

December 2019 Newsletter

Hello,

December is shaping up to be a very nice month, as we bring 2019 to a close. I encourage you to make the most of it while you also take steps to enjoy the holidays in whatever ways make you happy.

As the winter solstice approaches on December 21 (11:19 pm), take time reflect on the season. The darkest time of the year is filled with lots of light! It's a good time of year to let your inner light shine too. One way to do this is to make the holidays happier or easier for someone else, by volunteering or give to others in numerous ways. On December 22nd the days will begin to grow longer, minute by minute until the summer solstice in June. It's a wonderful contrast ... a dance of yin and yang energies.

Early in January I'll be preparing 2020 feng shui updates. If you'd like a flying star update for your home or business, let me know. I'll add you to my list. It's on a first in, first out basis.

Also, check out my new e-book *Money Is an Energy Game*. You'll find a link in this newsletter or go to Amazon.com and type in the book title. This is the result of a collaboration I've been doing with Madeline Gerwick. We're excited to publish it!

Happy Holidays!

Peg

December Feng Shui Forecast:

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

December 12: Full Moon ... Check in with Knowledge Gua Intentions

December 21: Winter Solstice

December 26: New Moon and Solar Eclipse ... Fame Gua

November Recap: Focus on the Knowledge Gua

The November 26th new moon correlated with the Knowledge gua, the front-left corner of your spaces. The Knowledge gua is about deep, inner wisdom, tapping into your intuition and knowing the right thing to do. If you activated this gua, took inspired action, and/or set intentions with the new moon, tune into the December 12th full moon to look for signs that your intentions have taken root.

Each new moon is a time to plant the seeds of intention. The full moon, two weeks later, is a time to notice how your intention is coming to light and is beginning to emerge.

Read more about the Knowledge Gua from the November newsletter:

<https://fengshuiconnections.com/november-feng-shui-forecast-cultivate-prosperity-and-self-knowledge>

December 25/26: New Moon in Capricorn ... Focus on the Fame Gua

Late on December 25th we have a new moon and solar eclipse in Capricorn. If you're on the east coast of the USA, this occurs just after midnight on the 26th. For all other USA time zones, it unfolds between 9:00 pm and midnight on Christmas. Energetically, this new moon relates to the **Fame gua**. This is the **center-back** of your space ... your home, every room in your home, your workspace and your land.

Capricorn is a serious sign. It provides an opportunity for you to go after what you want in life and to put the processes and structures in place to support your vision and goals. This might seem overwhelming, particularly during the holidays. You can lay the groundwork for this the entire month of December, as you prepare for the holidays and festivities. By planning ahead, you can sort things into a series of smaller tasks and take worthwhile action before Christmas. Then on Christmas, do a meditation and give your vision a boost.

The Fame gua is about visibility and integrity. If you'd like to:

- be more well known,
- shine a light on yourself or your career,
- be more clear about your goals,
- use your resources well,
- create more structure to support your efforts,
- better manage your responsibilities or
- develop a more solid foundation,

December is the month to act. Fortunately, many holiday traditions can provide a boost to this initiative and can make your process easier.

The Fame gua is governed by Fire energy in the Five element system. Fire energy is strengthened by Wood and depleted by Earth, Metal and Water energy. A Christmas tree is a wonderful enhancement for Fame. The Wood energy of the tree and its triangular shape (Fire) strengthen the Fire energy of Fame. Christmas trees are further enhanced by twinkling lights and an array of glittering ornaments. As you prepare for the holidays, envision your goals and dreams happening.

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

Wood energy is represented by:

Fresh plants and trees
Fresh flowers
Green and blue
Vertical stripes and tall columns

A lot of holiday décor strengthens the Fire element. In addition to Christmas trees and holiday lights, consider how candles, stars, diamond shapes, shiny and glittery ornaments and objects, poinsettia plants, Christmas Cactuses, to name a few, also do double duty as they enhance your home and support your intentions.

Heart or Eye Problems? Adjust your Fame Gua

From a health perspective, the Fame gua influences your heart network as well as your eyes and vision. If you have health issues related to these areas, check the Fame gua, the center-back of all of your spaces ... your house, every room in your house, your workspace and your land. Look for stagnant energy or things that might be out of balance, such as clutter, plumbing or electrical problems, windows not functioning properly, anything that needs repair, energetic imbalances, etc.

A good rule of thumb is to assess how the space feels. If it feels great, chances are it's in balance. If things catch your attention, make some adjustments. If you're not sure, take a picture of the space and study it. Often, you can see patterns in photos that you don't see in person. This is because you can be blind to things that you've been seeing for thirty days or more. You look at the space but your eyes gloss over what's there.

