

March 2020 Newsletter: Spring is in the Air!

Hello,

Are you feeling a seasonal shift in the air? I am, even though we still have a bit of snow on the ground in the north country, with more to come. I'm loving the earlier light each morning as well as longer light at the end of each day. The trees are also making very subtle shifts as they wake up from their winter's rest.

It's time to begin making a seasonal shift in your home too. We have some excellent cosmic support for reorganizing and clearing things out for the next six weeks. I plan to take advantage of it. It's a good time to shake out the winter dust, reorganize a few key areas and prep for spring. I find that doing it in stages makes the process easier.

Mercury Retrograde ends March 10th and the Spring Equinox is March 19th. It's a good month to move forward.

For something fun, check out this compilation of homes and buildings with secret rooms hiding in plain site. Many are quite creative! Here's a link: <https://bit.ly/38Vdt4E>.

Enjoy March!

Peg

March Feng Shui Forecast:

March 9: Full Moon

March 10: Mercury Retrograde ends

March 19: Spring Equinox

March 24: New Moon in Aries ... Career Gua

February Recap: Focus on the Center and Health

Did you set intentions related to health and re-energize the Center of your house prior to February 23rd new moon? If so, check in with the March 9 full moon and observe the shifts that are taking place. Look for signs that what you've asked for, is beginning to take shape.

The signs might be very subtle at first. Perhaps you're feeling an increased sense of well-being, relief of symptoms or elimination of some ailments. Maybe a new idea, a different solution or a fresh approach to a long-standing problem came your way. Be aware that progress may emerge in ways that you don't anticipate. This is why it's

important to focus on the outcome rather than “fixing” a situation. When you place your attention on the end result, results may happen more quickly because sidesteps and detours are omitted.

If you didn’t get around to making any changes, do so during the first week of March. You can ride the wave of increasing energy and light. As you refresh the center of your home, set intentions related to balance, harmony and well-being. Your intentions 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

Your actions could be as simple as clearing a table, reducing paper piles, or omitting some clutter, and refreshing the space with a vase of fresh flowers. Your clearing activities don’t have to take a lot of time. The good feelings generated by even small shifts will permeate your entire home and life.

Here’s a link to review the February suggestions related to the Center of your home:
<https://fengshuiconnections.com/february-2020-feng-shui-forecast>

March 24 New Moon Focus: Career Gua

The March 24th new moon in Aries correlates with the Career gua, the front-center area of your home, every room in your home, your land and your office or work-space area.

New moons represent new beginnings. Prior to the March 24th new moon, it would be worthwhile to clear your Career gua of stagnant energy and give it a boost to revitalize it and ride the wave the fresh, activating Aries energy.

The Career gua relates to your work and profession as well as your passion in life. Another name for this area is “Life Path.” The March new moon is a good time to:

- Reflect on your choice of work.
- Focus on getting a new job, if you are less than satisfied.
- Make connections to advance your career.
- Promote yourself and your skills.
- Interview for a new position.
- Take a personal development or a career-related course.
- Be on the lookout for new opportunities.

The Career gua is represented by the Water element. Water creates flow. Establishing a wonderful flow of energy throughout the center-front of your spaces will support your initiatives and enhance your efforts.

If you're not happy with your job or career, give some thought to what you'd really like to do. What type of work or activities would inspire you and give more meaning to your life? Do you believe it's possible for you to be doing meaningful and inspiring work? If not, this is the place to start. You have to believe you can have what you want, in order for your intentions to manifest.

Perhaps you're doing work you enjoy, but you'd like to be earning more money. Set an intention this month for this to happen and then take inspired action to shift the energy in the right direction. You also might get some helpful tips in my e-book, *Money Is an Energy Game* <https://www.amazon.com/dp/B082Q6S344>.

If you're retired or don't want a career, this area is still important, as it relates to living a purpose-driven life. Keeping the center-front of your space in great shape will assist in keeping the flow of energy vibrant, providing you with ongoing inspiration. Motivation, independence, tranquility and endurance come to mind.

The Career Gua is Energized by Water

The Career gua is governed by the Water element. In the Five Element system, Water is strengthened by Metal energy and depleted by Wood, Fire and Earth energy.

Water energy is represented by:

- Water features and water itself
- Mirrors, windows, glass, reflective and shiny surfaces
- Black and very dark colors
- Free form, wavy and symmetrical shapes
- Pictures of lakes, rivers, harbors, ocean views

Metal energy is represented by:

- All metals: gold, silver, copper, brass, aluminum, iron, etc.
- White, gray and light, pastel colors
- Granite, marble, large rocks
- Circles, ovals and arch shapes
- Art with metal features

Each gua should have some representation of each of the Five Elements. In the Career gua, emphasize Water and Metal, while also having some aspects of Wood, Fire and Earth energy. If your space is predominantly the latter elements, shift the balance to create more flow by adding more items with Water and Metal energy. Changing the colors in your space will go a long way towards shifting the energy as well.

