

July 2019 Newsletter

Hello,

Welcome to summer! July is likely to be a very active month energetically. We begin the month with a solar eclipse on July 2, followed by a lunar eclipse two weeks later on July 17th. In addition, Mercury goes retrograde on July 7th. Hang on tight. Rather than push ahead with new initiatives, this is a good month to take care of yourself, tie up loose ends, enjoy spending time with family and friends and have some fun.

The Family gua is the area to focus on at the beginning of this month. After mid-month, switch to the area of Children, Creativity and Joy, opposite Family in the feng shui bagua.

Would you like some inspiration about human honesty and integrity? Read about the 17k wallet study: <https://bit.ly/2L55rwN>. In short, 17,000 wallets with money were dropped in forty countries around the globe. Most were returned with the money in place. The higher the amount of money that was in the wallet, the higher the percentage of wallets that were turned in. This is encouraging given our current state of global affairs.

Enjoy July!

Peg

July Feng Shui Forecast

June 2: New Moon and Solar Eclipse in Cancer

July 7 – 31: Mercury Retrograde

June 16: Full Moon and Lunar Eclipse

July 31: New Moon in Leo

July Area of Focus: The Family Gua

We have two new moons in July this year. The first is on July 2 and the second is July 31. I'll write about the July 2 new moon this month and also provide a brief synopsis about the one for July 31.

The July 2nd new moon and solar eclipse in Cancer correlate with your **Family gua**. This is the left-center of your home, land, workspace and every room in your home when you divide it into a grid of nine spaces similar to a tic-tac-toe board.

Set an intention for strong family ties (or whatever you desire) on July 2. It would be great to spend some time meditating or reflecting about what this means to you as well. I was recently reminded that whenever what you desire is not showing up, what you *believe* is. This is quite profound as you are always manifesting what you believe. It's how energy works. You attract whatever you're energizing, whether you want it or not. When your desires and beliefs are in alignment, you get what you want. It seems simple enough, right? Daily practice can help to make it so.

The Family gua is energized by yang Wood energy and the Thunder trigram of the I Ching. Wood energy is the vibrant energy of trees, flowers and plants. Similar to trees, the family roots can run very deep. Patterns are passed from generation to generation and they tend to replicate and repeat themselves until they are stopped or cleared.

The feng shui color associated with the Family gua is a vibrant green. Green is a color that is also associated with health and well-being.

The Five Elements and the Family Gua

Wood energy is strengthened by Water and depleted or weakened by Fire, Earth and Metal.

Wood energy is represented by:

- Green and blue
- Vertical stripes and tall columns
- Vertical rectangles
- Trees, flowers and plants
- Floral fabrics
- Cotton, linen, and denim fabrics

Water energy is represented by:

- Glass and mirrors
- Reflective surfaces
- Black and very dark shades
- Wavy and free form patterns
- Silk, velvet, gauze and chiffon fabrics
- Water and water features

The Family Gua and Health

From a health perspective, the Family gua correlates to your liver organ network as well as your feet. Astrologer Madeline Gerwick recently wrote about being careful with your feet during July. There are some astrological patterns that indicate potential for problems. The patterns form a backdrop. They don't mean that a particular situation will occur. When it does, however, the larger cycles help to explain what's happening.

Your liver network includes your gall bladder. They're the organs responsible for processing and digesting the substances you take into your body. Your liver stores and delivers nourishment to your body. It aids in metabolism of carbohydrates, fats and proteins. It also regulates your blood sugar and filters toxins from your blood. It carries big responsibilities.

Your feet stabilize and support you from the ground up. It's important to draw energy from your feet as you activate the flow of chi throughout your body. Problems with your feet can represent deep-rooted or unresolved problems with family. I've seen this throughout my practice. I've also come to learn that your "work" is always on yourself. You can't change family members. It's much easier to accept them as they are, even if and when you don't agree with them. Anger, which is Wood energy out of balance, is an emotion that is tied to the family gua.

I come from a large family. I say it's like a microcosm of the world. So many things happen in each family and the patterns run deep. Families are fertile training grounds or laboratories for each of us. The good news is that you can change and transform patterns. Adjusting the feng shui of your house and other spaces, along with a variety of energy practices, can help you to shift whatever you want in your life.

