

April 2020 Newsletter

Hello,

What a difference a month makes! We're definitely undergoing a profound global transformation, that's also reflected in the planets. It's going to be bumpy for a bit. Flexibility of body, mind and spirit are required to thrive during these changing times. It took me a few weeks to settle my energy and get into a healthy and productive daily routine. I'm enjoying a schedule without as many obligations and having the time to delve deeper into topics that interest me.

Since extended home stays are underway, this is an opportune time to get your house in the best order you can. Feng shui teaches us that that your home reflects your inner self. To strengthen inner peace, create spaces that each person in your household can call their own. See the article in this newsletter for more suggestions and ideas.

The world is breaking down and rebuilding. We all need a reset, which we're getting. There are many reports that air pollution is in decline and the availability of clean water is increasing. Gaia/Mother Earth is shifting and returning to a more balanced state. We will emerge from this stronger than ever.

This is a time to redirect your attention and use your time wisely. Do what really matters to you. There are lots of resources at your fingertips to help you with self-healing, to explore topics of interest, activate a hobby, read, cook, chat with people over the phone or do video calls, get outside in nature ... as long as you are 6 feet apart from others.

It's also a great time to support your local businesses. Gift cards work well. They provide needed cash now and you'll enjoy the benefit in the coming months. Retail shops are also coming up with creative options. I noticed one shop that's offering concierge shopping via Zoom. An employee will walk you around the store via video while you select what you want. The items are then packaged for pickup or delivery. More creative options will continue to unfold.

Stay healthy!

Peg

Feng Shui Tips to Strengthen Health ... While the World is on Pause

If you're like many people, you're probably feeling unsettled as you adjust to the sudden changes that we're all going through. This is a time **to take exceptional care of yourself** and those close to you, first. As you do this, you'll be in a stronger position to assist

others. You might find that a daily schedule and limiting how long you watch or listen to the news will keep your mind off the outer chaos.

It's particularly important to eat a nutritious diet to keep your immune system strong. Doing so can help you ward off illness. Take care while you shop and be aware of everything you touch. Disposable gloves will help prevent direct exposure of tainted food and surfaces. When you arrive home, be sure to wash your hands well and wash your fruits and vegetables before eating.

Spending time indoors and being physically apart, does not mean that you have to socially isolate yourself. Find new ways of connecting. Chat on the phone, do a video call, send an ecard or email (to minimize physical mail). As the weather warms up, it'll be easier to spend time with people outdoors, while also maintaining a healthy physical distance.

Enhance Your Home

What's the condition of your home? Since you're most likely spending extended indoors, more things might be calling your attention. I recommend that you write them down and prioritize them. Do the things that you're able to now and address the other issues at a later date. Hold off bringing in maintenance people for now.

From a health perspective, **the center of your home, the front entrance and hallways are most important.** Keep these areas as clutter-free and as spacious as possible. The energy of the center permeates throughout your entire home. This is a time to spread good chi around. If the Center of your home is in good shape, hang a 50 mm round faceted crystal from a red string (cut to an increment of 9 inches, such as 9, 18, 36, etc.) in the Center of your home, to circulate good chi. Don't do this if the Center of your home is cluttered or chaotic, as that's what you'll spread around.

Your **front door** represents how chi comes to you. It also influences your respiratory system. Clear all obstructions from your front, side and back entrances. To the extent you can, make your main entrance inviting. Eliminate winter debris and enliven your entrance for the spring. Hang a windchime for a quick fix. It will help attract good chi to your door. As the weather warms up, plants and flowers will also do wonders. I recently brightened my front door with a forsythia wreath. I glued silk forsythia stems to a grapevine wreath. It was fast to make, and I smile every time I see it.

Hallways are another important area. They represent your respiratory system and how your chi flows through your body. Remove clutter and obstructions from your hallways. If your hallways are narrow, hang a mirror or a piece of art to provide depth and help them to appear wider.

Eliminate Clutter

One of the most important actions you can take now is to eliminate clutter. Clutter blocks chi. It obstructs forward movement. With extra time at home, thin your space of

things you no longer love or need. To develop a sense of accomplishment, start small and do the easy areas first. This will help you to gain momentum as well as a feeling of satisfaction. If you tackle the biggest problem area first, you're likely to get bogged down and then give up. Chances are high that you'll remain stuck.

Check for Plumbing Leaks

Do you have plumbing leaks? They also correlate with a drain on health and wealth. Repair the leak(s) if you can. Otherwise, add this to your maintenance list and make it a priority once you're able to get some help.