The Career Gua and Health Issues

Health-wise, the Career area relates to your kidneys, bladder, ears and blood. It influences reproduction as well. If you have issues with any of these matters, study your Career gua and make some adjustments to shift the flow of energy and/or bring it into a better balance.

Over the years I've had a few clients with hearing impairments who also did not enjoy their careers. It turns out that there's a link between your ears and your kidneys, thus it's not a surprise that they are part of the same gua. If you have a hearing impairment or your ears seem to block periodically, give some attention to the center- front of your house and every room in your house.

Another time, a client had just lost her job. It turned out that a closet in the center-front of her house was over-stuffed. I suggested that she begin by cleaning out the closet, removing items she no longer needed and organizing the rest. She did this and within weeks she had a job offer that was better than the one she left. She also got ahead of things due to a generous severance package.

The Career Gua and Your Front Door

The Career Gua is associated with the front door and foyer, if you have a center-front entrance. I recommend that you clear this area of clutter, too many coats, shoes, weather-gear, etc. Check your closets in this area. Clear them out and reorganize them. It's easy for items that you no longer use, to accumulate, particularly if you have extra space.

Also check the center-front areas in every room in your house and workspace. Patterns tend to repeat themselves. If Career, or a related health issue, is a concern for you, you might find a variety of blockages throughout your Career guas. It might be a cluttered closet in one area, discarded items in another, a leak or a plumbing problem or an electrical problem in other areas.

The Importance of the Fame Gua

Pay attention to the opposite gua as well. Fame is the gua opposite Career, in the center-back of your space. The Fame gua is related to Fire energy. Fire and Water keep each other in check. Think of Fame as how you are seen publicly, while Career is what you yearn to do privately. The two areas work hand in hand.

Looking for a New Job? Three Actions to Take this Month

- 1. Clean and adjust your Career Gua.**
- 2. Write a clear intention.**
- 3. Do a meditation on the March 24 new moon.**

If you are searching for a new job or Career, definitely clear your Career gua of extraneous items and re-fresh it.

Next, write a clear intention that states what you'd like to be doing, prior to or on the March 24 new moon. Put your intention in a red envelope, energize it with a blessing and then place it in your Career gua. Write your intention in the present tense, using positive words, just as if it's happening for you now. For example: "I am so happy to be

earning a generous income doing work that I love.” The more specific you are, the more targeted the direction of resulting energy will be.

Thirdly, do a meditation on March 24, visualizing your ideal job taking shape. Your meditation doesn't need to be long. It should be focused. A worthwhile technique for your meditation is to skip over the job-hunting process and give thanks, in advance, for your ideal job showing up quickly and easily. Giving thanks in advance is a technique that works. It bypasses your rational mind and all the ways something may or may not happen. When you get excited about *already having* what you want, the path to make it happen begins to unfold and seemingly magical things can appear. Give it a try!

The Spring Equinox and Feng Shui: A Season of New Beginnings

March 19, 2020 is the Spring Equinox. It's the day when we have a relatively equal amount of day and night throughout the world. It's also one of the two days when the Sun rises due east and sets due west. Following this day, the Earth's Northern Hemisphere will point toward the Sun, until the Fall Equinox, when it will begin to point away from it. The days will keep growing longer until the Summer Solstice, on Saturday, June 20th.

Spring is a season of new beginnings, birth and rebirth. The longer days bring more light and with it, celebration, inspiration, creativity, and action. Calendar sites, found throughout the world, are famous for marking the passage of the sun. In New England, America's Stonehenge in Salem, NH (<https://www.stonehengeusa.com/>) will host a public celebrate of the Equinox. There will also be celebrations at sacred sites around the world.

Spring and the Family Gua

From a feng shui perspective, Spring is associated with the Family gua. This is the left-center of your space, when divided into a grid of nine blocks, similar to a tic-tac-toe board. This area is also affiliated with the Thunder trigram, the liver and gall bladder, your feet, the color green, the East direction and the Eldest son. When out of balance, anger sets in, among other things.

The Thunder trigram is about breaking new ground. In the Spring, seeds and plants sprout from the ground after a long winter's rest. The trees also wake up and begin growing and flowering again. In ancient China and many cultures, the Eldest Son was the one who broke new ground and thundered through things, learning as he went along. He paved the way for others to follow.

The liver and gall bladder organ network is also associated with spring. This network is responsible for storing blood and modulating and distributing nourishment throughout your body. This is why it's recommended to do a spring cleanse to shed your body of winter accumulation and to rejuvenate yourself and your chi.

