

May 2019 Newsletter

Hello,

A few days ago, I began to assemble a complex, 1,000-piece puzzle. The scene is the four seasons of Central Park in NYC. Many of the colors blend together and pieces appear to fit in multiple places. When I opened the box, the project felt overwhelming. I thought "Where do I begin?" I think that this is similar to how some people feel about their homes when there's too much clutter.

I sat back and decided I needed a strategy. Once in place, the process got easier and the puzzle began to come together. As I've been assembling it, I found myself reflecting on pattern recognition and its connection to feng shui. Identifying patterns in spaces helps to understand the bigger picture of what's happening. It's like putting a puzzle together. Read my blog post for a deeper reflection about this process.

Now that May is here, it's time to retire winter, lighten up and expand outdoors. I'm looking forward to it.

Happy Mother's Day to every mom and everyone in a caretaking role. If you'd like to strengthen your relationship with mom, work with your Partnership gua, the back-right corner of your house and every room in your house. See this month's tip for more about this.

Enjoy May!

Peg

May Feng Shui Forecast

May 4: New Moon in Taurus

May 18: Full Moon

May Area of Focus: The Wealth Gua

There's a new moon in Taurus on Saturday, May 4. Taurus is a fixed, earthy sign, linked to the natural world. It's ruled by Venus and therefore associated with cultivating beauty and attracting money. From a feng shui perspective, it's coupled with the

Wealth gua. This is the **back-left corner** of your house, every room in your house, your land and your workplace.

Following up on last month's focus on Career, May is a month to deepen your aspirations to earn your livelihood (thereby attracting money) doing things you love or putting your time into pursuits that cultivate joy. When you're happy, your energy flows more freely and more blessings, prosperity and resources are likely to come to you.

Set Intentions with Each New Moon

The new moon is an ideal time to focus on what you want and to set specific intentions. Full moons are when things come to light. They are the time to notice the fruits of your labor ... to observe what's taken root and is coming to light. The initial signs might be very subtle or very small. They deepen and grow over time.

Money, Wealth and Blessings

More than money, the wealth gua is about fortunate blessings, which manifest in multiple ways. They might be delivered as improvements in health, meaningful relationships with family and friends, easy solutions to problems, the right people showing up at the right time, lots of synchronicity, ease and flow, etc. Look for links between your wishes or intentions and how things unfold for you.

To facilitate the process, clean and activate your Wealth gua before the May 4 new moon. On May 4, set your intention and do a meditation to help set it in process. Two weeks later, tune in again at the full moon. Look for signals and signs that what you've asked for is in process. Also be open to the result showing up in ways that you don't anticipate. If you have a set view of how your intentions must emerge, you might miss the signs that they're unfolding a different way.

The Wealth Gua is a Wood Area

The Wealth gua is the back-left corner of your home and spaces, including every room and your land. It is a Wood area in the Five Element system and the feng shui color is purple. From a health perspective, it's associated with your hips, legs and big bones.

In nature, the Wood element is represented by trees, flowers and plants. It is about growth and a vibrant quality of life. The season is spring. After our long winter in the northeast, the plants and trees are rapidly developing. More buds are emerging daily, and plants seem to grow inches overnight. This color associated with Wood is spring green and the organ is your liver.

It's Time to Spring Clean

Spring is a time to cleanse your body and your house. The ritual of spring cleaning helps you to shift your space from the passive energy of winter to the expansion of spring. It fits well with our longer days and warmer temperatures. Nature is in a growth mode and you should be too!

This is an ideal month to wake up your space and reinvigorate your life. Helpful actions are to:

- Wash your windows, glass and mirrors.
- Vacuum deeply into corners, high and low.
- Retire heavy fabrics and dark colors.
- Remove extras and unwanted items.
- Eliminate paper piles.
- Clean and trim your plants.

Following a clean-up, enhance your space with:

- A vase of fresh flowers.
- A vibrant new plant.
- Lighter colors and fabrics.
- A shining crystal.
- A treasured item or something that reminds you of blessings.
- Green, purple and a little spark of gold.

Read more about the Wealth gua and the Wind trigram from my May 2018 blog post. <http://fengshuiconnections.com/2018/05/01/562/>

If you'd like help analyzing or reviewing any area in your home or office, [contact me \(peg@fengshuiconnections.com\)](mailto:peg@fengshuiconnections.com). Send along some photos or a video too.

Affirmation #132:

“Prosperity expands in my life as I joyfully extend my comfort zone.”

Puzzles, Problem-Solving and Feng Shui: Lessons Learned

Recently I was attracted to a complex, 1,000-piece puzzle. The scene is the four seasons of Central Park in NYC. Many of the colors blend together and pieces appear to fit in multiple places. When I opened the box, the project felt overwhelming. I thought “Where do I begin?”

