

November 2019 Newsletter

Hello,

We begin November on the wave of the October 27th new moon in Scorpio and Mercury Retrograde. This is the best new moon for manifesting. You can still catch this wave of energy if you place focus on what you want and then take inspired action. The full moon on November 12th will bring things to light. Mercury will be retrograde through November 20th. It's a great catch-up period.

Remember to change your clocks on Sunday, November 3. It always takes me a few days to adjust to darkness coming earlier. Fortunately, the days will begin growing longer again on December 23rd, just before Christmas.

Thanksgiving is a reminder of the power of gratitude and appreciation. Giving thanks, in advance of what you want coming to you, is also very powerful. It helps the process to move along. By placing your focus on already having received your intention, you eliminate doubt and other forms of self-sabotage. As Eckhart Tolle wrote in the *Power of Now*, you can only hold one emotion at a time. November is a great month to express gratitude every day. A wonderful practice is to write five (or more) statements of thanks and appreciation each day in a gratitude journal. Try it for yourself.

My husband and I will be exploring Amsterdam for five days this month. We're looking forward to it. I'll share some of our explorations and insights with you next month.

Enjoy November. Happy Thanksgiving!

Peg

November Feng Shui Forecast: Cultivate Prosperity and Self-Knowledge

October 27: New Moon in Scorpio ... Focus on the Wealth Gua

October 31 – November 20 ... Mercury Retrograde

November 12: Full Moon

October 26: New Moon in Sagittarius ... Focus on the Wealth Gua

Early November Area of Focus: Wealth Gua; the back-left area

Mid-Late November Area of Focus: Knowledge Gua; the front-left corner

October 27: New Moon in Scorpio Influences Your Wealth

Hop onto the tail of the October 27th new moon in Scorpio by setting your intentions and refreshing your Wealth gua, if you haven't done so. The Wealth gua is the back-left corner of your house, every room in your house, your yard and your workspace. Once the full moon emerges on November 12th, your intentions will begin to come to light. Look for indications that the wishes you've set in motion are beginning to take shape. Small signs will grow larger over time.

Easy ways to enhance and activate your Wealth gua:

1. Remove all clutter.
2. Clean out a drawer.
3. Toss out excess paper or magazines.
4. Hang a crystal or mirror.
5. Place a vase of fresh flowers.
6. Repot a plant to encourage new growth.
7. Write down your intentions and place them in a red envelope.
8. Create a treasure chest or blessings box.

Mercury Retrograde: October 31 – November 20

The planet Mercury influences communications. Every three months it appears to back up for approximately three weeks. During this time, there are patterns of communication mix-ups, increased schedule conflicts, more accidents and other communication issues. Read the separate blog post to learn more.

November 12th: Full Moon Check-In About Prosperity and Blessings

The full moon on November 12th is a time to pause and notice what is coming to light. Ideas, visions and intentions that are set during each new moon will begin to emerge two weeks later under the full moon. The November full moon relates to your prosperity and blessings. Look for small signs that things are shifting for you or that your prayers are being answered. When you notice the small things, the energy grows and leads to more than you may anticipate.

The primary energy of the Wealth gua relates to the blessings in your life. November, the season of harvest and Thanksgiving is a wonderful time to reflect on all the positive aspects of your life and to express appreciation for them. Gratitude is catchy. The more you genuinely give thanks and appreciate all that comes your way, the more the momentum builds.

If/when you become frustrated that nothing is happening or that events are not happening fast enough, you sabotage yourself. The positive momentum you developed is reversed, because the focus of your thoughts and feelings is always driving what's happening in your life. It's like taking one step forward and then two-steps back. If you have difficulty believing that your desires will come your way, an easier method is to suspend judgment and stay in a neutral place. From this vantage point you can be curious about what might unfold for you and then be thrilled when it happens.

Read more about the Wealth Gua from the October newsletter:

<https://fengshuiconnections.com/october-feng-shui-forecast-deepen-partnerships-and-cultivate-prosperity>.

November 26: New Moon in Sagittarius ... Focus on the Knowledge Gua

Two weeks prior to the new moon moving into Sagittarius on November 26th, it's time to focus on the Knowledge gua. Emphasis on this sector provides an opportunity to learn and grow, to cultivate your perception and deep inner wisdom, and to develop your intuition and gut feel for situations. It's also a time to really get to know yourself. The Knowledge gua, the front-left corner of your home, every room in your home, your land and your workplace, works hand in hand with the Partnership gua, in the opposite corner, the back-left corner of your spaces.