The Connection with your Ancestry

The Family gua, associated with your ancestry, is energetically connected to parents, grandparents, aunts and uncles, siblings and cousins. It's about your deep roots and where you came from, thus a connection to your feet. If you'd like to develop stronger family connections, working with your Family gua can help. Green is the color for this gua, and the element is Wood.

The Wood element (trees, flowers and plants) is about growth. Feng shui correlations are the colors green and blue, stripes and floral patterns, vertical columns and stripes, trees and plants. Placing these colors, shapes, items and patterns in your environment, strengthens the Wood element.

The Wood archetype is The Pioneer. Pioneers are hardy people who are driven by adventure, carve new paths and do many things for themselves. Fiercely independent, pioneers are drawn to exploration, to embark on new directions and to revolutionize.

Incorporate Feng Shui Fundamentals

A desire to strengthen family bonds, correct foot problems, strengthen your liver or gall bladder, and/or eliminate anger are all good reasons to attune to the Family gua in your house. Use the four fundamental principles of feng shui as a guide:

1. Live with what you love.
2. Make sure everything is comfortable and safe.
3. Put your heart and soul into your space.
4. Eliminate clutter and organize everything else.

Look to see what might be out of balance, or what might need to be fixed. Make sure that your electric, plumbing and windows are in good order. Eliminate all clutter and give everything a home, in other words, put things away. Then focus on creating a calm and comfortable environment, one you love and where you feel at ease. If you have family photos, only display them if they are flattering and were taken during happy times or occasions.

After you've made some adjustments, do a mediation and reflect on the way you'd like your family relationships to be. Visualize the final result, the end game. Don't worry about how you'll get there, leave that to the powers that be. Your job is to focus on the goal and then get out of your own way to allow it to happen.

Make this spring a wonderful time of new beginnings for you and your family.

[Check Out this *Healthy Home Design* Podcast Series!](#)

Kate Hamblet, a wellness architect and founder of Balanced Home, Balanced Life, in Henniker, NH, hosts a very informative podcast series, that you might enjoy. She provides ideas and solutions that you can easily incorporate into choices and decisions you regularly make about your home, as well as products that you purchase and items you bring into your environment. The podcast began in September 2019 and a new one is posted every Tuesday.

Kate shares eight healthy home elements in her September 17, 2019 podcast. There are many connections to the principles of feng shui. Listen to it here:

<https://podcasts.apple.com/us/podcast/healthy-home-design/id1480370497>

Here are the highlights:

1. **Air** ... Indoor air quality can be up to 5x more polluted compared to outdoor air, due to poor ventilation and off-gassing of chemical from products in your home. The toxins contribute to allergies, asthma and more. The good news is that you can eliminate many toxic sources from fabrics, furniture, cleaning products, and flooring through conscious product choice. Select toxin-free, natural products. One of the most important aspects is to place mats at your entrance to help remove toxins and debris on your shoes. Include a bench or chair at your entrance to encourage everyone to sit and take off their shoes.
2. **Water** ... Create healthy drinking and bathing water by adding a whole house filter or filters at each faucet. Contaminated water (with heavy metals, contaminants, and bacteria) leads to gastrointestinal issues, reproductive issues and neurological disorders. Test your water so that you know the contaminants and then review your options to eliminate them.
3. **Light** ... Begin with the light in your bedroom to help align your internal clock with your natural circadian rhythms. During the evening, dim, orangey light and then complete darkness will begin the production of melatonin, to help you sleep. If your bedroom has light creeping in from the outside or other sources during the night, install room darkening shades, remove as many electronics as possible and block the light coming from the remaining devices. In the morning, your body needs bright, white light, to stop the production of melatonin and to help you get energized for the day. It's best if your bedroom faces east.
4. **Comfort** ... Adequate temperature, low noise levels and neutral or pleasing scents contribute to overall comfort in a healthy home. In particular, it's important that your bedroom be quiet. If there are loud or disturbing sounds close to your bedroom, take steps to eliminate or decrease them.
5. **Nourishment** ... A well-functioning kitchen contributes to your ability to easily create healthy meals and snacks. Create a kitchen with a well-functioning layout.

It could be as simple as rearranging the items on your counters and in your cabinets so that they create a nice flow for you.

6. **Movement** ... You need to move your body throughout the day, yet our culture and habits have many people sitting still. Incorporate creative ways to get up and move around. In my house, I go up and down stairs regularly. I encourage my husband to do the same. Encourage movement in your home design. Kate says that one strategy to make the house playful by having places to stretch and move. Your challenge: create an active home that inspires you to easily move.
7. **Mind** ... Your home is your sanctuary. Create a home that eliminates stress and encourages you to relax (while also moving at regular intervals). Have a primary room, such as your living room, to help you wind down. Both feng shui and the healthy home movement encourage you to connect with nature. House plants and soothing colors are two strategies that contribute to a calm atmosphere.
8. **Safety** ... Two key aspects of feng shui are comfort and safety. Kate reports that accidents at home lead to about 21 million medical visits in the US each year. Common culprits are flooring, stairs, poor lighting, kitchens and bathrooms. Slipping in the bathroom is most common. Select slip resistant tile flooring. Slip resistant tiles have a “dynamic coefficient of friction” (DCOF) of .42 or higher. Look for this number on the box of tiles, before purchasing.