The Thunder trigram of the I Ching correlates with the eldest son in the family. The position of the eldest son is one of responsibility and breakthroughs. The eldest son learns the way by forging ahead, making progress (and mistakes) along the way. The Thunder trigram is represented by a solid line on the bottom and two broken or dashed lines on top.



You Family Includes Your Ancestors

Family refers to your parents, siblings, grandparents and ancestors. It's your family of heritage and the foundation from which you operate, as signified by the solid bottom line of the Thunder trigram.

If you'd like to strengthen family relationships, the Family gua is a worthwhile one to adjust this month. Begin by removing clutter ... things that are taking up space (and therefore energy) that you don't love or use. Next, give the area a thorough cleaning. Remove dust and cobwebs, wash the windows, vacuum high, low and deep into the corners. Get your space sparkling. After doing this it's a good time to enhance the area.

Connections Between the Family and Children, Joy and Creativity Guas

While working with a client years ago we uncovered a huge block in the Family area of the Children & Joy gua of their house. They had a beautiful hutch that was a gift from an extended family member. The only problem was that they didn't ask for the piece of

furniture and it didn't suit their style. As a result, they felt huge tugs of angst every time they looked at the hutch. It was beautiful, yet they didn't like it and didn't want it. They also didn't want to upset the gift-giver.

I find that this is a frequent pattern. People hang onto things out of fear that they might upset someone else. When doing so, you block your own forward movement. In the situation above we identified a family member who would love and appreciate this piece of furniture. Not long after moving the piece along, the couple also conceived a child. This was one of their longstanding wishes. The two guas are opposite each other and connected. In this situation, they removed a block from the Family area of their Children and Creativity gua. Once they did this, they made progress in both areas of their lives.

9 Tips to Enhance Your Family Gua

1. Remove anything that reminds you of stressful, unhappy or difficult times.
2. Place photos that remind you of happy people, occasions and circumstances.
3. Trim and/or repot your plants ... remove dead and overgrowth.
4. Add a vase of colorful fresh flowers. This always uplifts a space.
5. A vibrant tree image, picture or sculpture can help strengthen family ties.
6. A bright lively green (or blue) adds a positive life-force.
7. Include fabrics with vertical stripes, flowers, the colors green or blue.
8. Hang a mirror that reflects something pleasing.
9. A water feature is a nice enhancement too.

The July Eclipses

Eclipses are periods of major change. This month we have a solar eclipse accompanying the new moon on July 2nd and a lunar eclipse along with the full moon on July 17th. Eclipses come in pairs and occur six months apart. Our last eclipses were in January. The summer eclipses are about over-responding to news and excessive responses to situations. This is a good time to notice what's happening while maintaining a neutral response. Avoid posting anything negative to social media sites. If you find yourself overly obsessed or worried about any situation, get some help to let it go. Doing EFT or having an Emotional Freedom and Healing session (EF&H) could help you release long-standing or entrenched patterns. <http://fengshuiconnections.com/emotional-freedom-and-healing/>

Although these eclipses won't be visible from North America, when an eclipse falls within important areas of your astrological chart, the energy can impact you up to 30 days before and after each eclipse, and sometimes longer.

The July 2nd solar eclipse will be visible from parts of South America and the July 17th lunar eclipse will be visible from most of the world, except North America, the Arctic. Greenland and parts of northern Russia.

Mercury Retrograde

A heads up! Mercury will be retrograde from July 7 -31 ... so most of the month. Purchase your electronics and sign your contracts before and after this time. If you must do so within this three-week period, do so on a good energy day. It would be smart to read the fine print and also get a service contract. Personally, I find it easier to lay low during these cycles and use them to clean out and catch up. This month would be a good month to have some fun rather than plan on doing a lot of business.

Mercury rules communications. During Mercury Retrograde periods, communications tend to get mixed up. It's easy to misunderstand, overlook details and miscommunicate. It's also a time with more accidents (miscommunication) and technology breakdowns. It's best to avoid signing contracts (including marriage) and purchasing electronics (including cars). It is a period to reduce your commitments and allow more time in your schedule. Avoid getting angry if people make mistakes, cancel dates and appointments and get mixed up. It's normal during these cycles.

