

## August 2019 Newsletter

Hello,

August is shaping up to be a delightful month, compared to July. Mercury turns direct August 1, and after a few days of stillness, it moves forward again by August 4<sup>th</sup>. You can too. We have a very nice stretch of excellent energy days with very few long “timeout” periods. September will be an excellent month too. If you’ve been holding off on decisions and getting things done, this is the time to act. August is also a great month for vacation, travel and enjoying yourself before we return to more serious business and endeavors in September.

Have you noticed a seasonal shift in light? I have. The past few evenings I’ve been noticing that dusk is appearing about 8:30pm in NH. Although we still have a solid month of summer remaining (and about eight weeks according to the calendar), this seasonal shift is a subtle reminder that each day is growing a bit shorter. It’s all the more reason to have some fun this month.

Feng shui-wise, give some attention to the Children and Joy area of your house (center-right), as well as the Center. Remember that whatever happens in the Center permeates the entire space. Keep the energy in the Center of your home free-flowing and joyful.

Also remember that thoughts create things. Refrain from joining the chaotic pulse of our times by sending out positive thoughts and providing encouragement rather than complaining or reinforcing what you don’t like or don’t agree with. In *The Divine Matrix*, Gregg Braden tells us that it only takes the square root of one percent of the population to create the momentum for lasting change (p.116). Given the USA’s 2018 population of 327.2 million, this means that as few as 1,809 people sending pure, positive thought, can begin the process. Send out optimistic thoughts every day and be a vehicle for constructive momentum and progressive change.

Enjoy August!

Peg

### **August Feng Shui Forecast: Discover Joy in Your Life!**

**July 31: New Moon in Leo**

**August 1: Mercury moves forward**

**August 15: Full Moon**

**August 30: New Moon in Virgo**

### **Early August Area of Focus: Children, Joy & Creativity Gua**

### **Mid-Late August Area of Focus: Health and the Center of Your Home**

We begin and end the month with a new moon. New moon periods are about new beginnings. Mercury also moves forward beginning August 1<sup>st</sup>, so we get an extra boost after a few days. It's a good month to reflect on what you'd like to begin or transform in your life. The new moon in Leo, late on July 31 (or early August 1 for those on the West Coast of the USA), correlates with the Children, Joy and Creativity gua. The second new moon, on August 30<sup>th</sup>, in Virgo, relates to overall health, which is the Center of your space.

Leo is a lively and fun sign. It's about lightening up and experiencing joy each day, regardless of what's happening around you. Your **Children, Joy and Creativity gua** is the right-center of your space, opposite the Family gua. (See the separate article about the Bagua if you are new to this). Enliven this area early in the month. Remove or acknowledge any obvious clutter or obstructions, vacuum and dust, open the windows to allow fresh air to flow through and make sure you have something in this area that lifts your energy or make you smile.

### **Your Space Mirrors Your Life**

A fundamental feng shui principle is that the energy of your space mimics the energy of your life. Crowded or cluttered spaces reinforce a lack of free-flowing chi throughout your body as well as your life. It's very easy to overlook anything and everything that's been in place for 30 days or longer. This could include:

- **Paper piles** in the form of mail, magazines, catalogs
- **Photos** that you don't know what to do with
- **Books** you're intending to read but haven't gotten around to yet
- **Books** you've already read and haven't given a home or given away
- **Clothing** you're intending to put away or sort out when time allows
- **Knick Knacks** that you really don't care for yet haven't given away
- **Catchall baskets or containers** that sit full month after month
- **Repairs** that need to be done that you're avoiding or ignoring (It's OK if they are on your "list" for the future)
- **Other** ... you name it!

### **Keep the Energy Flowing**

It's best to keep the energy flowing in your home and workspace by changing things up and moving items regularly. You can do this each month by giving attention to the area of your space that correlates with the energy of the new moon. Doing so keeps things manageable and helps to prevent overwhelm.

If you're someone who's waiting until you have the time to apply feng shui principles in your home or workspace, start small. Your actions will add up over time. Five or ten minutes of ongoing focus can make a big difference.

