

January 2020 Newsletter ... We Begin a New Decade!

Hello,

Welcome to 2020! We begin a new decade and also a new twelve-year cycle in the Chinese astrological calendar. 2020 is the year of the Yang Metal Rat. Chinese New Year is Saturday, January 25th and the day to adjust the feng shui of your home is February 4th. Let me know if you'd like a personalized 2020 Flying Star update for your home. I'll add you to my list.

For many years, Susannah Conway has been providing a wonderful personal planning guide for the new year. It takes some time to complete this. I settle in with a cup of tea and fill it in over a few days. Here's a link for her Unravel Your Year 2020

<https://www.susannahconway.com/unravel/>

If you have a clear night in your area on January 9th to 11th, cleanse your crystals and annual cures under the full moon. The February 9th full moon will work well too. If you placed one or more bagua mirrors outside last year, toss them out. It's time to get new ones for 2020.

May 2020 be happy, healthy and prosperous for you and your family.

Peg

January Feng Shui Forecast:

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

January 10: Full Moon and Lunar Eclipse

January 24: New Moon in Aquarius ... Helpful People Gua

January 25: Chinese New Year – Metal Rat

December Recap: Focus on the Fame Gua

The December 26th new moon correlated with the Fame gua, the center-back of your spaces. The Fame gua is about visibility, integrity and shining your light. Taking conscious and inspired action in the Fame areas of your home and workplace can help you strengthen your career, clarify your goals, bring more structure to your efforts and better manage your responsibilities. If you had a Christmas tree, holiday lights or other fiery décor in your Fame gua over the holidays, **with intention**, place a candle or a light here, something red, a pyramid or triangle shape, fresh flowers or a plant when you put

your holiday décor away. **Placing objects consciously, particularly at the new moon, helps your intentions to take root.**

Each month, the new moon is a time to set your intention and the full moon is the time to see how your actions and intentions are taking root. Things come to light at the full moon. A meditation on the day of the new moon each month, is an excellent way to seed your wishes, to let them take root, along with cleaning and energizing the bagua area that correlates with the new moon for the month.

January 10 Full Moon Lunar Eclipse

We're in eclipse season again. Eclipses come in pairs and typically occur six months apart. They are periods of major events or changes. Solar eclipses happen at the new moon (new beginnings) and lunar eclipses take place 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 impacts you.

The January 10th lunar eclipse occurs at 30 degrees Cancer. Thus, if you have planets or sensitive points between 17 and 23 degrees of Cancer or Capricorn in your chart, the January eclipse will likely impact you. Energetically, this eclipse relates to the ending of a relationship or association, which can lead to transformation. Your voice may be heard and listened to, above others.

Eclipse events can occur 30 days before or after an eclipse. The impact can also be felt for about six months. Tune in, pay attention and see what you notice.

January 24: New Moon in Aquarius ... Focus on the Helpful People Gua

The January 24th new moon correlates with the Helpful People and Travel gua, the heavenly gua. This is the front-right corner of your house, every room in your house, your land and your workspace.

Shortly after the January 10th full moon, shift your focus to the Helpful People in your life. Who are they? Would you like more of them? Is there any area where you'd love some additional assistance? How about travel, where do you wish you could go?

The Helpful People and Travel gua is governed by Metal energy in the Five Element system. From a health perspective, it relates to your head and brain. In the family, this area represents the strongest male energy and correlates to the male of the house, your father and father figures. The feng shui color of the Helpful People and Travel gua is gray.

During January, take a look at all the Helpful People and Travel areas in your home and workspace. Notice what's there. Are they neat, clean and orderly? Do the spaces and corners feel good? Do they uplift your energy?

Apply Four Key Principles of Feng Shui to Your Home

Four key principles of feng shui to apply to these areas, as well as your entire house, are:

1. **Live with what you love.** Your home is your sanctuary. It's a place of solace to retreat to after being out in the world. It should nurture your spirit. Other than essential items, that you may not always love, have things in your space that truly please you and bring you joy. They will help to lift your energy and recharge your spirit during challenging times.
2. **Make sure everything is safe and comfortable.** Arranging furniture in welcoming ways adds to comfort. Curves and soft corners increase safety. In addition, make sure that your plumbing and electric are in good working order. Get problems fixed. If you are not in a position to do so, place the repairs on a list with the intention to do so what the time is right.
3. **Add a creative touch that represents your heart and soul.** Every person is unique and therefore your home should be as well. Individualize your home and share your life journey through color, photos, art and objects that represent who you are, the books you read, music, your interests and hobbies. Bring in more of what you love and less of what you don't.
4. **Organize everything and give everything a home.** There can be too much of a good thing, particularly if everything is out in the open. This contributes to anxiety and unrest. It's best to have adequate space to store items, rather than have everything in view. I find that it's useful to place similar items together. This way, I know what I have, and it helps me to manage supplies, rather than buying things that I don't need.