Mercury retrograde is an excellent time to renew yourself, repair what's broken, redecorate, make renovations and basically re-do anything ... as long as you're not signing agreements or purchasing electronics. Get this part done ahead of time. It's a good time to read and study too. Catch up on projects you've set aside, and you've been meaning to do.

Since it's summer, July will be a good month to relax. Notice what's happening around you while avoid getting pulled into or caught up in any drama. Notice it while setting it aside. Things will go much smoother if you do.

July 31 New Moon in Leo: Refresh your Children, Joy & Creativity Gua

Our second new month of the month will impact August energy. It falls in Leo, a lively and fun sign. It correlates to the **Children, Joy and Creativity gua**. This is opposite the Family gua, on the right-center of your space. I recommend giving this area some attention after the July 17th full moon. Thinning out and cleaning the right-center area of your spaces will help to lighten things up and bring more joy to your life. Once you get this done, add or include some things in these areas that bring you joy. I'll write more about this in August.

If you'd like help evaluating your Family or the opposite Creativity 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 #180:

“Today I lovingly share my abundance and joy with others.”

July Special ... \$75.00 Family Gua Assessment

Family patterns and roots run deep. If you'd like to shift longstanding patterns, Peg can help you explore your Family gua this month. Send some photos one or more short videos (from your mobile phone) of the left-center of your house, your master bedroom and every room in your house, as well as the left-center 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. An EF&H session is an effective way to release long-standing emotional patterns that are blocking your progress.

Home Feng Shui Tip:

Evaluate your photos, particularly family photos, to assess the quality of energy they are holding. Any photo that was taken during troubling or difficult circumstances carries the energy of that situation. It's best to replace such photos with ones that were taken under happier or more satisfying circumstances. For example, if a photo was taken during a time when a couple had an argument it will hold the energy of that argument.

Only retain photos that are flattering and were taken during happy (or at least neutral) times.

Business Feng Shui Tip:

In business, your employees are your family. Evaluate the left-center space of your business or office this month for blockages and/or neglected items. Such items might include anything broken or in disrepair, electric not functioning properly, dead or overgrown plants, discarded files, paper piles, etc. Remove what is no longer needed and refresh the space as much as you can. A potted plant or a picture of employees at a fun event would be a nice enhancement in this area.

Feng Shui Features of the Newport Mansions

Recently my husband, our daughter, and I spent a weekend with family and friends in Newport, RI. We've been to Newport before and we always love it. One of the highlights is touring the mansions. On this trip we toured **Rough Point**, Doris Duke's former residence.

Doris Duke was an heiress, philanthropist, an art collector, among many other interests. She spent summers in her house until her death in 1993. Her charitable foundation supports the arts, child well-being, health and medical research, environmental causes, and building bridges of understanding among people.

As you might guess, Rough Point is an ocean-front property along a rocky coastline. You enter Rough Point from Bellevue Avenue, through an iron gate that opens to a wide, curvy driveway. The grounds are spacious. The entrance is open and welcoming. The staircase is circular. The public rooms are large and towards the front of the house while the family's private space is smaller, cozy and more intimate. Duke was an avid world traveler. Her collection of furniture, art and porcelain is displayed throughout the house, as it was used and incorporated into her life. Modern additions, such as a microwave oven in the kitchen, are also a part of this house, since Duke lived there until her death in 1993.

Newport was a summer retreat for many prosperous families during the Gilded Age (post-Civil War to the turn of the 1900's) and beyond. The season was typically eight weeks. Staff would arrive early and prepare the houses. Once the families arrived, there would be endless parties, sports and social events. Each of the Newport mansions has similar attributes to many prosperous areas and settings. The houses are set back from the road and have long, curvy or circular driveways. The entrances spacious, the rooms large and the staircases are usually grand. There was ample room for elaborate

gatherings. The lawns are spacious, and the gardens are gorgeous. The homes that are oceanfront draw vibrant energy from the sea.

I find that Newport is always fun to visit. When visiting the mansions, you have an opportunity to step into life during the Gilded Age and consider what it was like from multiple perspectives. When you have time, take an extended “behind the scenes” tour of some of the properties too. You’ll learn more about the families who lived there.