### **Set Your Intentions**

Follow your spruce-up with a brief meditation or focus around makes you happy. Give yourself permission to experience more joy each day. Lightening up your space will help you to lift your energy. As you remove blocks and obstacles from your space, you're freeing energetic channels to allow more of whatever you want to flow into your life.

### **Find Your Voice and Speak Your Truth**

From a health perspective, the Children, Joy and Creativity relates to your mouth, teeth, throat, lungs and large intestine. Quite a bit! It's about finding your voice and speaking your truth. The same goes for your children. If you find yourself squabbling with your children, reenergize this area of your home and set clear intentions for more joyful relations. Do the same if you'd like to improve or strengthen related areas of your health.

If you're retired or nearing retirement, the quality of energy in this area influences this phase of your life. Lightening up this area of your home or land might bring new ideas, insights or solutions to you.

### **Influence of the Five Elements**

The Children, Joy and Creativity gua is governed by Metal energy in the Five-Element System. Metal is strengthened by Earth and depleted or weakened by Water, Wood and Fire.

Metal energy is represented by:

- White, grey and pastel colors
- Round and oval shapes
- All metals ... gold, silver, brass, aluminum, etc.
- Marble, granite, and flagstone
- Natural crystals

Earth energy is represented by:

- Yellow, brown and earth-tones
- Pottery, earthenware, adobe and brick
- Square shapes
- Low to the ground, heavy furniture
- Seashells

Although all five elements should be included in each gua, the Children, Joy and Creativity area should have a higher proportion of Metal and Earth while also feeling

energetically balanced. If your space feels great and you enjoy spending time there, chances are it's well balanced.

### **Check-in at the Full Moon**

The full moon is August 15<sup>th</sup>. This is the time to recall the intentions you set at the beginning of the month and notice how they're unfolding. Look for evidence that what you asked for is taking root. The signs might be very subtle at first and easy to overlook. Be patient. Quiet your energy, suspend judgment and be open to things happening in ways you didn't anticipate. Signs that your intentions related to Children, Creativity and Joy are taking root:

- You're doing things you enjoy
- You're exploring the unexpected
- Something fun happened or you're laughing more
- You're connecting or reconnecting with people you enjoy
  
- Solutions to problems are emerging
- You're doing innovative projects or tapping into your imagination
- You're discovering creative outlets
- Relationships with your children are improving
  
- Life feels more whimsical
- You feel lighter
- You're more optimistic
- You're happier

If you'd like help evaluating your Children, Joy and Creativity gua of your home or office, contact Peg. A floor plan and some photos or a short video would be helpful.

### **August 30: New Moon in Virgo**

The **August 30<sup>th</sup> new moon in Virgo aligns with the Center of your home or workspace.** The energy of this area is about your overall health and well-being. The quality of energy in the Center of your home or workplace influences your entire life and everyone who spends time there.

Begin preparing for this about two weeks ahead: August 18<sup>th</sup> or later. Pay attention to the center (or energetic center) of your home and see what you notice. What captures your attention and how does the area feel?

### **The Center of Your Home: Earth and Fire Energy**

The Center of your home is ruled by Earth Energy and strengthened by Fire energy. It's weakened by Metal, Water and Wood. Although you need all five elements in each

area, have less representation of the elements that weaken the quality of energy in the area and more of the primary elements.

Earth energy is represented by:

- Yellow, brown and earth-tones
- Pottery, earthenware, adobe and brick
- Square shapes
- Low to the ground, heavy furniture
- Seashells

Fire energy is represented by:

- Red
- Lights, candles, sun and sunlight
- People and animals
- Triangular shapes and diamonds
- Electricity and electronics

An important aspect of the Center of your space is that it influences the energy throughout your entire home or workplace. If you feel ungrounded or your energy is scattered, create some open space and cultivate a pleasant feeling in the center of your home or business. Remove all clutter to release stagnation and to open and integrate channels of energy. Then hang a beautiful, round faceted crystal. If you have a table here, keep it clear of clutter. A fresh vase of flowers or a bowl of seasonal fruit will bring in vibrant energy. Flattering photos taken during happy times will help to strengthen relationships.

On August 30<sup>th</sup> set your intentions and do a short meditation with a focus on overall health and well-being. This will help set the stage for September and the upcoming fall.