The feng shui color for the Knowledge gua is blue. Think of a slate blue, the color associated with mountains. Borrowing from the adjacent bagua areas, black and green are also supportive colors in the Knowledge gua.

From a health perspective, the Knowledge gua correlates with your shoulders, back, arms and hands. Carrying too many responsibilities can weigh you down. Shoulder trouble and back aches can be indications of doing too much for others or not doing enough for yourself. This month is a good time to refocus, to acknowledge how you feel and what you want and to make adjustments that support your desired path in life.

When I fell and broke my wrist last winter, I knew it was a message for me to slow down and to reassess my commitments and responsibilities. Even though I have many interests I am more careful about my commitments. I am also taking on fewer responsibilities with my extended family. I'm making sure that family members get what they need through other avenues. I don't have to carry the burden. Rather, I'm putting more time into taking care of myself and strengthening my inner core. I plan to continue on this path.

The Mountain Trigram: Stillness and Meditation

The Knowledge gua also correlates with the Mountain trigram in the I Ching. This is symbolized by two dashed lines on the bottom with a solid line on top. Thus, the inner core of the mountain is fluid while the top is firm and hard.



Mountain energy represents stillness, tranquility, immobility, and calmness. If it's too strong it can be stubborn and rigid. If it's too weak, it can crumble and easily be dismantled.

Hexagram 52 in the I Ching, Meditation, is depicted by Mountain over Mountain, or a double mountain. Meditation is a reminder to go inward to discover yourself, cultivate your inner strength and wisdom and to find your answers. Developing inner stillness is the practice of transcending your inner turmoil. It's setting aside your thoughts and inner chatter while you delve deeper into your true self.

I find that my thoughts never go away. I can set them aside, however, observe them without being caught up in them and move beyond them. Meditation brings a sense of calm. I find that it also opens pathways for things to happen and for them to happen faster than me trying to make things happen. I find that meditation is a great way to renew my body and spirit.

When you achieve inner peace, you can observe the world without being caught up in it or carried away by it. Cultivate more inner peace this month and notice how your world changes.

Knowledge and Partnership Guas: Earth Energy

The Knowledge and Partnership guas are ruled by Earth energy in the Five element system. Earth energy is strengthened by Fire energy and depleted by Metal, Water and Wood energy.

Earth Energy is represented by:

Yellow, brown, earthy colors and the fall palette
Square shapes and plaid patterns
Pottery, earthenware, brick, clay
Seashells and natural items
Cotton, linen, tweed, plaid fabrics
Low, heavy furniture

Fire energy is represented by:

Fire and flames
Red, burgundy and the red palette
Lights, sunlight, candles

Triangles, pyramids, diamond and cone shapes
People and animals
Electronics and electrical items

In the Knowledge areas of your home and workspace, it's great to have some meaningful representation of earth energy. A mountain picture can be well placed in the Knowledge gua or a Knowledge corner. It's a wonderful reminder of the foundation of this gua.

Representations of Fire energy will strengthen the Earth quality of this gua and give it more power. Although you also need some metal, water and wood energy for overall harmony and balance, too much can smother or negate the Earth qualities that influence and drive this gua.

Feng Shui Tips to Cultivate Self-Knowledge and Self-Development

- Clutter-clear your Knowledge gua or Knowledge corners (front-left).
- Add a light to your Knowledge gua.
- Hang a Mountain picture or image to reinforce the Mountain trigram.

- Plan a long-distance trip or vacation.
- Sign up for a class.
- Create a Vision Board.

- Establish (and use) a meditation chair or area for yourself.
- Organize your resources, books or library.
- Prepare your bucket list of activities and experiences you'd like to do/have.

Check-in at the Full Moon

The full moon check-in aligned with your Knowledge gua adjustments is December 12th. This is the time to revisit the objectives you set during the November new moon and notice how things have shifted for you. I'll include a reminder about this in the December newsletter.

If you'd like some ideas and suggestions of ways to adjust your Knowledge gua, contact Peg at peg@fengshuiconnections.com.

