

June 2019 Newsletter

Hello,

We begin the month with a new moon on June 3rd. This is a good time to initiate summer plans. After our unusual six-months of winter, I'm planning to make summer fun a priority. On warm, sunny days, I'll be swimming or paddling on the lake.

The days will continue to grow longer until the summer solstice on June 21. This is always a bittersweet date for me. We have a brief period of stillness before the cycle shifts and the days grow shorter, ever so slightly. Fortunately, it'll be August before we notice a discernable difference.

Happy Father's Day to all Dads and those in Dad-like roles. May you indulge in some favorite activities on your special day.

Enjoy June!

Peg

June Feng Shui Forecast

June 3: New Moon in Gemini

June 17: Full Moon

June 21: Summer Solstice

June Area of Focus: The Knowledge Gua

There's a new moon in Gemini on Monday, June 3. If you have time, give your **Knowledge gua** some attention. This is the front-left corner of your home, every room in your home, your workspace or business and your land.

The Knowledge gua relates to wisdom, personal development, self-worth and self-awareness. It's about knowing yourself on a deep level and your ability to access your intuition. Your intuition is your guide to life. It holds the answers that are true for you.

The Knowledge Gua and Self Worth

I find that low self-worth is a common theme among many people. They are willing to do more for others, compared to themselves. Are you among them? Recently I was shopping with a friend. She was looking to purchase some handkerchiefs for a male

friend as well as some personal items for herself. She had limited funds. She purchased two packages of the best handkerchiefs she could find. When it came time to choose products for herself, she automatically chose the lowest priced items.

I found this fascinating and a perfect example of how people undervalue themselves. Rather than purchase one nice quality package for her friend, she opted for two of the best and skimmed on herself. If this is a familiar pattern for you, ask yourself why? Don't you also deserve the best life has to offer as well? You can treat yourself well while doing the same for others. This month you might reflect on ways you can invest in yourself to boost your energy, your well-being, and overall quality and joy of life.

Set an Intention for Personal Growth on June 3rd

Monday, June 3rd is an ideal day to do a meditation related to your own personal growth and development. Questions you might reflect on include:

- What do I want for myself?
- What would bring more joy to my life?
- How would I like my life to continue to unfold?
- Do I really believe it can happen?
- Do I believe I'm worth it?

Each new moon provides a window to bring attention to what you want and to set specific intentions. Your thoughts, feelings and beliefs are very powerful. They strongly influence what happens in your life and how you experience it. Similar to the glass half-full or half-empty, your perspective matters. Does your perspective align with your wishes and intentions? Or do your wishes continually feel out of reach? If there's a gap, take this opportunity to close it.

The full moon two-weeks later is a good time to observe what's emerging or what's coming into the light. Notice how things are shifting, particularly if you consciously adjusted your space and you took time to meditate and set your intentions on (or around) June 3rd. Look for small signs and subtle changes. They'll accumulate over time.

The Knowledge Gua and the Mountain Trigram



The Mountain trigram is the I Ching basis for the Knowledge gua. It's depicted as two broken yin lines capped with a solid yang line. When you "double up" the Mountain trigram, it forms I Ching Hexagram 52 *Meditation*.

The qualities that relate to the Mountain trigram and hexagram are tranquility, stillness, calm, patience and also immobility and stubbornness. Mountain energy is a deep, reflective state of being, beneath your conscious mind. It's where you go to seek solace,

silence and answers. The yin lines represent your soft and malleable inner self, capped by the firm, outer surface, the “version of you” that you present to the world.

Meditation helps you to renew your body and mind. When your mind is calm and your ego takes a back seat, you can go beneath the surface of daily life or the situation at hand. It’s easier to transcend turmoil and attain inner peace. When this happens, you’re more likely to recognize answers from the cosmos. Life unfolds more smoothly.

The Knowledge Gua is an Earth Sector

The Knowledge gua is the **front-left corner** of your home and spaces, including every room and your land. It’s an Earth gua in the Five Element system. The feng shui color is slate blue (the color of many mountains) while yellow is the primary Earth element color. Both colors work well in this gua. From a health perspective, the Knowledge gua is associated with your hands. It includes your shoulders, back, arms, and wrists. When I slipped and broke my wrist, I could see the patterns in my Knowledge gua, even though I had previously made some adjustments to balance the area.