Even though your life may be far removed from life in the mansions, you can leverage the positive feng shui patterns and replicate them in your space:

- Create a welcoming entrance.
- Live with furnishings and items that you love.
- Be creative and unique. Put your heart and soul into your space.
- Organize everything and give everything a home.
- Let go of clutter.

Planning a trip to Newport? Learn more here: <https://www.discovernewport.org/things-to-do/mansions/>

Learn more about Doris Duke’s Newport Restoration Foundation
<http://www.newportrestoration.org/preservation/>

Draw on the Akashic Records for Guidance

If you’re looking for ways to develop a deeper meditation practice or to tap into sources that can provide you answers for your life, check out the services that my friend and colleague, Maureen St. Germain, provides. She has many recorded meditations that are easily downloaded as MP3 files. <https://maureenstgermain.com/guided-meditation-audio/>.

Maureen is founder of Akashic Records International. She trains guides worldwide and in recent years she’s been doing a lot of training in Asia. What are the Akashic Records? I like to think of them as “the big book in the sky” that contains the blueprint for your life. You can learn to tap into your own records and/or you can work with a guide. <https://akashicrecordsguides.org/meet-our-akashic-records-guides/>

When you work with a guide, you provide the questions about your life that you’d like answered. During a session, the guide opens the Akashic records and gives you the answers. If you already know the answers, this is a signal that reinforces your intuition. Your intuition is your guide. It would be great for you to trust and to draw from it on a regular basis.

You can learn how to open your own Akashic records in Maureen's latest book, *Opening the Akashic Records*, which I highly recommend. I also recommend *Waking Up In 5D*. Waking up in fifth dimensional energy (5D) every day is one of the best ways I know to move beyond the chaos of our third-dimensional world and live with more joy and grace.

Check out Maureen's services and be sure to watch her welcome video.
<https://maureenstgermain.com/>.

Bone Spurs, 5G and Focused Life Force Energy

Did you see the recent headline or read the story about bone spurs, shaped like horns, are beginning to appear on human skulls? Researchers in Australia think it is due to cell-phone use. Our physiology is changing. The change is due to a forward head tilt to view screens, primarily in teens. This is shifting the weight of the head from the spine to muscles in the back of the head. The bone spurs are a result of this shift. They are growing in tendons and ligaments. Read more here:

<http://fortune.com/2019/06/20/horns-growing-human-skulls-cell-phones/>

The introduction of 5G technology is also causing concern worldwide. Although 5G brings many advances to technology and medicine, its effects on human health are unknown. Government officials in Belgium, the Netherlands and Switzerland are asking for a closer look. In NH, a House bill was introduced in June to study the environmental and health effects of this evolving technology. An interim report is due in November 2019 and a final report is due in November 2020. A applaud the NH House for taking this important step. You can read about the bill here: <https://bit.ly/2WTOjwc>

Focused Life Force Energy is a service that has the potential to offset the harmful effects of your environment by raising the level of consciousness of the fields around you. You send it to your home, mobile phone, or another personal object. Currently FLFE **harmonizes EMFs** and beginning August 1 they are adding a **brain optimization** program. I'm confident that they will address 5G technology as it continues to evolve.

If you haven't tried FLFE, I encourage you to do so. You can try it free for 15 days for both your home and your phone. For me, it's worth the \$30.00 ongoing monthly fee. I see it as an investment in my health and well-being. It's less expensive to take care of things on the front-end than to fix problems after they occur. The ever-increasing costs in our health system are an example of this. We pay very high costs on the backend while resisting taking preventive action on the front end. Type 2 Diabetes is one example. While much of this can be prevented through better nutrition and exercise, we continue to experience annual increases nationwide.

Since having FLFE in my home and on my phone, I continue to be amazed at the quick and creative solutions to problems. The week I was writing this post I resolved two longstanding issues on my bucket list. One problem related to technology and the other with taking action. Once I made them a priority, they were easily solved and took less time than anticipated.

Increased synchronicity is another pattern that I notice. I've always had a lot of synchronicity and now I experience more. It's quite fun! I continue to accomplish more with less effort.

Other people with FLFE report that they are happier and have more energy. You might experience more vitality once your space is free from the draining effects of geopathic stress and electronic pollution. You might also feel calmer on a regular basis, in addition to sleeping more deeply.

Here's what a friend of mine recently told me about FLFE: *"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."*

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.