

February 2020 Newsletter

Hello,

We've been fortunate to be having a relatively mild winter in NH, particularly compared to last year. Now that February is here, I'm also loving the longer days. The additional light at the end of the day makes a big difference.

February 4th, Solar New Year, is the day to make annual feng shui adjustments to your house. Even if you don't follow Flying Star feng shui, it's a good day shift things around and refresh the energy.

Valentine's Day on February 14th is another wonderful day to boost the chi in your home or office. Fresh flowers will do wonders.

The Center of your space is the area to work with this month. It relates to your health and overall well-being. Remember that the quality of the energy in the Center permeates throughout your environment. Keep it in good shape.

Enjoy February!

Peg

February Feng Shui Forecast:

February 4: Solar New Year: Place Annual Cures

February 9: Full Moon

February 16: Mercury Retrograde through March 10

February 23: New Moon in Pisces ... Health and the Center of your Home

January Recap: Focus on Helpful People and Travel

The January 24th new moon in Pisces correlated with the Helpful People and Travel gua. This is the front right corner of your home, every room in your home and your workspace or office. This area is governed by Metal energy and it correlates to heavenly help. The family member associated with this area is the father and father figures in your household and life. If you'd like to strengthen or shift energy related to father figures and Helpful People, adjust and energize all front-right spaces.

From a health perspective, this area also relates to your head and brain. See this month's tip if you would like to reduce or minimize headaches or strengthen brain activity. In short, remove clutter and all blockages. Make sure everything is working well

and that passageways are free and clear. Enhance with metal objects as well as white, pastels, or grey colors.

Each new moon is the best day to set intentions related to the corresponding gua. If you set intentions with the January 24th new moon, check in with the February 9th full moon to notice what's taking shape.

2020: Flying Star Update for the Metal Rat

The year of the Metal Rat began on January 25th with the Lunar New Year. This is the traditional day of parades and celebrations. Here's a link to January's blog post about the attributes for the year of the Metal Rat:

<https://fengshuiconnections.com/2020-year-of-the-yang-metal-rat>. The Rat is intelligent, industrious, adaptable, and clever. It's a year for new beginnings. 2020 marks a new decade and a new twelve-year zodiac cycle. Things that get started this year will influence the next twelve years.

If you work with Flying Star feng shui, the Lo Shu number for 2020 is 7. To get the annual Lo Shu number, you add the digits of the year together and subtract them from 11. Two plus two is four. Eleven minus four is seven. Thus, 7 is in the center of the nine-block grid and the stars "fly" accordingly.

6	2	4
5	7	9
1	3	8

The concept behind the annual adjustments is to tamp down negative energy from stars 2, 3, 5 and 7. It's also helpful to ramp up beneficial energy that comes in from stars 1, 4, 6, 8 and 9. The day to make annual changes to your home and workspace is February 4th, the solar new year. Prior to February 4th, remove and cleanse last year's cures. Toss out salt water cures and used bagua mirrors. Place fresh salt water cures in the East and the South for 2020, the location for stars 5 and 2. If you'd like help with these or a deeper explanation, contact Peg for a consultation. peg@fengshuiconnections.com

February 9: Full Moon ... Notice What's Emerging

The light of the full moon shines brightly for all to see. It represents the height of energy for the month. It's a time when what's been hidden come to light. It's also a time for the seeds that you've sewn to begin emerging. As a result, look for signs that your intentions have taken root and are beginning to emerge. Think of the new moon as a time to sew the seeds of your intention and the full moon a time to notice the seeds

bursting forth and gathering strength and power. If you adjusted your Helpful People and Travel guas last month and then set your intentions, look for signs that what you asked for is taking shape. The shifts might be subtle at first. Be curious and aware. Tune in to everything around you and notice what's unfolding.

February 23rd: New Moon in Pisces; Focus on your Health

The February 23rd new moon in Pisces correlates to the Center of your home, every room in your home, as well as your workspace or office. The Center of your space holds the energy for overall health and well-being. Thus, February is a month to take stock of your health. Adjust the Center of your home prior to February 23rd and set intentions accordingly.

The energy of the Center permeates throughout your entire environment and life. It represents an integration of all of the guas. Aim to create feelings of balance, openness, harmony and well-being as you traverse through the Center of your home.

The Center of your space is associated with Earth energy. The feng shui color is yellow.

Set an Intention for Your Overall Health and Well-Being

After assessing the Center of your home and all of your spaces, give the Center a thorough cleaning. Open up any blocked or clogged areas. Clear tabletops and counters. Remove clutter or return misplaced items to their proper area. Let go of all that you don't use or no longer want or need. Then, intentionally refresh the Center.