Write Down Your Intention

Being clear about what you want, writing it down and then energizing that intention as you decorate your home will plant the seeds for December's Capricorn new moon.

Here are some tips to activate your Fame gua this month:

Write down your intentions and place them in a red envelope in your Fame gua
Have fun decorating with red and green
Put up a Christmas tree
Incorporate fresh, seasonal flowers and plants into your space
Display a fresh poinsettia
Hang holiday lights
Hang or display glittery objects

Light a candle

You don't have to celebrate Christmas to take advantage of the many ways to activate your Fame gua this month. Simply adding some white or colored lights and/or consciously placing healthy, fresh plants will go a long way toward enhancing the Wood and Fire energy in your home or workspace. You can also activate your space by ringing a bell or playing beautiful music.

Check-in at the Full Moon

The full moon (and lunar eclipse) check-in that aligns with your Fame gua adjustments is January 10th. This is the time to revisit the objectives you set during the December new moon and notice how things have shifted for you. I'll include a reminder about this in the January newsletter.

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

December 25/26 Solar Eclipse

Eclipses are periods of major events or changes. They come in pairs and happen six months apart. Solar eclipses occur at the new moon (new beginnings) and lunar eclipses happen at the full moon (completions and endings). If an eclipse falls within three degrees of an important planet or aspect in your astrological chart, the eclipse can have an impact on you.

The December 25/26, 2019 solar eclipse occurs at 4 degrees Capricorn, 7 minutes. Thus, if you have planets or sensitive points between 1 and 7 degrees of Capricorn, in your chart, the December eclipse will likely impact you. Energetically, this eclipse relates to sudden ending of relationships or associations, which can lead to transformation (whether you want it or not).

Be aware that eclipse events can occur 30 days before or after an eclipse. Thus, from Thanksgiving through late January.

Amsterdam Travels

(the Netherlands ... Land of Windmills)

My husband and I spent a week in Amsterdam, the capital of the Netherlands, last month. We loved it! We found it very easy to be there. In addition to Dutch, most of the

people also speak English. Like most of Europe, the Netherlands has an excellent public transportation system. Our hotel was a short train ride from the airport and travel to the places we visited was very easy via train and tram. Bicycles are everywhere throughout Amsterdam! The transportation of choice, the Netherlands has more bicycles than citizens. Bicycles have the right of way and their own travel lane.

(Our hotel, styled after Dutch gabled buildings.)

Amsterdam flourished during the 17th and 18th centuries due to the shipping trade. The Dutch East India Company led many of the commercial enterprises as the Dutch colonized Indonesia and fought for independence from Spain. As a result, Amsterdam is a very cosmopolitan city and the culture is a rich blend of European and Indonesian traditions.

Many of the most prosperous cities in the world are on water, a key aspect of feng shui. Amsterdam is among them. Built around a series of canals, parts of the city and surrounding area are actually below sea level, but you would never know it. The Dutch are master canal builders. They were able to expand their land mass by building canals, draining the land, and using wooden posts under buildings to provide support.

(Canal at night)

As a result of so much water, many of the older buildings (400 years) are tipping. They are also quite stable. The wet foundation that is supported by wooden logs that were laid deep in the ground when the buildings were constructed.

(Tipsy buildings)

Visually the buildings are very interesting with a variety of gables and rooflines. Most buildings are also only three to six stories tall. This is quite nice because it keeps things at a human scale, vs. the skyscrapers that crowd the sky in many modern cities.

Constructed mostly of brick (after several fires burned wooden structures), the older buildings are also very narrow. This is because people were taxed based on how much frontage they had on the street. So, narrow, deep buildings were built to minimize taxes. This also happened in Newport, RI and probably other locations.

(Gables)

There are also about 2,500 houseboats in Amsterdam. They answered a demand for more housing, particularly after World War II. They are quite picturesque and expensive. Many are old and have a combination of original features plus modern amenities such as running water, heating, plumbing and electric, along with a permanent address. They can also be elaborate with multiple stories as well as gardens. When you live in a floating home, you might need to take extra measures to ground your energy.

(A sitting area in Amsterdam's Houseboat Museum)

The Dutch are among the happiest people in the world. They have a wonderful quality of life. They are hard-working, but not too serious, good health and strong family bonds are important, prostitution and marijuana are legal (thus, they collect taxes from these businesses). They also spend time together outdoors. It's common to see large groups of people bicycling together, even after dark and in the rain. Be sure to listen for the ringing bells and step out of the way.

Bicycles parked on a rainy day in Haarlem, the Netherlands.

Two things we did not see while visiting Amsterdam was a heavy police presence or a lot of medical facilities or pharmacies. In many cities we hear police sirens blaring regularly. Not in Amsterdam. We did notice police around from time to time, but they blended into the background vs. being front and center. We also noticed a few pharmacies (shops with green crosses), but we did not see any medical facilities or the number of pharmacies and walk-in clinics that we have in our communities.