Creating and maintaining buildings that are good for you, good for your health, and good for our planet, also contribute to good feng shui. It’s a win-win. In the coming months I’ll join Kate for a podcast about feng shui elements that contribute to a healthy home. I’ll post a link when it’s ready. You can download a summary of the Eight Healthy Home Elements from Kate’s website at www.Balancedhomebalancedlife.com/elements.

A new episode airs every Tuesday.

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

Have you read the new e-book I co-authored with Madeline Gerwick? If so, thank you! Madeline and I would be honored if you go to amazon.com and place a review. This will help others who would like to know more about how this book can help them. <https://www.amazon.com/dp/B082Q6S344>.

Also, be sure to go to the book website, www.moneyisanenergygame.com, and tell us about at least three ways you’ve used the tools we present in the book, for a free gift.

Here’s a review that Maria Shaw, the French Quarter Medium, shared with us:

Love this book! It covers everything you need to know to get started on a path to prosperity. Eye opening with wonderful, insightful information I can put to use

immediately. These authors covered it all! I feel excited, armed and ready to attract money and prosperity now. Thank you for sharing your knowledge in this book. Everyone, rich or poor, just getting by or doing well, needs to read it.
Maria Shaw, New Orleans LA

Check out Maria's services at www.mariashaw.com. In particular, I find her newsletter very informative.

We're working on the print version of this book and expect to have copiers within the next few months.

If you haven't read this book, it's 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>.

Affirmation # 60

"I embrace the unknown and unexpected with joy and excitement."

March Special ... Save 20% on a Long-Distance Space Clearing

Spring is a time to clear out the stagnant energy of winter, in anticipation of the longer and warmer days ahead. A long-distance space clearing clears out subtle energy patterns embedded in your home or workspace, that you might not even realize that are there. A space clearing can eliminate accumulated negative thought patterns, emotional imbalances, residue from illness and death, curses and hexes, and much more. Learn more here: <https://fengshuiconnections.com/space-clearing-and-blessings/>

Take advantage of this month's special and receive \$75.00 off your long-distance space clearing. Pay \$300.00 instead of \$375.00 when you mention this newsletter.

Contact Peg to schedule at peg@fengshuiconnections.com to schedule.

Home Feng Shui Tip: Mirror, Mirror on the Wall

From a feng shui perspective, mirrors are like aspirin. They're a great solution for a variety of ailments! A unique aspect of mirrors is that you need to be able to see your entire head in the mirror. If your head is cut off, by either the mirror being too low or too high, the effect can be a lack of self-confidence.

I saw this first hand many years ago when I was working with a husband and wife. The man was much taller than this wife. The woman hung the mirrors so that she could see herself. The result was that her husband's head was cut off if he looked directly at the mirror. He had to stoop to see himself. This correlated with his low self-esteem and lack of confidence in his ability to do his job well. The solution? Hang the mirrors so that both people can see their full head. In some instances, this may also require a larger mirror.

Business Feng Shui Tip: Clear File Drawers

If you'd like to grow your business, be sure to create space to accommodate the growth. One way to do this is to create space in your file drawers. I do this regularly by removing files or papers that I no longer need and by also moving less active files to another area. The file drawers closest to me have room for growth. This sets the energy and sends the message that I'm ready for more.

I cleaned my file drawers at the beginning of the year, and I've been quite busy ever since! I was amazed at how easy it was to create more room by thinning out what I no longer needed, consolidating where I could, and removing inactive files. The process took less time than I anticipated and has had a big result.

FLFE Helps You to Optimize Your Brain, Effortlessly!

vimeo.com/358345171

Is brain fog a problem in your life or the lives of those that you love? If so, Focused Life Force Energy (FLFE) can help. Watch the video to learn more and then try it free for 15 days.

You can also give your environment a daily boost. Read this post to learn how:

<https://fengshuiconnections.com/give-your-home-or-phone-a-daily-environmental-boost>

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.

I've had FLFE in place for my home and phone for the past 18 months. Expanded levels of synchronicity, easier problem solving, more creative solutions, overall good health, and a general level of happiness and ease are a part of my daily life. I know that FLFE is contributing to my good fortune. I encourage you to check it out as well.



See the FLFE page on my website for more experiences.
<http://fengshuiconnections.com/focused-life-force-energy/>

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.

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