If you'd like help evaluating the Center of your home or office, contact Peg ([peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com)). A floor plan and some photos or a short video would be helpful.

## **How to Lay the Bagua Over Your Floor Plan**

The feng shui bagua is a symbolic map of life issues that maps your home, every room in your home, your land and your workspace or business, to your life.

For the majority of spaces, you place a grid of nine spaces, similar to a tic-tac-toe board, over the floor plan. Some spaces will be square, others might be a vertical or horizontal

rectangle. Many times, an area comes up short and does not fully fill the grid or you have extra rooms and additions that pop out or extend beyond the basic bagua. This is all OK and quite normal.

The map of life issues is as follows:

Prosperity	Fame	Partnership
Family & Ancestors	Center/Health	Children & Joy
Knowledge	Career	Helpful People

**<— — Place your front door along this line — —>**

The Prosperity area is the back-left corner from the front of the house and the Partnership or marriage area is the back-right corner. The area known as Knowledge is the front-left corner and Helpful People is the front-right corner.

You place the bagua on your building, every room in the building as well as the land. Always place it with the primary door or entrance on the bottom line, closest to you as you look into the building from the outside.

### **Multiple Floors?**

If you have multiple floors, place the bagua going up and down, using the same orientation as the main floor. Simply take it up or down.

### **Note the Life Issue Related to Each Sector**

Note the specific life issue of each sector. Then do the same for each room and note the life issue again. As you reflect on each life issue, observe the patterns in your space, particularly for topics of interest or concern.

### **Look for Patterns and Repeat Patterns**

For example, if you want to experience a greater flow of prosperity, note the condition of the back-left corners of your house, every room in your house, and your land. Look for obstacles or blockages and remove or correct them. These might manifest as clutter, too much stuff in too small a space, paper piles, broken items or things needing repair, plumbing or electrical problems, dirty or broken windows, a worn or tired look, and more. As you go deeper into feng shui the patterns might be more subtle.

Look for repeat patterns throughout your entire space ... in different rooms, on different floors or in your land. A repeat pattern might be clutter in one room, a plumbing problem in another, a broken window or a jammed door in a third area ... all within the same gua, such as the Prosperity gua.

### **It's Common to Be Blind to your Own Space**

Feng Shui practitioners are trained to note, read and analyze the patterns ... all with your intentions in mind. It's easy to be blind to the patterns in your space. An independent observer can spot patterns immediately that you don't even see. This is because most people stop noticing things after they have been sitting in the same spot or the same condition for 30 days or more. You see it every day, but you overlook the disruption the clutter or blockages may have on your life. Meanwhile, things happen, life gets more complex, you may begin feeling overwhelmed and you don't know where to begin.

### **Ask for Help**

If this sounds like you, ask for help. A half hour consultation by phone could be just the thing to get you moving! If you'd like help laying the bagua over your home or office floorplan, or verifying that you've done it correctly, contact Peg ([peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com)).

### **Send Positive Thoughts to Water! It's Essential to Life and Has Memory.**

We live in a world that pulsates with energy, a life-force that is present in everything. This life-force, also known as chi and prana, can be very dense and slow or light and fast moving. Feng shui is the study of this life force in your environment and its effects on your life. Everything in your environment contributes to what happens in your life. This is why it's so important to continually raise the vibration in your home and workplace through positive thoughts, loving emotions, beautiful music, healthy plants and food, objects that you love, and generally everything that helps you to feel lighter, healthier and happier. Water is an essential aspect of this.

In June 1999, Masaru Emoto published *The Message from Water*, which illustrates the effect of one's consciousness and environment on water. He demonstrated this through a series of photos of water crystals that were exposed to specific thoughts, words and intentions. The water that was exposed to loving thoughts and high vibrations had crystals that were clear and beautiful, whereas the water that was infused with stress, anxiety, anger and other low emotions had crystals that were clouded, dense and far less beautiful. Clean water had gorgeous crystals and polluted water did not.

