

April 2019 Newsletter

Hello,

Even though the snow is still piled high in my area, spring is here! A shift is underway. The longer days are welcome as the buds begin to emerge on the trees and bushes. Are you feeling the shift also?

The cast on my wrist comes off April 1. I'm looking forward to having full use of both hands and giving my house a thorough spring cleaning prior to Passover and Easter, times of renewal. By then, more of the snow will be melted and we'll be spending more time outside.

In the meantime, my husband and I have been avoiding "cabin fever" by touring some of NH's Grand Hotels. I'll write about these in the future as they have some excellent feng shui attributes.

Enjoy April!

Peg

April Feng Shui Forecast

April 5: New Moon in Aries

April 19: Full Moon

April Area of Focus: Career or Life Purpose

It's spring! A time of new beginnings and longer, brighter days. The April 5 new moon in Aries aligns with the Career gua or Life Purpose areas of your home and workspace (the **center-front**). When you're clear about your life purpose, you're likely to live a happier and more meaningful life. This month clear out old energy and reinvigorate your space and your life. Refocus on meaningful activities ... the things you are most passionate about and that inspire you. Sometimes this is your job. Other times, this is about doing more meaningful work or engaging with people and projects that stir your soul.

As I indicate each month, new moons are times of new beginnings and full moons are periods when things come to light and you can see your efforts taking root.

Prior to April 5, clean and reenergize your Career gua and as many Career areas in each room, as you can.

On April 5th, set an intention related to your Life Path and do a meditation to help root your intention.

As the new moon approaches on April 19th and the days that follow, tune in and reflect on how things have shifted and ways your intention is taking root. Consider:

- new inspirations or ideas
- people and contacts that have come to you
- signs, symbols and messages that captured your intention
- repetitive thoughts and dreams
- your intuition and gut feel
- what really brings you joy

The Career or Life Path gua is the **center front** of your home and every room in your home, business, workplace (or wherever you spend time) when you divide your space into a grid of nine areas, like a tic-tac-toe board. Adjust one or more of these areas this month, if you'd like to:

- reconnect with your life purpose
- discover your life passions
- bring more clarity to your work
- revitalize a career or move in a new direction
- receive a promotion
- get a new job
- improve your hearing
- alleviate kidney or bladder problems
- reduce fear, anxiety or nervousness

Tuning in to the Career-related areas of your home and workplace can help move you in the right direction and bring more meaning and joy to your life.

Assess the Condition of Your Career or Life Path Areas

I encourage you to reflect on the center front of all your spaces, based on how you enter the area. After spending more time indoors over the winter months, these areas may need some attention.

Sometimes very simple shifts in your space can contribute to big changes in your life.

Does your space reflect you? How could it be more appealing?

Do things feel comfortable and safe? If not, what adjustments can you make?

- If you notice clutter, remove it.
- If things are in disarray, reorganize them.
- If anything is broken, repair it or plan to do so.
- If the area is dusty, dirty or feels stagnant, clean it.

I've noticed over the years that we're often blind to one's own space. Even me! Take a picture and look it over. Sometimes you see things in pictures that you didn't previously observe. A few weeks ago, I snapped a picture of my desk. It was cluttered and within an hour I was able to clear the excess. I then went on the clear extra paper from my office.

It's common to gloss over items that have been in place for over 30 days. You stop noticing. If you'd like help analyzing or reviewing an area in your home or office, contact me (peg@fengshuiconnections.com). Send along some photos or a video too.

Career Gua and Water Energy

The Career-gua relates to Water energy in the Five Element system. Water is about flow and movement. From a feng shui perspective, Water energy is represented by:

- all forms of water (lakes, rivers, seas, oceans, rain, snow, etc.)
- the color black
- wavy, undulating shapes
- windows, glass, mirrors, shiny and reflective surfaces
- art with any of the above.

Water energy is strengthened by Metal and depleted by Wood, Fire and Earth. In your environment, strive for a harmonious feeling. This is one where each of the Five elements is represented and they blend together to create spaces that also feel safe and comfortable. In the Career gua, although Water energy is emphasized, it's balanced by the remaining four elements. If your Career gua has too much Water energy, Wood, Fire and Earth elements will help to bring it into balance. If Water energy is deficient or underemphasized, bringing in color and items that represent Water or Metal energies will help to create a supportive space.

Nature is our teacher. As I write this, Nebraska is overwhelmed with heavy flooding after too much snow from the Bomb Cyclone, followed by rapid melting. When water flows too fast or too much comes at one time, the Earth is not able to absorb it or contain it. Insufficient water, on the other hand, leads to drought. Trees and plants become dry and brittle ... setting the stage for wildfires. When things are in balance, gentle spring rains feed the plants and trees leading to beautiful blooms and flowers.