Get Exercise

Daily exercise is also very important at this time. If you can get outside and move around, even for brief periods, do so. I've been going for a 4 mile walk on the days the weather cooperates. This is helping to replace my gym routine. Inside, do some yoga, chi gong, tai chi, weight lifting, calisthenics, etc. You'll find many routines on the web. I'm sure you'll find one to your liking that also works in your space, if you look around.

Sound healing is also effective. Here's a link that does a great job of teaching **The Six Healing Sounds Meditation** <https://theconsciouslife.com/six-healing-sounds.htm>. If you are well, practice this for 27 consecutive days to help stay well. If you're sick, practice 9x daily for 27 consecutive days.

Here's are **nine ways to strengthen your chi and Improve your health**, while confined:

- Eat as healthy as you can. Vary color, texture and taste.
- Get some movement or exercise daily. Yoga, tai chi, chi gong are great indoors.
- Clear clutter. Do a bit every day. It adds up.
- Calm your mind. Meditate. Visualize a strong, healthy body and easy breathing.
- Chat with your family and friends.
- Read a good book. When you finish, read another.
- Watch a favorite movie that lifts your spirits or makes you laugh.
- Do puzzles ... jigsaw and crossword ... to exercise your mind.
- Do a creative project ... cooking, painting, knitting, felting, quilting and more.

Here are **nine ways you can strengthen the chi of your home**:

- Open a window to bring in fresh air. Be mindful of where it's coming from. Avoid contaminated sources.
- Clear clutter. This is essential, on many levels. Clutter blocks chi and holds you back.
- Spring clean. Wash windows, clean closets, vacuum corners, under beds, etc.
- Sweep and refresh your front entrance. Liven it up for spring.
- Hang a windchime at your entrance.
- Make sure that hallways are clear of all obstacles.
- Hang a round faceted crystal from the center of your home.
- Clean your stove, inside and out. Underneath as well.
- Play uplifting music. It raises the vibration.

Holistic Healing Tools and Products

One of my favorite resources for holistic healing and alternative energy tools, is The Way to Balance, in Amesbury, MA. Check it out online: <https://www.thewaytobalance.com/>. You can order online or by phone. Note that they phone is currently forwarded to staff members, so it may appear as if you've reached the wrong number. Leave a message and they'll call you back. They'll mail products to you. Recently I received the Rings of Oden formation to strengthen your immune system to avoid (or fight) COVID-19, a replenishment of healing oils and other items.

April Feng Shui Forecast:

April 7: Full Moon

April 22: New moon in Taurus ... Wealth Gua

March Recap: Focus on the Career Gua

The March 24th new moon correlated with the Career gua. This is an important area, particularly if you're going through changes with your job or at your workplace. You may find yourself suddenly out of work or fear upcoming shifts and changes.

If you set an intention and adjusted the front-center of your house, your office, or rooms in your house, tune in to the April 7th full moon to look for signs that what you asked for is beginning to unfold. If you didn't take action, and you want to, give these areas some attention prior to the April 7th full moon.

In addition to work, the Career gua relates to your passion in life. You may find that this is changing too. While spending time at home, perhaps you're discovering previously untapped or under-developed interests, as you have time to explore more things. You might find yourself listening to more music, playing an instrument, doing creative projects, reading, cooking, gardening, putting together puzzles, talking with more people over the telephone, and much more.

Review the March suggestions:

<https://fengshuiconnections.com/march-2020-feng-shui-forecast>

April 22 New Moon Focus: Wealth Gua

Recently we experienced a series of very powerful money cycles that peaked on March 27th and 28th. This energy, boosted by the March 24 new moon, made it easier for the Congressional financial package to quickly come together.

The April 22nd new moon in Taurus correlates with the Wealth gua. So, we'll have a continued focus on wealth, money, prosperity and blessings. This energy will peak with the May 7th full moon. If you're feeling a lot of angst about money or financial resources, for any reason, work with the back-left corner of your home, every room in your home,

your land and your office or work-space area. How synchronous that this coincides with the expected arrival of government checks for many Americans and unprecedented assistance for businesses large and small.

New moons represent new beginnings. Prior to the April 22nd new moon, it would be worthwhile to refresh the Wealth areas throughout your home. Clear the back-left corners of each space of clutter and winter dust. Do some deep vacuuming, high and low, wash windows, dust pictures, clean lampshades, etc. Revitalize your Wealth gua.

