

## September 2019 Newsletter

Hello,

Did summer pass quickly for you? It did for me! As much as I enjoy fall, it would be nice for summer to linger a bit longer. As the calendar turns to September and Labor Day comes and goes, it's time to settle down and return to routine activities.

This month give attention to the Center as well as the Relationship gua of your home and land. Creating a nice flow of energy in both areas can help you to bring more balance to your life. We're reminded of this as we approach the Autumn Equinox on September 23. This is the day when we have equal amounts of day and night. It's a brief moment in time and then the nights continue to grow longer until the winter solstice in December.

Enjoy September!

Peg

### **September Feng Shui Forecast: Bring More Joy to Your Life!**

**August 30: New Moon in Virgo ... Strengthen Your Health**

**September 14: Full Moon**

**September 23: Autumn Equinox**

**September 28: New Moon in Libra ... Deepen Partnerships**

**Early September Area of Focus: Health Gua; the Center of Your Home**

**Mid-Late September Area of Focus: Relationship Gua; the Back-Right Area**

Similar to August, we begin and end the month with a new moon. New moon periods are about new beginnings. During September, there's good cosmic energy to support your initiatives. You may find that you have the energy to return to important work and activities. The August 30<sup>th</sup> new moon in Virgo, correlates with the Health gua, which is the Center of your space. The September 28<sup>th</sup> new moon in Libra, aligns with your Relationship gua, which is the back-right corner of your house, rooms and other spaces.

**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.** Virgo is a sign about order, organization, planning, detail work, and service. When the moon is on Virgo, you may feel more inclined to do practical or logistical work. This is the best time to set your intentions so that they get rooted and established. It's a favorable time to refocus after the summer months, to put things in motion, and to take care of your overall health and well-being.

The Center of your home is the area that aligns with the moon in Virgo. This space influences and reflects your overall health and well-being. The quality of energy in the Center of your home or workplace impacts your entire life and everyone who spends time there. If you do one thing at the beginning of this month, tidy up the Center of your space.

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

The Center of your home is an Earth area, which is strengthened by Fire. It's weakened by Metal, Water and Wood. Although you need all five elements in each area, ramp up the elements that strengthen this area (Earth and Fire) and tone down those that weaken it (Metal, Water and Wood).

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 and all shades of the red spectrum
- 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 multiple channels of energy. Then hang a beautiful, round faceted crystal. If you have a table here, keep it clear of clutter. A vase of fresh sunflowers will do wonders to revitalize the area.

If you didn't have a chance to refresh and activate the Center of your home prior to August 30th, do so as soon as you can. Then set your intentions. You'll catch and ride a wave of positive energy and flow that will carry you into the fall.

#### Eight Tips to Activate the Center of your Home

- Clear out dust and any excess or clutter
- Hang a picture that reminds you of vibrant health
- Place a vase of fresh sunflowers or other flowers
- Add a colorful bowl of fresh fruit or vegetables
  
- Hang a beautiful round faceted crystal
- Incorporate pottery or ceramics
- Utilize square or triangular shaped containers, objects or frames
- Add some yellow, red or fall colors

#### Check-in at the Full Moon

The full moon is September 14<sup>th</sup>. This is the time to revisit the objectives you set at the beginning of the month and notice how they're unfolding. Quiet your energy and meditate. Notice what comes into focus. Look for signs that what you asked for is beginning to happen. They might be very subtle at first and easy to overlook. Be patient. Suspend judgment and be open to things happening in ways you didn't anticipate. Signs that your intentions related to Health and Well-Being are unfolding:

- You have more energy
- You're inspired to act
- Details are falling into place
- Work or a project that you enjoy is emerging
  
- You feel good about your life
- You genuinely care about yourself
- New health solutions are coming to you
- You're meeting or discovering practitioners who can help you

If you'd like help evaluating the Center of your home or office, contact Peg. A floor plan and some photos or a short video would be helpful. Read this blogpost to learn how to Lay the Bagua over your floorplan.

<http://fengshuiconnections.com/how-to-lay-the-bagua-over-your-floor-plan>

#### September 28<sup>th</sup> New Moon in Libra

The September 28<sup>th</sup> new moon in Libra correlates with the Relationship and Partnership gua. This is the back-right corner of your house and every room in your house, as well as your workspace and land. Libra new moons are about balance, harmony and relationship. During this cycle you have a chance to see how your energy is reflected

back to you via relationships with others. Notice what is happening and what you'd like to redirect or shift.

Any time after September 15<sup>th</sup> is a great time to focus on the Partnership areas of your home and wherever you spend time. You might give these areas a good fall clearing as you begin to spend more time indoors.