Mercury Retrograde October 31 – November 20

Mercury retrograde is here again, October 31 – November 20, 2019. Even though it has a bad rap, it can be a very good time for many worthwhile activities.

The planet Mercury influences communications. Every three months it appears to back up for approximately three weeks. During this time, there are patterns of communication mix-ups, increased schedule conflicts, more accidents and other communication issues.

As a result, it's recommended during this period that you:
Lighten your calendar ... cut commitments in half and allow more time between appointments.

Avoid purchasing electronics and big-ticket items ... plan to make your purchases before or after this three-week period. If you must make electronic or automobile purchases during this time, get a warranty.

Sign contracts before or after Mercury retrograde ... a contract is a commitment. Chances are there will be changes or regret to contracts signed during a Mercury retrograde cycle. This includes marriage.

Be careful with your words ... speak consciously during this cycle. Also, if you can't say something nice, this is a time to be quiet and don't say anything. It's better to be safe than sorry. Words can be misconstrued during this time as communication and intent gets mixed up.

Take extra care while driving ... traffic accidents tend to be heavier and more intense during Mercury retrograde cycles. Do your part by staying alert, allowing extra space between cars, slowing down, and letting others move ahead of you. Build in extra time to get to work, do your errands and arrive punctually for your appointments.

By planning ahead and being aware during this cycle, you can have an easy time. Notice when others are getting frustrated or upset without pulling yourself into the fray.

Mercury Retrograde cycles are excellent times to research, review and redo things. Think of words that begin with the letters "re" and you're likely to have a worthwhile Mercury Retrograde activity. Some activities that come to mind are:

- **Review** projects or information that's been lying around or piling up
- **Renovate** a room or area of your home or workplace
- **Repair** anything that is worn or broken. Catch up with projects!

- **Reorganize** closets, drawers and storage spaces.
- **Release** extras and items you no longer need.
- **Research** topics you'd like to learn more about.

- **Relax and read.** This is great for your body and soul.
- **Reach out** to family, friends and colleagues for support, if you need some.
- **Recapture** your zest for life and interest in joyful activities.
- **Rest and recuperate** if you've had setbacks or you're pushing too hard.
- **Redesign or refinish** something to give a favorite piece a new life.
- **Reflect** on your life and what you'd like to change, strengthen or improve.
- **Redirect** your activities and **rejuvenate** yourself. Plan or take a vacation.
- **Remain** focused and centered.
- **Retreat** to a sanctuary or sacred place to **reflect** on what's most important.

I have grown to love Mercury Retrograde cycles. They are an opportunity for me to slow down and relax. For part of this cycle, I'll be on vacation ... exploring a new city. I'll tell you about it next month.

Planning ahead, mark the **Mercury Retrograde Dates for 2020** on your calendar:

February 17 – March 10

June 18 – July 12

October 14 – November 3

Affirmation # 331

"I learn from everyone around me daily. I replicate the successful patterns."

November Special ... \$75.00 Phone Consultations

This month Peg is offering half hour phone consultations on a topic of your choice. This is a good opportunity to move forward on any issue in your life. Peg will provide coaching to help you clarify your intentions as well as feng shui solutions to help move things along for you. Contact Peg for a session at peg@fengshuiconnections.com.

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: A Creative Storage Idea

A basic principle of feng shui is to “give everything a home.” This means to put everything away rather than leave items hanging out in hallways, on countertops, behind doors, etc. The problem for most people is that storage is limited.

Recently I came across a brilliant use of “under the stairs” space at a feng shui colleague’s home. She installed a versatile and attractive set of storage drawers under the stairs in her entryway. A carpenter built the frame and my friend inserted decorative boxes to store hats, gloves and other hallway paraphernalia. The storage helps to keep her main entrance free and clear. It’s a great use of a small space to help manage clutter and eliminate overcrowding.

Look around your home. Do you have space that could be repurposed and used to organize and store some of your belongings?



Business Feng Shui Tip: Create A Vision Board

In alignment with this month's focus on Knowledge and Self-Development, I recommend creating a Vision Board for your business. Gather images, words and affirmations that reinforce your business mission, activities, services and products. Using a bulletin board, a poster board or other vehicle, place the pictures, headlines and affirmations on your board with intention. As you place each item, visualize it's meaning for you and your business. You can use a random approach or an orderly one. Personally, I like to use the bagua map when creating vision boards.