The Wealth gua is more than about money. It's really about the blessings in your life, which come in a variety of ways. Madeline Gerwick and I talk about this in our e-book, *Money Is an Energy Game* (<https://www.amazon.com/dp/B082Q6S344>). When you recognize the blessings in your life, more blessings and resources come your way. The Wealth gua pairs with Helpful People and Travel, which is diagonally opposite, in the front-right corner of all of your spaces, as you enter each area.

The Wealth Gua is Energized by Wood Energy

In the Five Element system, Wood is strengthened by Water energy and depleted by Fire, Earth and Metal energy.

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

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

Water energy help to create flow. It also brings reflective and philosophical qualities. Water 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

Place emphasis on a flow of Wood and Water energy in your Wealth areas. Minimize (but don't eliminate!) Fire, Earth and Metal energies.

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

Earth energy grounds and anchors 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.

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.

Each gua should have some representation of each of the Five Elements. In the Wealth gua, emphasize Wood and Water, while also having some aspects of Fire, Earth and Metal energy.

The Wealth Gua and Health Issues

Health-wise, the Wealth area relates to your hips, legs and big bones. If you have issues with any of these matters, such as hip replacement, adjust your Wealth gua so that it fully supports you. Make it comfortable without being cluttered. Include something that reminds you of the blessings in your life.

The Importance of the Helpful People and Travel Gua

Pay attention to the opposite gua as well. Helpful People and Travel (HP&T) is the gua opposite Wealth, in the front-right of your space. The HP&T gua is associated with Metal energy. Wood and Metal keep each other in check. The blessings of prosperity come to you via helpful people as well as the resources flowing from Helpful People and Travel. The two areas work hand in hand.

Write Your Intention

Write a clear intention about the blessings in your life prior to, or on, the April 22 new moon. Put your intention in a red envelope, energize it with a blessing and then place it in your Wealth 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 grateful that more than enough resources continue to flow to me for all of my needs and desires." The more specific you are, the more targeted the direction of resulting energy will be.

Do a meditation on April 22, visualizing multiple blessings coming to you. Skip over the logistics of how things will unfold. Assume they will and give thanks, in advance, for all of your needs easily being met. Giving thanks in advance is one of my favorite techniques. It works! It bypasses your thought process 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!

Health Affirmation from Hay House Publishing

Here's an affirmation that came to me from Hay House Publishing, that can help you navigate these times ...

Good health is my divine right. I am open and receptive to all the healing energies in the universe. I know that every cell in my body is intelligent and knows how to heal itself. My body is always working toward perfect health. I now release any and all impediments to my perfect healing. I learn about nutrition and feed my body only wholesome food. I watch my thinking and think only healthy thoughts. I love my body. I send love to each organ, bone, muscle and part of my body. I flood the cells of my body with love. I am grateful to my body for all the good health I have had in the past. I accept healing and good health here and now.

Hay House Publishing, March 12, 2020

Feng Shui and Healthy Home Design

Recently, I joined Kate Hamblet, a wellness architect and founder of Balanced Home, Balanced Life, on her Healthy Home Design podcast series. We discussed how feng shui relates to healthy home design.

Beginning with the basics, I emphasized four key principles of feng shui, which are to:

1. Live with what you love.
2. Make sure everything is safe and comfortable.
3. Be creative. (Use color. Put your heart and soul into your home.)
4. Organize everything; give everything a home. (Except clutter!)

Follow these principles and you'll be well on your way to creating a home that supports good health and good feng shui.

If you're building a new home or renovating the one you have, getting things right during the design stage can save you a lot of time and money later on, in addition to improving the quality of your life.

Your Front Door is Most Important

Your front entry provides a transition between your outer and inner world. When designing a front entry, include space to easily store coats and shoes. It's helpful to have enough room to sit down and remove your shoes when you enter and to change into outdoor shoes when you leave. Also create a focal point when you first enter your house. What is the first thing you'd enjoy seeing? What message do you want to reinforce for yourself, your family and your guests?

Outside, plan a curvy path to your front door to help slow the chi. Meandering chi will support a gentle flow of energy vs. a straight line which strengthens chi rushing to your front door. Beautiful landscaping will enhance the beauty of the front of your home and entrance as well.

Your Master Bedroom Supports Well-Being

After the front door, pay close attention to your master bedroom. Plan to place your bed in a supportive position. This is one where your bed is preferably located with a solid wall behind, open space in front and facing the door, but not directly in front of the door. Avoid views of the bathroom if you can, as well as plumbing (particularly a toilet) on the wall behind your headboard. It's also healthier to place electric outlets beside your bed, vs. behind your bed.