We stayed busy for five days and are looking forward to a return visit to experience more.

(Amsterdam at night)

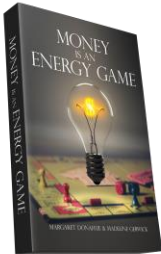
Here are a few links about Amsterdam that might interest you:

Architecture: <https://www.iamsterdam.com/en/see-and-do/things-to-do/attractions-and-sights/architecture/weird-wonderful-houses>

Houseboats: <https://www.holland.com/global/tourism/destinations/amsterdam/houseboats-in-the-amsterdam-canals.htm>

Happiness: <http://www.forastateofhappiness.com/tag/the-netherlands/> ... Scroll down to read about happiness in the Netherlands

E-Book Launch: *Money Is an Energy Game!*



After many years of collaboration, Madeline Gerwick and I have released our new book, *Money is an Energy Game*, in Kindle format. We expect it to be available in print sometime during 2020.

If you'd like to have or attract more money, this book is for you! In addition to working with your wealth gua, your personal energy has much to do with your ability to manifest and retain money and blessings. It's all about your energy.

Madeline and I have collaborated over several years to compile the best tips and techniques to create the highest levels of prosperity. All of your energy fields – physical, emotional, mental, spiritual – impact your bank account, along with the condition of your environment and your response to the daily universal cycles. This occurs moment to moment on a continual basis. Yet, most people are unaware of the importance of these factors.

This book is for you if . . .

- you'd like to have more money
- you'd like to release your fears and anxieties about money
- you'd like easy ways to attract and grow more money
- you'd like to have the confidence and money to pursue your dreams
- you'd like money to be fun and enjoyable
- you're ready to understand how your energy is directly tied to your prosperity

This book teaches you the ins and outs of how to generate higher levels of prosperity in any form. You'll learn how to attract funds quickly and easily, create a more prosperous business, and enjoy a higher quality of life. This book provides easy tools and techniques to help you master the role of money in your life.

Read this book to discover and use the secrets between money and energy. You can play the game and win at the game of money!

Start winning now!

Affirmation # 346

“Today I joyfully contribute to the abundant circle of giving and receiving.”

Tips to Reduce Holiday Overwhelm

The holidays can be very overwhelming for some people. Are you among them? Rather than feeling joyous and looking forward to spending time the way you like, the holidays bring a sense of unhappiness, dread, or somewhere in between.

Here are some tips to help you have happier holidays:

1. **Clean** your space. You'll uplift the energy and things will feel much better. Use natural cleaning products, rather than ones with chemical additives or artificial fragrances.
2. **Put away things** that you're not using. This comes under the category of “give everything a home.” When too much is left out in the open, a space can feel overwhelming.
3. **Eliminate piles** growing from the floor up. They're associated with depression and can drag your energy down.
4. If you like to decorate, **put away at least one thing for every item that you add.** To make things easy, store them in the same container or box that you're taking out. That way they're easy to find when you're ready to display them again.
5. Review your holiday décor as you unpack it and display it. **If any item no longer brings you joy, let it go.** You can pass it along to someone else, donate it, or sell it. If it's broken and you want to keep it, repair it. If it's beyond repair, toss it out.
6. A **fresh Christmas tree or wreath** brings in a higher quality of chi and lifeforce, than an artificial one. At the end of the season you won't have to store it either.
7. A **fresh poinsettia or fresh evergreens or flowers** are a great way to shift the chi.
8. **Lights** are a wonderful way to shift the energy of spaces. They bring a smile to many faces during the dark days of winter.

9. **Angels, stars, glittery baubles, and other assorted ornaments** are a delightful way to uplift a space. If you don't put up a tree you can still display some of your favorite seasonal objects.
10. **Choose who you want to spend time with.** There's no need to get stressed about multiple invitations or invitations from people you'd rather not spend time with. Do the holidays your way. It's OK. You'll be happier.
11. **Eat healthy food.** You can still indulge and have lots of treats. There's no need to overdo it though. You'll feel better if you practice moderation and only serve and eat what you like.
12. **Define the holidays your way.** My husband and I started doing this years ago. Rather than host 25 people for dinner or a gathering we realized that we preferred to have quiet celebrations as a family of three. We look forward to the holidays and spend them the way we like, without any guilt.

If you love the holidays and how they unfold for you, terrific! If they bring you stress, perhaps change at least one practice this year. Identify what causes you the most tension and put a strategy in place to reduce and redirect it. You'll be happier and healthier as a result.