The Earth element is represented by:

Yellow, brown and all earth-tones

Square and boxy shapes

Earthenware, brick and pottery

Shells and natural items

Furniture that is low to the ground

Wooden furniture (dried Wood takes on Earth qualities)

Cotton, linen and natural fabrics

Plants that hug the ground ... such as boxwood

Earth energy is strengthened by Fire and weakened by Metal, Water and Wood. If you want to enhance the Earth qualities in your Knowledge gua, add items with Earth and Fire qualities. If your space feels too Earthy already, or it feels out of balance, you can modify it by including items with Metal, Water or Wood qualities. Strive to create a feeling of harmony.

Fire energy is represented by:

Red (and all variations)

Triangles, pyramids and cone shapes

Natural light, Sunlight, Lights

Electricity and Electronics

People and animals

Wool and Leather

9 Tips to Adjust Your Knowledge Gua

People often ask: “How do I adjust my space?” Cleaning it and removing clutter or any excess is a great place to start. If you have piles or items that have been sitting around,

put them away or eliminate them. Next you can shift the energy by aligning it with the month or season. This helps to prevent stagnation. As you prepare for summer:

1. Thoroughly clean one or more rooms in the front-left corner of your space.
2. Lighten up. Put away remnants from winter.
3. Eliminate paper piles, thin out magazines and catalogs.
4. Replace burnt out light bulbs.
5. Wash the windows and screens in the Knowledge gua for clear vision.
6. Evaluate and rebalance your Knowledge gua, emphasizing Earth energy.
7. Add some blue, yellow, orange or red.
8. Hang a mountain picture.
9. Add a meditation bench to the Knowledge area of your garden or yard.

If you'd like help evaluating your Knowledge gua (or any area) in your home or office, contact Peg (peg@fengshuiconnections.com). A floor plan and some photos or a short video would be helpful.

Affirmation #157:

"I am delighted to share my blessings with others."

June Special ... \$75.00 Knowledge Gua Assessment

If you have any limiting beliefs about your own value or self-worth, let's explore your Knowledge gua this month. Send Peg some photos one or more short videos (from your mobile phone) of the front-left corner of your house, your master bedroom and every room in your house, as well as the front-left corner of your land. Patterns tend to repeat themselves and it can be a challenge to identify the patterns in your own space.

Send your photos or videos to peg@fengshuiconnections.com. She'll help you to identify the blockages 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: Less is More

Increasingly I'm finding that less is more. Removing items from your space creates room for new opportunities and blessings to come your way. Lighten up the front-left corners of your home and workspaces. Clear your Knowledge gua of all the "extras" you have and give the area a thorough clearing. Wash your windows, dust and vacuum the floors and furniture, clean picture frames and glass, vacuum or dust lamp shades. Go deep into the corners, high and low. Then set an intention related to inner wisdom and self-knowledge and thoughtfully make a few adjustments or place a few enhancements. A mountain image, a candle or light, a beautiful piece of pottery, or something earthy and natural are excellent enhancements for Knowledge and Self-Development.

Business Feng Shui Tip:

Clutter, piles of paper, stacks or overfilled drawers of old files, unused or discarded items, broken items or unkempt space, and much more can slow or stop your business development and problem-solving capability, particularly if they're located in the front-left corner of your business or office. What's in the front-left corner of your workspace or workplace and what condition is it in? Blockages in this area contribute to a lack of insight and creativity, slow or no personal growth, a general lack of direction. It's a great area to locate your education and training, R&D, a library or research space. It's worth your reflection and perhaps some follow-up action this month.

A Fun Faucet Enhancement!

Recently my husband came across a delightful enhancement to the faucet in the restroom of our eye doctor's office. When he turned on the water, the faucet lit up and the water streamed forth framed in a rainbow of colors. He told me that I had to go into the restroom and see what was new. It brought a smile to our faces.

He researched this novelty and soon realized that LED faucets and shower heads are a big phenomenon. Although it was new to us, “Mr. Gadget” wondered how he missed this trend. Perhaps you have one?

There’s quite a range of LED faucet products. Prices range from several hundred dollars to less than \$3.00. As I was writing this month’s newsletter, a small package arrived in the mail ... two LED faucet heads. They were installed within minutes. When the faucet is turned on, the pressure activates the LED and the light changes from red to blue to yellow to green to multicolor. The price? \$2.89 each, including shipping, if you have Amazon Prime. <https://amzn.to/2QgA9DG>

Take a look: <http://fengshuiconnections.com/other-resources/>

Warning: The flashing lights may be disruptive to anyone with a seizure disorder, such as epilepsy.