Sunday, February 23rd is the day to do a meditation related to your overall health and well-being. Your intention could relate to:

- Resolving a specific health issue
- Finding solutions to nagging health problems
- Feeling your best
- Genuinely being happy and living your best life

Adjust the Energy of your Space Via the Five Elements

The Center of your space is governed by Earth energy in the Five Element system. Earth energy is strengthened by Fire and weakened by Metal, Water and Wood.

Although you would typically add items with Fire and Earth qualities to the Center of your home, during 2020 it is more favorable to tone these down and keep the area relatively still. Royal blue is a favorable color to introduce to this area. If your kitchen is in the Center, guard against fires. If you have windchimes, remove them, as they activate energy and stir things up.

There's no need to worry about Fire and Earth items you may already have in the Center of your home, just don't add more. If you're in the habit of regularly burning candles

here, hold off for this year, or for at least the beginning of the year. A quiet, calm approach to create a more “still” environment will serve you well. This year add items with Metal, Water or Wood qualities.

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.

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

Check-in at the Full Moon

The full moon check-in that aligns with adjustments to the Center of your space is March 9th. This is the time to reflect on the objectives you set during the February new moon and notice how things are changing for you. I'll include a reminder about this in the March newsletter.

If you'd like some ideas and suggestions of ways to adjust the Center of your space, contact [Peg peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com).

Mercury Retrograde Returns February 16!

The planet Mercury will be retrograde from February 16th through March 10 2020. This is an excellent time to catch up with loose ends. Remember to avoid purchasing electronics and mechanical items during this period. Sign contracts before and after this cycle as well. For best results, work around these three-and-a-half-weeks, when dealing with new initiatives and purchases. If you must make electronic or automobile purchases during this time, get a warranty.

Instead, slow down and use this time to pull back a bit. Retreat, review what you have underway, reassess where you are and where you're headed and refine your plans. It's a great time to read, refresh, renovate, repair things, and to research, among other activities. Think “re” words ... those are the activities that suit this cycle.

Be aware that it's easy for communications to go awry during Mercury Retrograde cycles. It's best to listen and pause before responding. It's also helpful to lighten your schedule for this three-week period and schedule more time between appointments. You'll be likely to have fewer conflicts. Delays happen and more room in your schedule will help you to have an easier time.

Be attentive while driving ... traffic accidents are more frequent and more intense during Mercury retrograde cycles. Slow down, allow more space between cars, and let others move ahead of you. Build in extra time to get to work and to do your errands. Plan to arrive a few minutes early for appointments.

Here are some suggestions to help you make good use of this cycle:

- Review projects or information that's been lying around or piling up
- Renovate a room or area of your home or workplace
- Repair items that are worn or broken. Catch up with projects.
- Reorganize closets, drawers and storage spaces.
- Release extras that 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.

Plan ahead and mark your calendar for the following Mercury Retrograde cycles:

- **June 18 – July 12, 2020**
- **October 14 – November 3, 2020**

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

Thank you to everyone who purchased and is reading my new e-book with Madeline Gerwick, ***Money Is an Energy Game*** (hotlink: <https://www.amazon.com/dp/B082Q6S344>). If you're enjoying this book and you're finding it helpful, we would be honored if you would share a link to our book on social media. We'd also be very grateful if you would place a review on Amazon. Your review will help others who are considering this book.

Thank you also to everyone who has been sending along comments and sharing what's coming up for you as you read this book. It turns out that this book is bringing blockages to the surface for some readers. The good news is that we provide a tool in the book to help you let go of your patterns that push money away.

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

Money Is an Energy Game 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! You can read a preview for free on Amazon <https://www.amazon.com/dp/B082Q6S344>.

Not a fan of e-books? We've been prepping the print version and we expect to have copies within a few months.

May 2020 be a year filled with blessings and prosperity for you.

Affirmation # 18

"As my joy increases, so does my good fortune and prosperity."

February Special ... Save \$30.00 off an Emotional Freedom & Healing Tapping Session

Feng shui is all about recognizing patterns and shifting energy to help you come into alignment with what you really want. Your home and workspace are an outer reflection of your inner self. As you make changes on the outside, change also happens on the inside and vice versa. Some patterns can take a long time to change. The Emotional Freedom and Healing Technique is an effective way to speed things up. Through this process you release deeply held fears and emotions that are standing in your way.

If you would like to release deeply held fears or emotions, shift patterns that seem to be stuck in place, or would like to get a fresh start after a traumatic event such as a divorce or an illness, an Emotional Freedom and Healing tapping session can help.

Take advantage of this month's special and receive \$30.00 off your session. \$150.00 instead of \$180.00 when you mention this newsletter.