During January, I recommend that you apply these four principles to the Helpful People and Travel gua of your home and also to the Helpful People and Travel corner of each room, if you have time. Doing so will assist you in getting off to a great beginning for the year.

Set an Intention for Helpful People and Travel

After assessing your Helpful People and Travel gua, give it a thorough clearing. Remove clutter or things that are misplaced, that you don't use, no longer want or need. Then, reenergize it with an intention in mind. Your intention for Helpful People and Travel could relate to:

- Strengthening your relationship with your father, a father-figure, a male spouse, or an important male in your life.
- Bringing a Helpful Person or spiritual resource into your life.

- Improving your health, particularly as it relates to your head and brain. Reducing headaches or clearing brain fog might be a goal.
- Setting a travel goal or intention. This could be for a wonderful opportunity or special offer to show up, great travel deals, friends to travel with, and more.

Use the Five Elements to Adjust the Energy of your Space

The Helpful People and Travel area is a Metal gua. Metal Energy is strengthened by Earth and weakened by Water, Wood and Fire.

Add items with Metal or Earth qualities if you want to emphasize Metal energy in your Helpful People and Travel gua.

Metal energy helps bring clarity to a space. Metal items include:

- all metal: gold, silver, brass, aluminum and more (pots & pans, lamps, picture frames...)
- marble, granite, flagstone
- natural crystals and rocks dug from deep in the earth
- circles, oval and arch shapes
- white, gray and pastel shades.

Earth items help to ground and anchor the energy in your space. Earth items include:

- pottery, earthenware, bricks and clay
- seashells and natural items
- square shapes
- oversized or heavy furniture that hugs the floor
- yellow, brown and earth tones.

If your space feels like it has too much Metal energy, you can reduce it and rebalance by reducing items with Metal energy and/or adding items that have Water, Wood or Fire qualities.

Water brings reflective and philosophical qualities to a space. Water items include:

- all water, water features, pictures and art with water (rivers, streams, lakes, ocean, etc.)
- glass, mirrors, reflective surfaces and shiny objects
- free form and symmetrical shapes
- black and very deep, dark colors.

Wood energy is about growth and expansion. Wood energy is represented by:

- Fresh flowers, plants and trees
- Floral fabrics and patterns
- Vertical stripes and tall columns
- Green and blue

Fire brings dazzling, sparkling energy to a space. It is represented by:

- Fire, flames, lights, sunlight, candles

- Triangles, pyramids, diamond and cone shapes
- People and animals
- Electronics and electrical items
- Red, burgundy and the red palette

Check-in at the Full Moon

The full moon (and lunar eclipse) check-in that aligns with your Helpful People and Travel gua adjustments is February 9th. This is the time to revisit the objectives you set during the January new moon and notice how things have shifted for you. I'll include a reminder about this in the February newsletter.

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

2020 Year of the Yang Metal Rat

Saturday, January 24, Chinese (Lunar) New Year, ushers in the year of the yang Metal Rat. This is the day of parades and celebrations. The day to make the annual adjustments in your home is February 4th, the solar new year.

The Rat is the first animal in the Chinese zodiac; thus, we begin a new 12-year cycle. Qualities associated with Rat energy include intelligence, industriousness, diligence, adaptability and cleverness.

The Rat is compatible with the Dragon and Monkey. It clashes with the Horse. 2020 can be a challenging year for people born in Rat, Horse and Goat years. Dragons, Tigers, Dogs and Oxen are predicted to have a favorable year. 2020 will be mixed for those born in the year of the Rabbit, Snake, Money, Rooster and Pig.

We last experienced similar energies 60 years ago, in 1960. Regardless of your sign, you can have a better year by flexible and resilient. Approaching your life from a positive perspective will also help you. Observe what's happening, notice how you feel and then choose to respond to people and situations from a position of strength and an optimistic point of view.

We're going through chaotic times. Things *will* get better. Each of us contributes to a positive shift on the planet when we are optimistic and upbeat. Practice a 3:1 ratio ... three times as many positive thoughts, feelings and expressions, as negative ones. Consciously minimize complaining, criticizing others, repeating gossip, and sharing negative news, etc. The less of all of this, the better. Or, if you can't say something nice, don't say anything at all. This goes for social media too.

There's quite a bit of information about the upcoming year on the web. Here are a two websites that might interest you:

Marina Lighthouse, Feng Shui Shopper, has a wonderful analysis with excellent tips. Here's a link: <https://lighthousefengshui.com/2020-year-of-the-metal-rat/>

For a look at 2020 from a traditional, Chinese perspective, check out: <https://www.fengshuiweb.co.uk/advice/flyingstars2020.htm>. Keep this system in perspective as it can appear to be a bit scary and negative on the surface.

I'll write about the 2020 Flying Star patterns in February. 2020 will be a year with "7" in the center palace of the Center of your home. The energy of the number metal 7 star will drain the Earth energy of the Center, so some balancing and boosting of energy is needed.