Nine Tips to Enhance Your Career Gua

1. Wash your windows. Clean glass and mirrors.

2. Thin and organize closets. Remove clutter.
3. Hang a crystal and set an intention.
4. Place your intention in a red envelope.
5. Add a metal sculpture.
6. Use color: white for clarity; black for depth.
7. Include circle, oval and arch shapes.
8. Hang art of things you're passionate about.
9. Include water images.

As you clean and enhance your space, envision spending your time engaging in work or projects that you love. Know that when you do this, the right opportunities and resources will come your way to support your endeavors.

Affirmation #93:

"Today my spirit tingles with joy about all that awaits me."

April Special ... Bagua Placement over Your Floor Plan

Placing the feng shui bagua over a floor plan confuses many people. The rules are guidelines and they change according to circumstances. If you have questions about this aspect of feng shui, I'd love to help you this month. Send your floor plan with each floor on an 8 ½ x 11 sheet of paper, noting the location of doors and windows. Furniture placement would be helpful too. Your floor plan does not have to be exact, it should be close or at least proportionate.

\$45.00 for one level on one page. \$60.00 for two pages, two levels. \$75.00 for two levels and lot. Would you also like to chat about it? Add \$45.00 for a half hour consultation.

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: Refresh Your Front Door

As the winter progressed this year, I noticed an abundance of blocked front doors. They were covered with snow ... sometimes two-thirds of the way up the door! We received over 100 inches of snow in my area and it was too cold to melt. Many houses have metal roofs and the snow slides right off ... leaving big piles in front of doors and windows. Talk about blockages!

Your front door represents the mouth of chi and the quality of energy that comes to you, even if you don't use it. This month activate your front door. Open it. Clear the areas inside and out. Sweep and vacuum. Wash the glass. Repair anything that's needed or make a note to do it soon. If it's warm enough, perhaps refresh the paint. Flowers or an attractive wreath are a nice touch too. Think of your front door as your house's smile. How does your stand out?

Check out these front doors from Architectural Digest:

[https://www.architecturaldigest.com/gallery/front-doors-slideshow.](https://www.architecturaldigest.com/gallery/front-doors-slideshow)

Business Feng Shui Tip: Activate Your Entrance

Like a home, the entrance to your business is the mouth of chi. Make your entrance as visible, spacious, and as welcoming as possible. Clean the area inside and out. Remove all debris. Make sure all glass is clean and in great shape. Clear signage helps to direct customers.

Sometimes business owners don't regularly use the front door. If this is you, make a point to enter through your front door. What captures your attention? Does it reinforce your business in a positive way? If not, what steps can you take to do so? First impressions are lasting. Do what you can to make sure your customers or clients have a good experience when they enter your business.

Cultivating Joy and Happiness

Recently I had the pleasure of reading *The Book of Joy* for my library book club. Published in 2016, this book is the result of Douglas Abrams interviewing the Dalai Lama and Archbishop Desmond Tutu over the course of a week, at the Dalai Lama's residence in Dharamsala, India.

Joy is a natural human state and the ability to cultivate joy is a developed skill. Richard Davidson, a leading neuroscientist and meditation expert, says that there are four independent brain circuits that influence joy and your lasting well-being. They are:

1. The ability to maintain positive states.
2. The ability to recover from negative states.
3. The ability to focus and avoid mind-wandering.
4. The ability to be generous.

When I read this list, number 3, the ability to focus and avoid mind-wandering jumped out for me. This is an area I plan to strengthen, as I have allowed myself to jump from topic to topic in recent years. As a result, I have multiple open projects and interests at any given time. By concentrating on focus, I anticipate getting more done in less time. Doing so will bring me more joy. Does any quality speak to you?

Eight Pillars of Joy

Several chapters in this book were devoted to what the authors define as Eight Pillars of Joy. These include four qualities that are focused on the mind and qualities devoted to the heart.

The mind qualities are **perspective, humility, humor and acceptance**.

The heart qualities are **forgiveness, gratitude, compassion and generosity**.

This resonates with me as there's quite a body of scientific work about the heart-brain connection. My understanding is that your heart energy drives your brain. Cultivating any one of these qualities will develop your capacity to bring more joy into your life. Cultivating all of them will help you to truly live a joyful life while setting a wonderful example for others.

If you'd like to bring more joy into your life, select one quality and consciously practice it for a week. The following week select another. You might rotate between heart and mind qualities until you've worked on the entire eight. If you do so, you could be a more joyful person after two months!