EF&H sessions are done via phone and they are recorded so that you can repeat the release at any time. Contact Peg to schedule 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: Headache Relief

If you experience headaches, give attention to the right front corner of your home, every room in your home, your land and your workspace. This is the Helpful People and Travel gua. It's associated with your head and brain. Clear clutter as well as odds and ends that have accumulated in these locations. Also, pay attention to plumbing and electric as well as the condition of your furniture and furnishings. Clutter, and anything broken or in disrepair, block energy. Years ago, a gentleman mentioned that his wife had frequent migraine headaches. He also mentioned that she was sitting in a broken chair while working and was surrounded in paper clutter. It turned out that her work area was in the Helpful People and Travel gua. After her chair was replaced and the paper clutter was reduced, her headaches went away.

Business Feng Shui Tip: Connect Plumbing and Electrical Systems to Your Money and Health

From Chapter 7 of *Money Is an Energy Game*: “According to the principles of feng shui, plumbing and electrical systems represent money and health. Leaky plumbing symbolizes money moving away from you, drip by drip. Clogged plumbing is correlated to financial blockages in your life. Health-wise, water is associated with your kidneys and reproductive system, which also relate to career.

Problems with your electrical system can be reflected as short circuits in your business, your life, and your health. Look around your office and take note of any areas that need attention. In particular, make sure that your plumbing and electrical systems (including lighting) are working properly. Whenever a light bulb burns out, replace it promptly to help keep your career or business energized.”

Strengthen Your Body’s Innate Intelligence and Health via Focused Life Force Energy!

Feng shui and Focused Life Force Energy (FLFE) are all about moving chi! As you make changes in your home, you’re shifting chi, the energy or vital life force that surrounds you and your environment. FLFE is a complementary service that provides an energetic boost to your home and/or personal object, such as your mobile phone, to raise the life force energy. The higher life force in your environment can help you to release stuck energy both in your space as well as in your body. The result is an ongoing dance of inner and outer energy, one reinforcing the other.

Improving your body’s health is one of many benefits of Focused Life Force Energy. Watch this video to listen to the founders explain how it works: vimeo.com/358344829

The FLFE programs include positive, declarative statements, (aka known as affirmations and prayers) for your body, organs and glands. Thus, when you’re in a FLFE environment, you and everyone in it benefits from the high level of life force energy. You feel better, people in the space are in better moods, you might find that you’re more creative and new solutions to problems show up rapidly, among other benefits.

I love the founders’ analogy in the video to “being free of the clouds.” FLFE clears energetic clutter and energetic clouds from your space. In turn, you might find yourself

more inclined to reduce physical clutter and blockages. One day you may realize that you're inspired to clear away a paper pile, reorganize a drawer, donate excess clothes to a charity or simply clear and reinvigorate your space. It's all connected.

You can also give your environment a daily boost. Read last month's post to learn how: <https://fengshuiconnections.com/give-your-home-or-phone-a-daily-environmental-boost>

Not a Subscriber? Do a 15-day Free Trial.

If you aren't a FLFE 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.

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/>

2020 Design Trends

The 2020 design trends are about bringing more color and comfort into your environment. Gone are cold, stark spaces. Replace them with bold colors, comfortable furniture, fun and artsy designs, high quality fabrics. Seek to balance modern and traditional with clean, comfortable looks. Also, reclaim and use wasted space.

What's in?

- Warm colors, earth tones, boldly painted doors
- Lots of curves, clean, comfortable looks, European-inspired design details
- Chunky, organic shapes, classic interiors, round-edged furniture
- A balance of modern with traditional design
- Fun and playful designs, rooms painted one color
- Bold patterns and high contrast
- Reclaimed wasted space and multi-functional spaces
- High quality, performance fabrics and bedding
- Quartz countertops (for the durability and ease of maintenance),

- Fresh plants, biophilic design
(<https://fengshuiconnections.com/biophilic-design-and-feng-shui-have-a-similar-focus>)
- Low maintenance, terrazzo flooring and faux marble

What's out?

- Industrial design, cold environments
- Designed-look perfection
- All white paint and trim, all white kitchen
- Cool tones, pale monochromatic colors
- Accent walls
- Open shelving in the kitchen
- Granite countertops, over the range microwaves, subway tiles
- Formal separation of spaces (formal dining room, rarely used guest rooms)
- Concrete flooring, real marble, arches
- Metal framed furniture
- Mirrored, glitzy furniture, faux plants, mosaics

From a feng shui perspective, remember to keep four fundamental principles in mind:

1. Live with what you love ... regardless of what designers may tell you.
2. Make sure everything is safe and comfortable ... always.
3. Put your heart and soul into your space ... be creative.
4. Give everything a home ... let go of clutter and take advantage of storage spaces.

Read more about the 2020 here: <https://bit.ly/2RNHMTe>

Sustainability ... Keeping Up with Shifts and Changes

There are more and more exciting shifts toward a more sustainable world, on a regular basis. Here are two to learn about:

Moss growing concrete <https://bit.ly/36ngCbb>

Using sewage water to grow trees in the Egyptian desert <https://bit.ly/37lZ7cJ>

Thank you for reading! Please pass along to anyone who might like to read this as well.