Similar to the Center of your Space and the Knowledge and Wisdom gua, the Relationship gua is an Earth sector that is also strengthened by Fire energy. Thus, have more Earth and Fire related energy if you'd like to activate this area of your life while minimizing Metal, Water and Wood energy in the back-right corners. Although you want to have some representation of all Five Elements in each area, it can be tricky to figure out the right balance. This is where you tap into your intuition and do what feels good to you. Chances are you'll be on target.

Another aspect of feng shui is that opposite guas work together. Thus, the Knowledge and Wisdom gua, the left-front corner of your space works hand in hand with Partnership, the back-right area of your house, every room in your house, your workspace and your land.

### **An Opportunity for Self-Reflection**

Relationships and partnerships with others provide a good opportunity to do some self-reflection and deep inner work. If the relationships in your life are not going the way you'd like or they are not supporting your dreams or intentions, reflect on ways that you and your energy contribute to the situation and make a commitment to change. Making a few adjustments in your house can help support your efforts.

Here are nine tips for adjusting your Partnership and Relationship gua:

- Deep clean the space.
- Remove all clutter. Toss out trash. Empty waste baskets.
- Move at least 27 items that have stayed put for a year or more.
  
- Add some red, pink or yellow.
- Place a happy photo that reinforces the relationship you'd like to have.
- Eliminate groups of three: photos of three people, animals, decorations, etc.
  
- Create pairs instead: a happy couple, a pair of birds, two gorgeous flowers.
- Add some earthy items such as pottery, seashells.
- Hang a beautiful pink crystal or place two pieces of heart-shaped rose quartz.

Set your intention and do a meditation about a relationship or partnership on Saturday, September 28<sup>th</sup>. You can check back at the October 13<sup>th</sup> full moon to notice how things are progressing.

## **Affirmation # 243**

“I notice increased abundance and prosperity the more I connect with high energy friends.”

## **September Special ... Save 30% on an EF&H Session as you Clear Anger and Other Low Emotional Patterns**

If you find yourself repeating past patterns that keep you stuck or don't feel good, they may be due to emotions such as anger, fear, shame or guilt that you're holding at the cellular level. The good news is that you can release and clear them!

Peg is a trained Emotional Freedom and Healing Practitioner (EF&H). EF&H is an acupressure tapping method that releases emotional patterns from your cells. Once you discharge the patterns, they are gone forever. Are you willing to let go of the past and embrace a brighter and more optimistic future? Yes, you can be happy even as the rest of the world is sorting through a lot of chaos. Both scenarios can and do co-exist.

Learn more about EF&H here. Contact Peg for a session at [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com). If you mention the newsletter special, you'll receive a 30% discount during September. You'll pay \$126.00 instead of \$180.00.

**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: Salt the Corners of Your Home

One of the many uses of salt is to absorb negative energy. Placing a small bowl of salt in each corner of your home for at least 24 hours is a good practice to remove or shift negative energy. This is a space clearing practice that I include when doing onsite space clearings. Begin with a new unopened container of sea salt. Divide the contents among four glass (or other nonpermeable) bowls and place one in each corner of your basement. If you don't have a basement, place in each corner of your main floor. Remove after 24-48 hours by placing in a plastic bag and immediately putting in the outside trash. Don't touch the salt that's been placed with your bare skin, as it's been absorbing negative energy. Sanitize the bowls in your dishwasher.

Here's a recent Mashed article about salt that includes a bit of interesting history: <https://bit.ly/2NyeMP5>. It's amazing how an alternative practice is now mainstream.

## Business Feng Shui Tip: Feng Shui Your Desktop

The feng shui bagua is a symbolic map of life issues. It's placed on your land, your house, every room in your house, your business and workspace, tabletops and desktops, etc. It can really be used to better understand any space. You place it on your desktop, just as you would for any area. The entrance is where you sit. The back-left corner is the Wealth corner and the back-right corner is the Relationship corner. Career is in the center-front, typically where you sit. Fame is opposite at the center-back. Family is center-left, and Children and Joy is center-right. Wisdom and Knowledge is the front-left corner and Helpful People and Travel is the front-right corner. Take note of what you have in each area and how you might re-arrange things to better suit your objectives. Clear away excess and clutter.

Here's a recent blog-post about how to lay the bagua on your house: <https://fengshuiconnections.com/how-to-lay-the-bagua-over-your-floor-plan>. It's the same for your desktop.

## How a Buddha Transformed a Neighborhood

In 2009 a resident of Oakland, CA took things into his own hands when he got fed up with his neighborhood being overrun with graffiti, trash, drug deals and other criminal activity. After calls to public works went nowhere, he placed a two-foot Buddha statue on a rock at an intersection near his house. He thought that perhaps the power of Buddha would help improve the area. He was right.

He noticed fewer drug deals occurring at the intersection and less trash being discarded on the street. Small gifts also started appearing. In 2010, a local Vietnamese community built a shrine for the statue and began praying regularly at the intersection. Within five years of the initiation of the prayer services, local police recorded 82% less crime!

