with male energy and father figures, as well as the head and brain. If you have problems with your dad or a dad in your life, engage with the energy of your Helpful People guas to assist you. Also work with this area if you tend to get headaches or you have any problems with your brain. One of my sisters has an acquired brain injury. When she is in her own space again, this is an area for her to work with.

Placing spiritual figures and reminders in your Helpful People guas can reinforce this energy in your life. I like to do this outdoors in my gardens as well.

Do You Like to Travel? Energy this Gua.

A fun application of this energy is to focus on travel. Placing images or reminders of places you'd like to go in this area can help it to come about. Years ago, my daughter and I wanted to travel to Maui during an upcoming February vacation, staying in a timeshare. My husband told us it would likely take a few years to get a place there. We set an intention and then placed reminders in our Helpful People corners. Within weeks the timeshare company called us and said they had a place for us to stay. It turned out to be a great place too!

Helpful People Gua and the Metal Element

The Helpful People gua is a Metal energy area. Metal is strengthened by Earth and depleted by Water, Wood and Fire, in varying degrees. If your space has too little Metal energy, add Earth and Metal. If it has too much, use Water, Wood and Fire to balance it.

9 Enhancement Tips for Your Helpful People and Travel Gua

- Gray, white, pastels, yellow and earthy colors
- Metals such as gold, silver, brass, aluminum
- Stones such as marble, granite, flagstone, slate

- Natural crystals, gemstones
- Circles, ovals and arch shapes

- Earthenware and natural items
- Pictures and symbols of teachers, mentors, guides
- Pictures of your dad
- Places you'd like to visit

Consider where you can use or where you might benefit from more support in your life. Then energize your Helpful People and Travel guas accordingly.

Take Advantage of Mercury Retrograde Cycles

During 2019, Mercury will be retrograde:

March 5 – 28

July 7 – 31 and

Oct 31 – Nov 20

Mercury is the planet that governs communication, technology and communication. During each retrograde cycle, the planet appears to back up in the sky for about three weeks. This period is associated with increased accidents, problems with schedules and communications, and havoc with electronics and technology. Mercury retrograde gets a bad rap because it's recommended that you avoid signing contracts, purchasing electronics (including cars) and arguing with people. If you plan, you can navigate these cycles with relative ease.

A good way to move through each Mercury retrograde cycle is to cut your commitments in half and allow extra time in your schedule. Know that some appointments are likely to get postponed or rescheduled. Also, be extra vigilant and allow extra space between your car and others on the road. If people are angry, observe without engaging or contributing to an argument. Let the other person be right or think they are right. Also, sign contracts and purchase electronics before and after these cycles, not during.

Mercury retrograde is an ideal time to do many activities that begin with the letters "re." For example:

read, research, reference
 reflect, reconsider, reappraise
 reassess, recalibrate, redirect
 redo, redecorate, refresh
 renovate, repair, reform
 repeat, recall, recapture
 reclaim, recount, refund

release, regenerate, reuse
refill, refine, reciprocate
replace, repeat, repay
renew, remember, recommend

Mercury retrograde periods are a great time to catch up with things. They are also productive periods to clean things out and release clutter. Reading and writing are also worthwhile activities to pursue during these times. You might also catch up with friends, repair items that need attention, research and reconsider plans.

Planning and lightening up your calendar can also help you circumvent these periods with ease. Give it a try.

Compass Directions and the Changing Magnetic North: Why It Matters

Compass directions can be a confusing point in feng shui. In traditional feng shui actual compass directions are used to identify the eight sectors of each property. In western feng shui, each of the eight directions are symbolic, depending on how you enter the space.

There are three “norths” and sometimes the question “which north do I use?” pops up. The answer is: Use north as indicated by your compass. This is the magnetic north. This makes sense in feng shui. Magnetic north is linked to the ebb and flow of liquid iron in the earth’s core. It’s dynamic energy and it changes over time, just as chi does.

The three norths are:

True North: which is stationary. It’s the location of the north pole at the northern end of our planet.

Geomagnetic North: which is the northern end of the planets’ magnetic field, located off the coast of Greenland.

Magnetic North: is where the magnetic field lines point vertically down. This location is used by compasses. In recent years magnetic north has been changing more rapidly. This is the measure that is also used by navigation systems, so it’s important that model makers stay abreast of the acceleration of shifts.

The Government Shutdown Also Shutdown Map Updates

National Geographic Magazine published an article about this after the 33-day USA government shutdown. A magnetic model that's used for navigation is published every five years and is updated regularly, it's known as The World Magnetic Model. The next update is due in 2020. The regular reports were not updated during the shutdown and when they were, significant shifts were noticed. The magnetic north is shifting at an accelerated pace.

Magnetic north used to move a few hundred feet each day, resulting in about seven miles each year. Since 2000, the shift is about 34 miles each year, a significant acceleration. The reasons are not clear.

The shift impacts magnetic navigation systems and primarily influences travel at the 55th degree parallel and north. The 55-degree parallel crosses Quebec, Labrador, Newfoundland, Northern Ireland, Scotland, Denmark, part of Russia, the Gulf of Alaska and back into Canada. Although the model is primarily used for military and flight purposes, modern day applications include things such as Google Earth and Google maps, which are used by many.

The bottom line is that the shifts do not affect the compass directions we take and use for feng shui.

Learn more in National Geographic's article:

<https://www.nationalgeographic.com/science/2019/02/magnetic-north-update-navigation-maps/>

Clutter Clearing Made Popular!