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

Madeline Gerwick and I released our e-book, *Money Is an Energy Game* (hotlink: <https://www.amazon.com/dp/B082Q6S344>) on December 15th. Within a day it was the #1 seller in the category of Money and Money Policy in the Kindle store and in the top 20 in Money and Monetary Policy books! It was also in the top 100 Motivational and Self-Help books. Check it out if you haven't done so already. You can read a preview for free on Amazon <https://www.amazon.com/dp/B082Q6S344>.

We expect it to be available in print sometime during 2020. Since print books take a bit longer, we decided to get it to you sooner as an e-book.

This book is the result of many years of collaboration, observing patterns, and studying the science behind how to make things happen for yourself. It includes over 100 tools and techniques you can draw from to help you master the Game of Money.

What's the reason why some people have an easy time attracting money and prosperity and others don't? It's your energy!

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.

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!

After you read the book, we'd be delighted if you place a review for it on Amazon. This will help others who are also considering it.

Start winning now!

Affirmation # 363

"I am in the flow of prosperity and abundance today. I am grateful."

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

Start the year off on a positive footing! Clear out old, stagnant, or troublesome patterns and reset the energy of your house or business. During January, Peg is offering \$50.00 off long distance space clearings, for \$325.00 instead of \$375.00. 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: Embrace Winter

If you live in a snowy area, as I do, winter can be a challenge. Each year my husband and I take steps to make the winter season easier for us. This year we added HeatTraks (<https://heattrak.com/>) to our main outside stairs. I'm happy to report that they're doing a great job! We turn them on when the snow begins, and they melt snow at the rate of two inches per hour. Check them out if you live in a snowy area!

Also, remember to keep the path to your front door clear of snow and ice. This matters, even if you don't use the door. Your front door is your main path of chi. If you allow snow to pile up and remain there all winter, you're blocking the flow of chi to yourself.

Keep your entrances clear this winter and stay in the flow.

Business Feng Shui Tip: Place Your Desk in a Power Position

A position of power is one where you can easily see the door, you're not sitting in the path of the door, you have a solid (or diagonal) wall behind you, and the larger part of the room is in front of you. It's best if you can take advantage of these aspects and place your desk accordingly. If you sit facing a wall and there is minimal space between you and the wall (such as in an office cube), place a mirror facing out so that you can see the door behind you. This allows your energy to settle and also for you to see who is approaching.

If you have the Kindle version of *Money Is an Energy Game*, read Chapter 7: Optimize Your Office for Success and Prosperity. It's 42% of the way into the book at location 3012. You'll find sample desk placements at 43% or location 3136. Here's a link to the book on Amazon: <https://www.amazon.com/dp/B082Q6S344>

Give Your Home or Phone a Daily Environmental Boost!

If you're a Focused Life Force Energy subscriber, are you aware that you can do one 30-minute environmental boost for your property daily? You can also do one daily 5-minute environmental boost via your phone or personal object!

When you give your environment a boost, it's raised to 600 on the Hawkins Map of Consciousness. This is the level of Peace and the feeling is that of bliss.

To give yourself a daily boost, go to <https://bit.ly/2sylPyP> and Login to your account. The Login tab is on the top bar on the right.

After you login, click on the orange "Take Me There" box.

Next, scroll down the My Properties box, select the property you want to Boost, and click on the Boost button. On my screen, it's the third button.

To boost your mobile phone or personal object, click on the respective box. Select your phone number or personal object and give yourself a 5-minute boost!

I have a reminder on my daily To Do list to remind me to take advantage of this gift.

Do a 15-day Free Trial

If you aren't a subscriber, check out the service and give yourself a FREE 15-day trial for your home or phone, and then another 15-days on whatever one you didn't choose the first time. This link will take you to FLFE's Home page: <https://bit.ly/2sylPyP> where you'll find a treasure trove of information.

Energized Food Feature

The folks at FLFE are adding more and more benefits to this service. After a beta test, they recently added the "Energized Food 3.0" program to every free trial and subscription. This is a program that increases the life-force energy of the food that's eaten in the FLFE field. As a result, this feature might help you to absorb more vitamins, minerals and essential compounds from the food you eat.

FLFE Harmonizes EMFs

One of the big benefits of FLFE is that it harmonizes the EMFs in your environment. This is huge! The impact of EMFs on your health is a growing concern that even the mainstream media and health practitioners are beginning to embrace. After being cast aside for years, people are beginning to wonder if there might be something to the issues that have been raised.

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 Wi-Fi and the anticipated rollout of the 5G network.

Some of the symptoms for people who are sensitive to EMFs or have been overexposed to them, include:

- 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

If you recognize some of these symptoms in yourself, I recommend that you do a FLFE 15-day Free Trial and turn the EMF programs on and off to see if you notice any difference in how you feel. It's worth a try.

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

You and your 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.