Kitchens Are A Place to Nourish Your Health and Wellness

The kitchen comes next. It's most important to support the cook. A stove facing out, into the room places the cook in a power position. Similar to your bed, this is one where you can see what's going on, you face a large part of the room, and you have support of a solid wall behind you. Avoid placing a stove on a wall with a bed on the other side. Designing your kitchen, you can plan on adequate storage. It's recommended that you store your knives safely in a drawer vs. in a knife block on the counter. This helps to avoid argumentative chi. Another important aspect is to balance the fire and water energy in your kitchen. This is nicely done with the Wood element.

Create Personal Space

After the kitchen, incorporate a space for each person to call their own. This is very important. This could be space in a home office, a favorite chair, a child's play area, a study area, a meditation space, a craft or creative area and more. Consider everyone's interests and hobbies. Planning ahead can save time and energy later on.

Specify Your Intentions

Also, align your intentions with the bagua. Think about why you're designing or renovating your space and where you're headed with your life. Identify your top three life intentions and note where they are within the feng shui bagua. Remember that:

Wealth is the back-left corner

Marriage and partnership is the back-right area.

Career is the center front.

Click here to see the feng shui bagua. <https://fengshuiconnections.com/faqs/> Scroll down the page to see how life issues relate to your layout.

There's much more to consider when it comes to designing a house and getting the feng shui details right. This is just a start.

Listen to Kate Hamblet's Healthy Home Design Podcast Series:

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

A new episode airs every Tuesday.

Money Is an Energy Game ... Two Exciting Announcements, a Request and a Book Update!

I have two exciting announcements about my e-book with Madleine Gerwick, *Money Is an Energy Game*:

1. We're in the process of having it printed and
2. We've submitted the e-book for a Coalition of Visionary Resources (COVR) Award.

Are you willing to help us out? You win by **saving 20%** when you purchase a print copy by May 8, during our print book pre-sale. And, Madeline and I might win if you vote for *Money Is an Energy Game* under the e-book category of the COVR Awards by April 21st.

Given the financial shakeup that impacts everyone, this book is very timely. We include more than 100 tools and techniques you can use to attract money and prosperity to yourself. You'll learn ways to calm your energy and you'll have access to a FREE Emotional Freedom and Healing release to help you let go of money blocks and change your patterns.

Please go to www.moneyisanenergygame to **pre-purchase a print copy** of the book and/or to **vote for Money Is an Energy Game under the COVR Award e-book category**. We expect to be shipping print copies by mid- June.

Praise for Money Is an Energy Game

Here's praise we've received for the book from three prominent people:

"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, Intuitive Astrologer, Author and Horoscope Columnist

“This powerful, inspiring book shows you how to unlock your hidden powers to achieve financial success – no matter where you are today, or where you are coming from.”
Brian Tracy, Author – *The 21 Success Secrets of Self-Made Millionaires*

Money Is an Energy Game is Brilliant! Loaded with current wisdom, updated scientific proof, and step-by-step instructions, this book is a vast resource of new ideas and well-respected ideas from many authors. Using just one of the hundreds of tools and tips contained within this gold mine would cover the cost of the book, give you peace of mind, and with practice, security in working with money. Even the title suggests the wisdom behind the joy in playing this game.

Get this book now. There is nothing like it anywhere. It could easily be called an encyclopedia so thorough is Gerwick & Donahue’s treatment of this subject.
Maureen St. Germain, *The Practical Mystic* and *author of Waking Up in 5D*

Go to www.moneyisanenergygame.com for details.

Kindle Book Update

The initial Kindle version had some formatting errors. A new version has been updated, which you can download to your Kindle app.

To update the book, go to the "Manage Your Kindle" item on the Amazon menu.

Click on "Update Available" next to the book title.

Next, click on "Update this title now" link.

The downside of updating the book is that any highlights or notes you made won't be saved.

Price Change Effective May 9th.

If you've been thinking of purchasing the book and have been holding off, purchase your copy before the prices increase. Effective May 9th, the \$9.99 Kindle Introductory price will increase to \$15.99 and the print book price will be \$24.99, instead of the \$19.95 pre-print sales price.

Would You Place a Book Review on Amazon?

Also, we'd honored if you've read the book, enjoyed it, and would be willing to **place a review and some comments on Amazon.com**. This will help other people who might be interested. Go to: <https://www.amazon.com/dp/B082Q6S344> and scroll to the bottom of the page to leave your review. Thank you! We really appreciate it.

Affirmation # 353

“I am grateful for the abundance of resources that flow to me so easily.”