If you're not familiar with the feng shui bagua, this blog post will get your started.

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

Contact Peg at peg@fengshuiconnections.com if you'd like to learn how to apply the bagua map to your business.

Feng Shui for Small Spaces

A reader recently asked about how to apply feng shui to small spaces, such as a rented room or an efficiency apartment. The answer is that you follow the same approach as a larger space.

1. Begin by identifying your top three wishes or intentions. This will help you to focus and to identify which areas to work with first. Write your intentions in the present tense, using positive words and just as if they are happening now.
2. Next, draw your floorplan and lay the bagua over it, similar to a tic toc toe board. You may have small areas sticking out or a few cutout spaces. That's OK. Lay the bagua map over the majority of your space and write in the names of each of the guas.
3. Map your intentions to the bagua and highlight the guas that relate to your intentions.
4. Beginning with the highlighted guas, apply four key principles of feng shui:
 - a. Only include **things you love or use** in your space. Eliminate things that annoy you.
 - b. Make sure **the space is safe and feels comfortable**. Make sure plumbing, electric and windows are in good order. Adjust sharp edges.
 - c. Be creative. **Put your heart and soul into your space** to make it your own. Use colors that inspire you and create a positive vibe or energy.
 - d. **Organize everything**. Give all of your possessions a home. Be creative about storage spaces. In a small spaces, incorporate furniture that doubles as a storage container. Also, eliminate or store off-site items that you don't use on a regular basis.
5. Tap into your intentions when applying the bagua
 - Career** ... if you are looking for a job or want to clarify your life purpose
 - Knowledge** ... for self-development and to cultivate intuition
 - Family** ... to deepen relationships with parents, siblings, extended family
 - Prosperity** ... to strengthen blessings, attract money, cultivate prosperity
 - Fame** ... to become more well-known, tap into your integrity
 - Partnership** ... to attract a partner or to strengthen a relationship with a partner
 - Children & Joy** ... to lighten up and have more fun, to focus on Children
 - Helpful People & Travel** ... to tap into a support system and/or to travel more
 - Center** ... for overall health, well-being, balance and grounding

To learn more about the feng shui bagua, read this blog post.

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

You can place a small representation, symbol or other object in each area that connects you to the feng shui meaning of each sector.

6. Adjust each area with the Five Elements in mind.

Career is a **Water** area. Enhanced by Metal; weakened by Wood, Fire and Earth.

Knowledge, Center and Partnership are **Earth** areas. Enhanced by Fire; weakened by Metal, Water and Wood.

Family and Prosperity are **Wood** areas. Enhanced by Water; weakened by Fire, Earth and Metal.

Fame is a **Fire** area. Enhanced by Wood; weakened by Earth, Metal and Water.

Children & Joy and Helpful People & Travel are **Metal** areas. Strengthened by Earth; weakened by Water, Wood and Fire.

In addition to your connection with nature and design details, learning how to adjust the Five Elements in your space, with your intentions in mind, is one of the keys to bringing balance and harmony to your environment. Each space should have some aspect of each of the Five Elements. They are represented by color, shape, and other attributes that represent the element.

Each person is unique and so is your space. Feng shui is a living, breathing, ever-changing process, because it's really about the people living and working in the space. If you have a small place, be creative and have some fun with your space, without overloading it lots of décor. In a small area, less is more. Less can also be very meaningful and powerful.

If you would like feng shui assistance with your small space, contact Peg at peg@fengshuiconnections.com.

Biophilic Design and Feng Shui Have a Similar Focus

Recently, I was introduced to biophilic design through an article that came to me via email. Having never heard of biophilic design, I decided to dig into it. Much to my delight, the concepts are very similar to feng shui, which has been around for thousands of years. Both fields are about noticing patterns and replicating nature to bring harmony and well-being.

Emerging from the fields of biology and psychology, biophilia is a term coined by the social psychologist Eric Fromm in 1964. Twenty years later, it was further popularized by Edward Wilson with linkages to neuroscience, endocrinology, architecture and more.

Through the definition of 14 patterns, biophilic design emphasizes the need to connect humans to nature in our built environment. This is particularly important in our age of technology, where it's very easy to be disconnected and physically isolated.