The neighborhood has made an amazing transformation over 10 years. Although the statue has been vandalized a few times, residents restore it and make it even more elaborate, as they care for it daily. People, religious and not, stop by and acknowledge its presence. This is a great example of the power of energy and intent. Good energy and positive intentions are stronger than negativity and destruction. Read more via the Good News Network and watch a video featuring the original resident:

<https://bit.ly/2zny417>

In my area, someone places small buddhas, leaves trolls and other gifts and builds cairns along a quiet river that's a great spot for paddling and reflection. I smile every time I see them. Other people comment about them too. You're paddling along, turn a bend in the river and come across the fun little items. They are a reminder to slow down and enjoy the experience of being out in nature.

### **Transform Your Environment with Intention**

You can easily transform your environment with meaningful items as well, regardless of your circumstances. Placing something meaningful in a special area of your home and acknowledging its presence can go a long way to assisting you on your journey. What's important is that you do so with intention. Try it and see for yourself. The power of intention works in many unseen ways. It helps to remember the key aspects of manifestation:

1. Ask for what you want and be clear about it.
2. Get out of the way while the Universe responds.
3. Allow yourself to receive the results.

Steps one and three are your job. Step two, the process of answering your request, is Universe's job. This is where you step away from trying to make something happen or worrying about how it will or will not happen. Giving thanks, in advance, that what you've asked for is already underway, is a great way to focus on the end result.

Step two is an important part of the process. It requires inspired action on your part, without the heavy focus on *making* something happen or lamenting about your situation and energizing all the ways it won't happen.

Step three is the fun part. Look for signs that what you've asked for is showing up and allow it in. Sometimes people push away the results because they show up differently. Be flexible and allow the Universe to respond to your request in creative and innovative ways. The result might be better than you anticipate.

## **The Power of Being Courteous**

Recently I had a very fun and prosperous experience. I was out to dinner with one of my brothers and one of my sisters. We hadn't seen each other for some time, and we started chatting to catch up. After a while we realized that we hadn't had any service. We watched as wait staff attended all the tables around us, except ours. We flagged someone down and the manager came over, apologizing profusely. She asked how long we had been sitting. My brother looked at his watch and said, "at least a half hour." She apologized again and said we were seated at a table that was not assigned any waitstaff. She said someone would be over right away to take our order.

We placed our order and continued chatting. It wasn't a big deal. We weren't in a rush and we were enjoying our time together. Our appetizers came and then dinner arrived. During dinner the manager checked back and apologized again for the wait. We told her it was OK. We understood that it was an honest mistake. Shortly after, she returned and told us that our entire dinner check was on the house. We were delighted. This was very generous and unexpected. At the end of our meal she returned, and we chatted again. We had a very nice dinner and service was excellent. She proceeded to give each of us a \$25.00 gift certificate. Another generous surprise!

My brother remarked that good things happen when you're nice. Many people would have been upset if they sat for a half hour without service. They probably would have spoken up sooner and chances are they would have been angry and may have asked for some sort of compensation. We hadn't really noticed. We were just happy to be together and to have time to sit and relax. As a result, some fun events unfolded, and we'll definitely return. Being courteous definitely delivers good things.

## **Clear, Energize and Enhance the Energy of Your Home via Focused Life Force Energy ... Try FREE for 15 days**

I've had "Fluffy" (Focused Life Force Energy or FLFE) in place for my home and phone since last fall. Although I already had many features in place to raise the vibration of my home to help it feel great, I love the extra boost that FLFE provides. I also love carrying the vibration with me, wherever I take my phone.

In particular, I really like the EMF feature that neutralizes the biologically harmful energy that's emitted from our various tech devices. My husband loves gadgets and it can be a challenge to keep up. With FLFE in place, I no longer need to keep taking action to balance our space. I also love the brain optimization program. Since both my husband and I work from home, we benefit from this as well.



The result is that we're both clear and focused. I continue to notice a lot of synchronicity and how creative solutions to challenges and problems emerge. I find that when a problem is presented, a solution quickly pops into my head and usually the pieces are in place or can easily be put in place to handle it.

As an example, my sister with the brain injury did a few things this past month that complicated processes in place to pay her bills automatically. When I realized this, I spoke with the business manager at her facility and within minutes a very easy solution emerged. In addition, the business manager offered to communicate with her to take the burden off of me. Rather than be upset about the situation, help and resources immediately came together. Problem solved.

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 wherever I take 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.

I also love the "Pay It Forward" gift that comes with each subscription. This enables you to send the benefits of FLFE to others at any location you choose, at a at a slightly lower level of consciousness than you pay for via each subscription. Thus, you get two for the price of one!

Learn more about FLFE here: <https://bit.ly/2J6POND>. Try it FREE for 15 days.



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.*