All your possessions contain energy and the energy reflects the condition of the object as well as what happened over time. In addition, each of us becomes emotionally attached to what we have and what we collect. Your emotional attachment is what makes it hard to let go of things. Thus, clutter accumulates to one degree or another until it is addressed and cleared out.

Some people have an easy time staying on top of this and other people completely shut down. Most people are somewhere in the middle. Things come and go. Clutter accumulates, it gets thinned out and things get cleaned up. Then it happens again. When you conquer your emotional attachments to your stuff, you can conquer clutter. An Emotional Freedom and Healing tapping session could help you with this. During the month of March you get \$30.00 off when you mention the newsletter special.

The idea is not to let go of everything and live a spartan life. The objective is to live with what you love and to use what you have. If you don't love something or you don't use it, it's clutter. In addition, it's appropriate to give everything a home. In other words, put things away. This is how you can keep the things you love and use from overwhelming your space and your life.

Clutter limits you. It can stop opportunities coming your way, slow things down and bring them to a halt. Clutter can lock things in place. Thinning out and freeing your space, unleashes chi and gets things moving again. Spring is a great time of year to do this, since the energy is growing stronger every day and you might be more inclined to clear out winter debris and stuck energy. Third quarter moons are great for clutter clearing too. You are likely to feel more inclined to release things during these cycles.

This year, Marie Kondo's approach to clutter clearing is receiving a lot of PR. Her book, *The Life Changing Magic of Tidying Up* (<https://amzn.to/2tBrJwb>) was first published in 2014. It's a quick and fun read. She has some good ideas and suggestions. If you read it, I recommend that you do what works for you and leave the rest behind.

This spring, I recommend that you take some time to lighten your space. You can print a Clear Clutter attachment from my website. It's an approach I've been using for years. Take a look here: <http://fengshuiconnections.com/attachments-you-may-print/>

Benefits of Clutter Clearing

Some of the benefits of clearing clutter include:

- 1) You will feel more energetic, freer, lighter in spirit.
- 2) It's easier to lose weight. You may feel healthier or you may begin to eat better.
- 3) Within 30-45 days some delightful events may come into your life.
- 4) You open yourself to new possibilities.
- 5) You create more physical and mental space for yourself.
- 6) You are helping other people ... through donations, gifts, yard sales, etc.
- 7) You begin to surround yourself with things you love.
- 8) You face less work ... you have fewer open projects, etc.
- 9) You will find it is easier to clean and that it takes less time.
- 10) You may begin buying fewer things and be more selective about the things you bring into your space.
- 11) The areas of your life that you found difficult may begin to seem easier.
- 12) You will feel better about yourself. Your relationships with others may also improve.

Note that clutter clearing can drain your energy. This is due to your energetic attachments. Pay attention to how you feel. If you are negatively impacted, clear things out in short segments rather than not at all. Once you notice the benefits, you might be more inclined to speed things up.

Affirmation #60:

“I embrace the unknown and unexpected with joy and excitement.”

March Special ... Save \$30 on a Tapping Session

Emotional Freedom and Healing is a meridian tapping technique to help you release deeply held emotional patterns. It works at the cellular level, below that of the rational mind. Each session is customized to reflect your needs. Sessions are also recorded so that you can repeat the process at any time until your issues are no longer triggered.

Learn more here: <http://fengshuiconnections.com/emotional-freedom-and-healing/>

Contact Peg to schedule or for more information.

Services

- **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:

As spring approaches, I find the annual flower shows inspiring! They bring a burst of fresh energy and vitality. You can replicate some of this energy in your home by attending to your house plants this month. Trim all dead leaves and excess growth.

Repot and fertilize your plants if you haven't done so in a long time. If you have silk plants, dust and wash them. The energy wanes over time, particularly as dust accumulates. If you have dried flowers, evaluate their condition. Unless they are relatively new, within a season or so, dried flowers have low energy, particularly as the colors fade and dust accumulates. Many people keep these around for sentimental reasons. If you have dried flowers in your home, I encourage you to study their energy and only keep them around if they feel good.

Business Feng Shui Tip:

Like your home, plants and flowers add vitality to a business. They can be beneficial in all areas. I think they also help to absorb stress. I noticed this when I worked in a corporate environment for many years. Maintain your plants regularly or hire a service to do for you. If or when your plants die, replace them. If your business has silk plants, keep them looking good. Clear them of dust regularly, as this lowers their chi and contributes to obstacles over time. The best types of plants to have are fresh plants with soft, uplifting leaves. For windowless areas, pothos or philodendrons can be good choices. A vase of fresh flowers as you enter a business is very welcoming. Fresh flowers in restrooms are a wonderful way to lift the chi as well.

Fresh Flowers Last Longer with Focused Life Force Energy?

I've been writing about Focused Life Force Energy for the past few months. I encourage you to try it if you haven't done so. You can try it for free for 15 days for your home (and/or business) and then your phone (and/or a personal object).

In addition to more creativity and easier solutions to problems, I'm noticing that my fresh flowers last for at least three weeks, with regular trimming and water replenishing. Prior to FLFE I would toss them out and replace them after about 10 days.

I also like the EMF mitigation program. You can turn this on and off on your own, if you'd like to experiment with how things feel with or without FLFE.

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://veritaspublish.com/product/map-of-consciousness-dr-david-hawkins/>

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. It's possible to overlook the result if the shifts happen differently than you anticipate. <https://bit.ly/2OxoT8m>



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.