I sat back and decided I needed a strategy. Once in place, the process got easier and the puzzle began to come together. While assembling it, I found myself reflecting on pattern recognition and its connection to feng shui. The frame sets the boundary for the entire

picture. Within the frame, it's easier to connect the pieces with a lot of open space. In other words, a blank canvas. Too many disjointed pieces within the frame are confusing.

I equate this to how many people feel about getting their homes in order. The process is overwhelming and therefore it doesn't get done. Too much clutter in spaces is distracting and slows you down. When you clear spaces of things you're not using or you no longer want, you have room to create and expand.

Six take-aways from my puzzle initiative are:

1. Sort the colors.

In your home and workspace, put all "like" things together. When items are scattered about it's harder to access and to use them. When you bring similar items together, they are easier to sort and easier to use. You can also let go of multiples and save money by not buying extras because you can't find something.

2. Assemble the frame.

The frame is the setting. It creates boundaries and everything else is incorporated within it. Think of your land as one frame and your house as another.

3. Create open space within the frame.

A blank canvas provides an opportunity to start fresh. Rather than working around everything in a space, sometimes it's easier to clear everything out and only put back what you want. This is my approach to cleaning closets. Take everything out, clean the space and only put back the items you really want or need. Everything else needs another home or location. You can give away, donate or sell the extras.

4. Look for patterns among the pieces.

Stepping back and studying the shapes of puzzle pieces is a lesson in pattern recognition. This is also a key aspect of feng shui ... studying the patterns in spaces. Some patterns could include: the same type of area being blocked repeatedly (such as your Wealth gua), too much clutter, an imbalance of yin and yang energy, disjointed spaces (like disjointed puzzle pieces), colors not blending together or contrasting well, and much more.

5. Take a break when you're tired or the picture is fuzzy.

When you work at something too long you reach a point of diminishing returns. If things aren't coming together, it's more effective to walk away and return later. When you return refreshed, it's easier to recognize the patterns and to take action. You can get more done in less time this way.

6. Enjoy the satisfaction of success.

Congratulate yourself and celebrate your progress! I feel much satisfaction when something I thought was difficult turns out to be easy. Clearing clutter and reorganizing your space can happen this way. A little bit at a time. Recognize your small successes along with way and celebrate your wins. You'll feel better and when you feel good, positive energy flows.

Your home is like a puzzle. If you'd like help analyzing the patterns and identifying a strategy to move forward, contact me: peg@fengshuiconnections.com. I'd be happy to help.

May Special ... \$75.00 Wealth Gua Review

This month take a fresh look at the patterns in your Wealth gua and wealth corners throughout your home or office and bring the spaces into alignment with your intentions.

Patterns tend to repeat themselves. It can be a challenge to notice them in your own space because people overlook things that have been in plain sight for 30 days or more. You pass right by without registering the implication.

Send photos or short videos of the back-left corner of your house or workplace and the back-left corner of important rooms in your house to peg@fengshuiconnections.com. I'll help you to identify the patterns and provide suggestions that align with your intentions.

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: Enhance your Relationship with Mom.

Mother's Day is a reminder that the basis of the Partnership gua (the back-right corner) is the Earth trigram in the I Ching. This trigram relates to "mother" energy. It's solid yin energy. The role of Mother Earth is that of a nurturer and caretaker. If you'd like to strengthen your relationship with your mother, step-mother, mother-in-law, or any mom in your life, analyze the patterns in your Partnership gua and take some steps to create a vibrant area with free-flowing energy. Do this for the back-left corner of your house and every room in your house. If any of these areas are blocked or cluttered, open them up or begin the process. Small steps accumulate over time and can make a difference. Supportive colors in this area are pink as well as earth tones. Thoughtfully placed earthy materials such as pottery or seashells can help to reinforce your intention.

Business Feng Shui Tip: Analyze the Patterns.

A key part of feng shui is recognizing patterns in a space and analyzing how they contribute to the patterns of the people who are living or working in the space. When you do this, you're in a better position to mindfully adjust your space and come into alignment. This month, I encourage you to analyze the Wealth gua (the back-left corner), in your work area or business. Begin by taking one or more photos and studying them. What catches your attention? Is there anything calling out to be removed or given more care? Does anything need to be repaired or replaced? Who uses the space and how is their energy reflected in what's happening? Identify three actions you can take to bring this area into alignment with your business objectives and implement them.

Spring Cleaning Review ... Is Your House Making You Sick?

Can a clean home also be unhealthy? Absolutely! Artificial air fresheners, scented candles, chemically-formulated cleaning supplies, flame retardant furniture coverings, plastics, and/or a very tight house, are some factors that contribute to poor air quality. Synthetic fabrics in many furniture coverings and carpets, contribute to dust and static electricity.