Feng Shui and Tree Energy ... the World’s Oldest Trees

Every day I look at a variety of trees through my office skylights. I love seeing how the leaves change from one day to the next, as well as from season to season. From a feng shui perspective, trees represent Wood energy, a vibrant life-force.

In feng shui, Wood energy is also represented by fresh flowers and plants, vertical stripes and tall columns, vertical rectangles, many shades of blue and green and floral patterns. In balance, Wood energy is an active, vibrant, and rising life force. Too much leads to overgrowth and forest fires. When there’s too little, the energy is parched, brittle or dry.

Wood and tree energy are associated with the Family gua or the center-left sector of your space. Similar to family bloodlines, tree roots can run very deep and wide, or they can also be quite shallow. Tree energy is always changing and evolving. Some days it’s obvious and other days it’s very subtle.

I was intrigued when I read about a 2,600-year-old Black Cypress in the Black River region of North Carolina. In the Christian tradition, cypress trees represent death, life and transformation. Globally, cypress has been a symbol of mourning. Throughout Europe and the Muslim world, Cypress trees are known as cemetery trees. They relate to mourning, death and the underworld. If or when they are cut back too severely, they don’t regenerate. In the southeastern USA, cypress trees are common in the swamps.

2,600 years is remarkable, dating to well before the birth of Christ. Going deeper into the topic of old trees, it turns out that the top 10 oldest trees in the world range in age from over 80,000 years to about 3,500 years. The 2,600-year-old tree is too young to make the list.

Six of the world's oldest trees are located in the USA: three in CA and one in FL, NV and UT. Of these, three of the trees are Bristlecone Pine. The other three types are Palmer's Oak, Quaking Aspen and Pond Cypress. Worldwide, four of the ten oldest trees are Pond Cypress.

Learn more about the Black Cypress tree and how trees are dated:

<https://www.msn.com/en-us/news/us/alive-before-jesus-birth-a-2600-year-old-tree-in-north-carolina-is-one-of-usas-oldest/ar-AABc0dv?li=BBnb7Kz&ocid=UP21DHP>

Read more about the top 10 Oldest Trees in the World:

<http://www.oldest.org/nature/trees/>

As you interact with trees, notice their energy and life force. They truly enhance our planet and it's our responsibility to care for them ... similar to you and your family!

Focused Life Force Energy ... You're Worth the Investment!

Focused Life Force Energy is a service that raises the level of consciousness of the fields around you. You send it to your home, mobile phone, or another personal object. It also **harmonizes EMFs**, which is a significant benefit.

When you live and work in a high consciousness environment, you might find that people are happier, and life unfolds more easily. Solutions to problems emerge more quickly. You also have more vitality, since your space is free from the draining effects of electronic pollution. You might also feel more calm (or less stressed), in addition to sleeping more deeply.

Since initiating FLFE in my home and installing the service on my mobile phone, I've noticed that solutions to everyday events and challenges come to me in amazing ways. I'm more creative about how to accomplish everyday events and my life has much more synchronicity, which is a lot of fun. I had quite a bit of synchronicity before FLFE and in recent months I've experienced even more. The days zip by and I'm noticing that I get a lot accomplished with less effort.

FLFE also give me peace of mind. Guests always indicate how deep they sleep in our guest room. Without EMF harmonization, this room would be highly disruptive on an energetic level. It houses our wireless router, in addition to our electric service box and two automated meters located on the exterior wall. The router is inside a router guard) and the automated meters have smart meter guards (www.smartmeter.com). With FLFE, I don't worry about it. I know that the EMFs in our entire house are harmonized.

Harmonized EMFs 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.

A friend who also set up FLFE for her home and phone is experiencing similar results. This is what she has to say: *"I notice very strong energy, but very grounded. I am magnetizing every day and things are manifesting very quickly. I also have FLFE on my phone and I find that same feeling of lightness and groundedness. Also, a feeling of connectedness, very clear thinking ... I used to have fuzzy thinking. now my mind is very clear."*

I encourage you to check out FLFE for free. You're well worth the investment. You can do a 15-day FREE trial for your home, phone (or another personal object) and then a second 15-day FREE trial for the other after the first trial is complete. You can also send it to your business. Another benefit of FLFE is that each subscription comes with a "Pay It Forward" gift. This means that when you subscribe to FLFE, you can also send a version at a slightly lower level of consciousness to any location you choose. You get two for the price of one!

Check it out:

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



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.