Fast forward twenty years. German scientists are now showing that water has memory. People are calling this groundbreaking. The results reinforce Emoto's work and the importance of vibration on your environment and your life. Read more about their findings here: <https://bit.ly/2XuMyL6>. (Many thanks to my friend, Barbara, for sending me this study.) Although this concept might be new to the West, HADO science, the study of vibrational energy, has been a part of the Japanese language for centuries.

Both your body and the Earth are primarily comprised of water. It's essential to human life and health. At birth, babies have about 78% of water in their bodies. The bodies of

adult men are about 65% water and about 55% for adult women. Muscle cells contain more water than fat cells, so the leaner you are, the higher water content of your body (<https://on.doi.gov/2ZFOQEy>).

About 71% of the Earth's surface is made up of water. Of this, over 96% comes from the oceans. The rest comes from lakes and ponds, rivers, glaciers, aquifers and water vapor (<https://on.doi.gov/2VdliOj>).

I live at one of the cleanest lakes in NH. The quality of the water is one of the reasons we were drawn here over 30 years ago. The water has always felt very healing and the area very spiritual. I'm very grateful to live here full-time. During the summer, I'm part of a group that tests the water weekly, as we want to maintain its high quality. I'm also part of a weed-watching group, to track plant growth and to prevent intrusion of invasive species.

From a feng shui perspective, water has deep, reflective qualities. Science is showing us that it holds memory and vibrational patterns. As you send loving thoughts to water, they will spread throughout the world and also be reflected back to you in numerous ways. As the water flows, so will your thoughts, intentions and energy. Sending good thoughts from wherever you are helps to diminish our global chaos. As more people do this, we'll turn the tide and create a healthier and more loving world and planet. We're all deeply connected, and water is one of the primary elements that makes this so.

### **Affirmation # 207**

“Today I expand my vision to see prosperity in new ways.”

### **August Special ... Children, Joy and Creativity Gua Assessment**

If you'd like to explore ways to find your inner voice or bring more Joy to your life, let's explore your Children, Joy and Creativity gua this month. Send Peg some photos or one or more short videos (from your mobile phone) of the right-center area of your house, your master bedroom and every room in your house, as well as the right-center area of your land. Patterns tend to repeat themselves and it can be a challenge to analyze your own space.

Send your photos or videos to [peg@fengshuiconnections.com](mailto: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, WhatsApp or Zoom. EF&H and coaching sessions are generally via telephone. Consultations are tailored to your needs.

## **Home Feng Shui Tip: Reinforce Feeling Uplifted**

The quality of energy in the Center of your home permeates throughout your entire space. You can tap into the positive aspects of this by placing something positive and meaningful in this area. It might be something that brings a smile to your face, something that reinforces health and well-being, something that strengthens family bonds, or anything that has deep meaning to you. In the center of my home I have a beautiful bowl of crystals, a variety of family photos and a vase of fresh flowers. Rainbows dance across the room when the sun shines on the crystals. The photos are wonderful reminders of time spent with family and friends and flowers bring a fresh and vibrant energy. What's in the Center of your home? At minimum, create some open space.

## **Business Feng Shui Tip:**

The Center of your workplace holds a vibration that reflects your entire business. Place things here that reinforce your mission and values. This could include a mission or values statement, examples of your products or services, something that reinforces health and well-being, or something that brings everyone together or makes you smile. If the Center feels tired, stagnant or worn, check for clutter or things that have been sitting around for a while. They contribute to stuck energy. Clear out, reduce or shift what you can. If employees sit in this area, schedule an employee cleanup day and encourage everyone to clear out the excess. Doing so goes a long way to uplifting a space. Fresh plants and flowers can help to raise the vibration.

## Optimize Brain Health via Focused Life Force Energy ... You're Worth the Investment!

I encourage you to check out Focused Life Force Energy (FLFE), if you haven't already done so. I like the positive vibration it sends to my property and I love carrying it with me via my phone. I feel that it really helps me to identify solutions to everyday issues more easily, tap into my creativity and to get more done in less time.

Here are a few topics to explore:

How FLFE works: <https://bit.ly/2MiXB3g>

Learn about EMF harmonization <https://bit.ly/2ILJJaq>

Programs and Benefits of carrying FLFE with you: <https://bit.ly/2YpviCt>

You can try it free for 15 days for your home and/or your phone. One 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://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.*