Here's a recent article that's worth skimming and then going deeper into any topic that catches your eye:

<https://www.msn.com/en-us/health/wellness/23-subtle-ways-your-house-might-be-making-you-sick/ss-BBReFvo?li=BBnb7Kz&ocid=UP21DHP>

As you educate yourself about healthy homes, make the best choices you can going forward. Years ago, I eliminated chemical cleaners in my home and returned to natural cleaning supplies such as baking soda, vinegar, tea tree and other natural oils. I gathered our commercial cleaning supplies, put them in a box, and let it sit for a while for a while to see if any family members noticed or decided they couldn't live without them. No one missed them at all. It was an easy transition.

What is one step you can take to create a healthier home for you and your family? Do so this month.

New Hampshire's Grand Hotels

I've always been fascinated with New Hampshire's Grand Resort Hotels. During the peak period of 1825 – 1920, there were about twenty Grand Hotels, among over 200 hotels, inns and guest houses. Today, four remain: The Mount Washington Hotel in Bretton Woods, the Mountain View Grand Hotel in Whitefield, Wentworth By the Sea in New Castle, and The Balsams in Dixville Notch. Although currently closed, investors are in the process of gathering funding to renovate and reopen The Balsams. Each of the four hotels is on the National Register of Historic Places.

The Grand Hotels were all inclusive destination resort hotels, typically accessible by train. Each hotel could accommodate at least two hundred guests, many who would come for extended stays. The long, wide, curvy entrances, a feng shui favorite, helped to attract and reinforce positive energy. The settings were idyllic, the grounds spacious, the air clean. Inside, guests enjoyed the elegant décor, comfortable, well-appointed rooms and extensive amenities.

At least three hotels were destroyed by fire, not once but twice: the Pemigewasset House, in Plymouth (1862, 1909); the Crawford House in Crawford Notch (1859, 1977) and the Glen House in Glen (1954, 1893). What an interesting pattern! Last September a new Glen House opened. It's a beautiful, yet simple, eco-friendly hotel, adjacent to the Mt. Washington Auto road. My husband and I enjoyed staying there for a recent weekend get-away.

We frequently visit the **Mount Washington Hotel** at Bretton Woods. I've also spoken there at conferences three or four times over the years. It's red roof and white façade, set against the backdrop of the White Mountains, is stunning. The long, curvy drive from

the main road to the hotel's entrance is inviting. It's always fun to go inside and roam through the public rooms. This is where the Bretton Woods Monetary Agreement, that replaced the gold standard with the US dollar as the global currency, was signed in 1944. Here's a brief YouTube video about it: <https://www.youtube.com/watch?v=GVytOtfPZe8>

We first visited the **Mountain View Grand Hotel** a few weeks ago for a brief tour and lunch. I can see why people come for extended stays. The view toward Cannon Mountain is majestic. Once you arrive, there lots to do ... workshops, spa services, sports, movies, a library, game room and more.

Wentworth by the Sea in New Castle, currently operated as a Marriott Hotel and Spa, is equally inviting. The feng shui pattern is similar. The welcoming entrance, a beautiful ocean setting, and spacious rooms contribute to a relaxed feeling.

Each of the Grand Hotels is worth a visit. While you're there, reflect on the history of the space, the energy of the location, and the feng shui qualities.

Learn more:

<https://sites.google.com/site/newhampshirenotes/legends-lore/the-grand-hotels-of-new-hampshire>

<http://theheartofnewengland.com/travel/nh/grand-hotels.html>

Focused Life Force Energy

I've been writing about Focused Life Force Energy (FLFE) for several months. It's a service that raises the consciousness of your environment and brings it into harmony with love and joy. When this happens, your creativity opens, manifestation is faster, problems are solved more easily, and life is more enjoyable.

A big benefit is that **FLFE also harmonizes EMFs**, which can help to improve your health and overall well-being. This is huge because our environments are increasingly saturated with EMFs and it's a challenge to find spaces free from electronic pollution, which drains your energy. With FLFE, you might realize that you have more vitality, feel calmer (or you are less stressed), and sleep more deeply.

I subscribe to FLFE for my house and I also carry it wherever I go via my mobile phone. I love the peace of mind it brings me. I find that I get more done in less time, my creativity is deepening, solutions come to me rapidly and I'm experiencing even more synchronicity. It's an investment in my well-being that's paying off.

I encourage you to experience FLFE for free for 15 days for your home, business or a personal object. You can do multiple trials, one at a time. Check it out and see what you notice: <https://bit.ly/2OxoT8m>



See the FLFE page on my website 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.