Similar to feng shui, biophilic design emphasizes the benefits of living and working in buildings that support your health, learning, productivity, creativity, community and overall well-being.

The theory is that humans are predisposed to nature and natural systems. We need a connection to nature not only to survive, but to thrive. Studies show that people heal faster in environments that include natural light, natural fabrics, beautiful colors, fresh plants (includes flowers and trees), curves, fresh air, and a feeling of safety and security, among other features. Students learn more effectively and workers are more productive in environments with similar attributes. People also experience less stress in such environments and have a higher tendency to connect with others, building community.

The 14 biophilic patterns are:

1. Visual connection with nature ... being able to see nature.
2. Non-visual connection with nature ... through sound, texture, taste and smell.
3. Non-rhythmic sensory stimuli ... such as art, air flow, things to touch, taste or smell.
4. Thermal airflow variability ... changes in airflow and temperatures that mimic nature.
5. Presence of water... through sight, hearing, or touch.
6. Dynamic and diffused light ... light and shadows that change with time of day or seasons.
7. Connection to natural systems ... incorporating natural patterns and seasonality.
8. Biomorphic forms and patterns ... through spirals, the Golden Mean, Fibonacci series.
9. Material connection with nature ... using natural colors and objects, ecological focus.
10. Complexity and order ... as found in nature through symmetry, fractals, spatial patterns.
11. Prospect ... an unimpeded, long distance view that feels open, free, safe and controlled.
12. Refuge ... creating a safe, space of one's own. A personal retreat. Nooks and crannies.
13. Mystery ... spaces that draw you in so that you want to learn more. Delightful surprises.
14. Risk and peril ... an identifiable threat with a safe solution. Tests limits of danger. I recently experienced this while hiking and mountain climbing, In your home, you can introduce this concept through art and more.

The 14 patterns provide an excellent framework to evaluate and strengthen an environment, based on the needs and intention of the people living and working there.

Feng shui also takes you a bit deeper by helping you to understand how the history of a space is reflected in the events that occur there, through the landform, building shape and a myriad of design details. Once you understand what is happening, you can make changes to bring it into balance with nature.

Here are some links to explore, if you'd like to delve deeper into biophilic design:

A nice apartment guide <https://www.apartmentguide.com/blog/biophilic-design/>

A bit about the history <https://www.terrapinbrightgreen.com/reports/14-patterns/>

Some buildings to explore <http://www.designcurial.com/news/biophilic-design-and-architecture---10-of-the-best-biophilic-buildings-4527750/11>

A movie <http://www.biophilicdesign.net/>

My thanks to Elsie Weisskoff elsie@siegemedia.com for introducing me to this concept!

Brain Fog? FLFE Has a Solution.

vimeo.com/358345171

Brain fog is an increasing problem in everyday life. It's characterized by mental fatigue and confusion, a lack of focus, poor memory and recall, and sometimes nausea. Some people chock it up to stress, others to aging, ADHD or a general lack of focus. Most likely, there are several root causes. Overload being one of them. Overload could be due to diet (too much sugar), too many responsibilities (stress), overexposure to electronics and wireless (EMFs), a lack of sleep, and much more.

Brain fog can be very scary. A few years ago, my husband called me from a hotel room while on a business trip. He recognized that he was experiencing brain fog. He was nauseous, confused, anxious, and he was having trouble remember important things. He was in a heavily concentrated EMF environment, in a major city. He was surrounded with concentrated EMFs without any relief on a 24/7 basis.

One of the first things to do when you're facing brain fog is to get away from your cell phone, wireless routers, and other electronics. Distance yourself from them. Running your hands and arms through cold water helps too. Then get outside in the fresh air. Walk around and clear your head. Also eat fresh, healthy food and eliminate sugar. Carrying or wearing crystals such as shungite, black tourmaline and sodalite can also help.

Focused Life Force Energy's Brain Optimization program, included with every subscription, can also help. It works by raising the consciousness level of your environment. When this happens, the EMFs are harmonized, and they no longer harm your health.

You can experience FLFE for free for 15 days on your phone or in your home. Then you can get an additional 15-day free trial when the first one is complete. Thus, you can experience the various FLFE programs for free for 30 days. Check out this link to learn more: <https://bit.ly/2J6P0ND>. Your health and well-being are worth it.



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.