Cultivating Joy through Feng Shui

From a feng shui perspective, the gua associated with Joy is Children and Joy, the **center-right** of your house, every room in your house, your workspace and your land. Adjusting your space while consciously focusing on any one quality of joy will help you to bring more of it into your life. In addition to the Children & Joy gua, other helpful guas are:

Prosperity (back-left) to develop more Gratitude and Generosity.

Knowledge (front-left) to cultivate the mind qualities.

Fame (center-back) to strengthen the heart qualities.

The 2019 World Happiness Report

The day I finished reading The Book of Joy, the 7th annual World Happiness Report was published <https://www.cnn.com/travel/article/worlds-happiest-countries-united-nations-2019/index.html>. This report ranks 156 countries on how happy their citizens are, with a confidence level of 95%. For the second year in a row, Finland is the world's happiest country, followed by Denmark, Norway, Iceland and the Netherlands.

It turns out that resilience (perspective) and the ability to rebound (recover from negative states) are key factors. It should be noted that citizens in these countries pay relatively high taxes compared to other developed countries. When my husband and I visited Iceland in 2015, a small business owner told us that "Yes, we pay high taxes, about 65%, but we also get a lot for our money ... including health care, low college costs (about \$500.00 per year) and much more."

Community and face to face social connections are also important determinants for happiness. Social media, it turns out, is a growing addiction for many people and a key contributor to isolation and loneliness. Particularly for those spreading negative news, judgment and anger. If you spread news, spread good news and leave the rest behind.

As spring evolves, get outside, connect with nature and with other people to cultivate more joy, happiness and overall well-being.

Redecorating Made Easier!

Spring is a time of new beginnings. Are you feeling the shift in seasons and a desire to change your décor or to change your life? As your life evolves, it makes sense that your home and workspace should transform too. After all, your space reflects you. No one is the same from one day to the next. If the places where you spend the most time remain the same, you could feel stuck or bored with life. You could stagnate.

Many people want to make changes, yet they don't trust themselves to make choices that will make them happy. This could relate to your home, your job, your leisure-time, your relationships, or any aspect of your life. Some people are afraid of making the wrong choice and as a result, they don't make any change. They remain waiting for the perfect choice. Are you among them?

Your home should reflect you, not someone else's perspective about you. As a result, when you make your choices, they'll be the right ones for you at that time. As you shift and change, you can make new selections. There are some excellent strategies for doing so without impacting your budget in a big way.

Spring is a time of lightening up. Bringing in lighter colors and fabrics can create an instant shift. You can do this with bed linens, blankets and throws, pillows, and curtains. Area rugs too. Although it's a bit more work, painting a room also brings an instant shift. Deciding on neutral colors vs. deeper hues is a personal choice. Select ones that make you happy.

You might also make shifts by selecting new lights. Many lighting styles are available. The choices might seem overwhelming at times. You can make one change, see how you like it, and go from there.

Rearranging art and photos are another option for change. Consider room purpose and use and correlate your art with the feng shui bagua. For example, arrange family photos in the Family gua (unless it's your bedroom) and place more whimsical pieces in the Children and Joy area. Remember that the bagua is placed over every room, in addition to your house, so you have many choices of ways to enhance your space based on your objectives.

Home Decorating Apps to Explore

Fortunately, technology is providing easy ways to consider alternatives and options using apps on your computer and mobile devices. They can help you to scan many options in a short period of time, narrow your choices and play with potential shifts before making significant commitments of time or money. Take a look at this article for a series of home redecorating apps: <https://www.thespruce.com/best-home-design-apps-4171491>.

Step into spring by bringing some new or renewed energy into your home or workspace. The most important thing is to take steps that make you happy. Don't worry about what others think. When you make changes, they are aligned with your heart and soul, you're operating from integrity and authenticity. When you do this, you'll always be right.

Focused Life Force Energy

Have you tried Focused Life Force Energy or FLFE yet? If not, I encourage you to do so. I love the peace of mind knowing that EMFs are neutralized. Also, I continue to notice my ability to get more done in less time, along with an ongoing flow of ideas and solutions for whatever comes up. It helps my life to flow smoothly.

FLFE raises the consciousness level of your home, workspace, or any address to a level about Love and Joy on David Hawkins Map of Consciousness. You can also add FLFE to a personal object or device, such as your mobile phone, can carry this vibration wherever you go. If you're not familiar with this map, check it out here:

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

You can try FLFE free for 15 days for a location as well as 15 days for a device. Check it out for yourself. <https://bit.ly/2OxoT8m>

Are you a FLFE subscriber? If so, I'd love to hear from you. What are you noticing?

[](https://tm179.isrefer.com/go/TryFLFEfree/PegDonahue)



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.