December Special ... Save \$50.00 off a Long-Distance Space Clearing

This month Peg is offering \$50.00 off long distance space clearings. This is a great opportunity to clear stuck energy in your home or business and begin the near year on a fresh note. Click here to learn more: <https://fengshuiconnections.com/space-clearing-and-blessings/>. Contact Peg to schedule your long-distance clearing 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: Overwhelmed? Simplify the Holidays.

The holidays can trigger waves of stress and overwhelm as you aim to meet your obligations, visit with family and friends, shop and select gifts, prepare special foods, deliver on traditions and more. If you find yourself engulfed with more than you want to take on, step back and reassess what you're doing and why you're doing it. Just because you've always done something doesn't mean you have to continue. The year-end holidays are meant to be joyful. If you're feeling otherwise, stop what you're doing and put a plan in place that will help you to thrive.

Within your home, make things simple. If you love to decorate, do it. If you don't, it's OK. Give some thought to what brings you the most joy and then take steps to make it happen. From a feng shui perspective, less is more. Clutter contributes to overwhelm, so thin things out if this is you. Also, just because you have a lot of decorations doesn't mean you have to display them. You can redefine your holiday experience as you go along. Whatever you do, do more of what makes you happy. This is the best gift you can give others.

Business Feng Shui Tip: Challenging Boss? Look Within.

Do you have a challenging boss? If so, give some thought to the message that's being reflected back to you when you get irritated or have uncomfortable conversations or interactions. A key aspect of feng shui is that your environment reflects what happens in your life. An extension of this is that the people with whom you interact also match your energy and sometimes trigger emotions and patterns that you may not be aware of. This can emerge as a difficult boss, butting heads, feeling like you're not being listened to or heard, a lack of respect. etc. In addition, the pattern can repeat itself until it's resolved (released) within yourself. If someone ticks you off, the answer is to look within and identify the pattern within yourself that needs to be released.

There are many techniques for emotional release work. Two services that Peg offers are Personal Energy Clearings and Emotional Freedom and Healing Releases. In addition, work with the Knowledge gua (front-left corners) of your home and/or workspace to make sure that the energy is clutter-free and flowing nicely.

Love to Travel? Check Out These Prettiest Small Towns!

There's nothing like spending time in a beautiful, nurturing environment to lift your energy and put a smile on your face. Even if you don't travel, you can experience a chi shift by enjoying the photography and imagining what it might feel like to spend time there or live there.

That's why when I came across this slide show recently, of 50 beautiful small towns, I thought I'd share it with you.

<https://www.loveexploring.com/gallerylist/76327/50-of-the-most-beautiful-small-towns-in-the-world>

Some of the patterns I noticed in these small towns are

1. They are visually stunning.
2. There is vibrant color or color contrast.
3. Many of the locations have or are close to water.
4. They are neat and tidy.
5. They have interesting rooflines.
6. They fit well into their natural environment.

Take a look! Let me know if you notice any other patterns or connections. Feng shui is the study of patterns in your environment and leveraging the ones that can help you lead a healthy, harmonious and well-balanced life.

Worried About EMF Exposure? Here's a Solution That You Can Try for FREE!

I've been hearing from more and more people who are noticing that they're sensitive to EMF fields or they're concerned about their exposure to WiFi and the anticipated rollout of the 5G network.

Some of the symptoms people notice are:

- Feeling anxious most of the time
- Ongoing restlessness

- High levels of stress
- Headaches
- Poor sleep
- Irritability
- Lack of concentration
- Brain fog
- Forgetfulness
- Taking longer to remember things
- Physical discomfort

It turns out that these symptoms are so common that people say that's just the way things are.

What if you discovered that you can do something about how you feel and that this is not the way things need to be?

After experiencing many EMF products and solutions over the past 15 years, I think that Focused Life Force Energy (FLFE) provides the best solution. It's a subscription service. You can subscribe your house, your business, your phone and/or any personal object. Working with David Hawkins's Map of Consciousness (MOC), the folks at FLFE raise the consciousness of your address or object to the level of 560 on the MOC. This is a level that is higher than Love and Joy. At this level life runs more smoothly and you're likely to feel much happier.

Since subscribing my address and mobile phone over a year ago, I have noticed more synchronicity, higher levels of creativity, easier problem solving and all-around sense of peace and ease. People that come to my home mention how comfortable it is and how nice it feels. Although some of the good feeling is due to feng shui, FLFE also contributes quite a bit.

I'm comfortable knowing that whatever electronics or tech devices we add, that FLFE will help to bring the EMF environment into harmony. It's worth the peace of mind and the ongoing synchronicity and overall good fortune.

Learn more about FLFE's EMF Harmonization program here: <https://bit.ly/2ILJlaq>.

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/2J6POND>. 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.