Use the Emotional Freedom & Healing Technique to Release Fear

The Corona virus is stirring fear on many levels ... about the virus itself, you or family members being ill, loss of income or savings, fears around safety and security, fear about what the country and the world is going through, fear of the unknown and much more. The Emotional Freedom & Healing (EF&H) process is a very effective way to release those fears. It's a combination of acupressure tapping, a series of declarative release statements, deep breathing and positive affirmations.

Peg has a series of Emotional Freedom & Healing recordings at <https://www.polarisbusinessguides.com/store-132/category/45-eft-audio>

These recordings help you to release:

- Ancestral Patterns
- Anger
- Anxiety
- Deception
- Safety and Security
- Blocks to Prosperity

They are available as a downloadable MP3 file (\$25.00) or on CD (\$35.00). I encourage you to check them out if you're finding any of these issues are holding you back.

Here are two testimonials from recent clients:

“Thank you again for your simply amazing guided emotional release with acupressure - this is a transformative breakthrough on truly helping domestic abuse survivors and people trying to overcome PTSD, severe emotional trauma and other life challenges so we can all heal beautifully 🙏🏠😊”
Anonymous, USA

“Your work with me and on me, has resulted in the best month of sales I've ever had in February. It worked. Now I am reading your book "Money is an Energy Game" and it all makes sense. I've written my own Prosperity contract and I am working on my way to building a phenomenal company. Regardless of what is looming ahead of us. I know I can do it. Thank you so much. You have changed the way I've been looking at things, and you are going to play a part in how I make things different for women in society. It will take a decade, but it will happen.”
LC, USA

Peg is also available for a custom release. Custom releases can cover multiple issues. They are recorded so that you can repeat the session at any time. Contact Peg Donahue at peg@fengshuiconnections.com if you'd like to schedule a custom release (normally \$180.00; \$144.00 for the month of April when you mention the newsletter).

April Special ... Save 20% on Emotional Freedom & Healing Releases

If you're feeling out of sorts emotionally and having trouble settling down, a customized Emotional Freedom & Healing (EF&H) release may help you. EF&H is a very gentle, yet effective, acupressure process that releases blocks at the cellular level.

EF&H involves a combination of tapping acupressure points, repeating affirmations and breathing deeply to release fears and limiting beliefs. Once the limiting belief or emotion surfaces and you release it, it is gone forever. If the patterns have been building for years or even lifetimes, you may have layer upon layer that needs to be released. You can do these sessions for any issue and as many times as is comfortable for you.

Take advantage of this month's special and receive 20% off a customized EF&H Release. Pay \$144.00 instead of \$180.00 when you mention this newsletter.

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

Home and Business Feng Shui Tip: Clear Pathways, Clear Breathing!

The Corona virus is affecting people's respiratory system. The hallways in your home and business represent your respiratory system. To help strengthen your respiratory system, check your hallways and pathways. Remove all obstructions or at least open up the areas if they're crowded. If your hallways are narrow, one or more mirrors or pictures with depth will help them to appear wider.

You might also repeat a positive affirmation about your ability to breathe easily: *I am grateful for my deep and easy breathing every day. I am healthy. My body is strong, and my lungs are clear.*

FLFE Boosts Your Immune System and Helps Resolve Problems!

I'm so glad that I have a subscription to Focused Life Force Energy (FLFE) for both my home and my mobile phone at this time. FLFE is a service that raises the consciousness of your environment. It's a boost to my environment and everywhere I go that I'm finding particularly helpful.

A few days ago, I turned on the FLFE 30-minute boost program for my house and then proceeded to call my health insurance company. They did not pay for some services that my doctor though should have been covered. The insurance company indicated that the services were experimental, when they weren't. I was thrilled with the service I received and the outcome of the call.

The phone was answered within a few rings. I explained the situation and the customer service representative agreed with me. She worked her way through the system on her end until she hit a snag. She needed to contact a colleague because this was an out of state case. Within minutes she got her colleague on the phone and stayed on the phone with us while her colleague resolved the situation. Within minutes they told me it was all set and that I would be receiving an approximately \$150.00 refund. The process was so smooth and easy! I was deeply appreciative. I really think that FLFE helped.

The **FLFE Immune System Optimization program** is one that is particularly helpful given our current situation with the pandemic. It's one of many programs that FLFE includes with the Home and Mobile Phone/Personal Object subscriptions. Learn about FLFE programs <https://bit.ly/2UFkXTr>. After clicking, scroll down the page, the descriptions are extensive.

If you're a FLFE subscriber, do you know how to turn on the **daily boost**? Read this post to learn how:

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

I've had FLFE in place for my home and phone for over 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 health and 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.