

## May 2020 Newsletter

Hello,

What a month. I heard a funny thing about 2020 as I was writing this. A friend mentioned that 2020 was a special year. February had 29 days, March seemed like it had 300 and April felt like five years! We've certainly experienced accelerated change in a noticeably short period.

Prayers and blessings to everyone on the front lines ... doctors, nurses, and all healthcare workers, as well as those doing food prep and cleaning in hospitals and healthcare centers, public service employees, postal workers, grocery store stockers and cashiers, restaurant cooks and staff, warehouse employees. Those in the military, particularly the National Guard, are hard at work too. It's amazing what continues when the world pauses.

If you're home, this is a time to pause, reimagine your life, reinvent yourself, discover more of what's important and reflect on your values. As the busyness stops, some people are finding angst setting in. This is normal. If this is you, give yourself permission to just be with yourself, permission to reflect and notice more about the world around you. This month's focus on the Knowledge and Self-Discovery gua is very timely.

Stay safe and safe healthy. We're bound to emerge from this period as a kinder, more conscious, generous and more loving society.

Peg

### May Feng Shui Forecast:

**May 7: Full Moon**

**May 10: Mother's Day**

**May 13: Venus Retrograde through June 25**

**May 22: New moon in Gemini ... Knowledge Gua**

### April Recap: Focus on the Wealth Gua

The April 22<sup>nd</sup> new moon correlated with the Wealth gua. Did you activate the Wealth corner in your house or any room in your house? This area is about much more than money. It relates to fortunate blessings. Blessings come to you more easily when you're clear about what you want, you release blockages and self-sabotage patterns, you believe your intentions will manifest and you get out of your own way, allowing the Universe to deliver to you.

Prior to April 22, I cleared winter items and refreshed some plants. My husband and I also removed excess items from our porch, in anticipation of warmer days ahead. He also came up with a great idea to relocate a piece of furniture that was oversized for its area (a block). As a result, we created more open space in our Wealth gua, and he updated the Knowledge corner in his office. This is amazing because the Wealth gua was last month's focus and the Knowledge gua is this month's emphasis. I love it when that happens.

The May 7 full moon correlates with many people receiving stimulus checks, larger unemployment checks, government loans that may not need to be paid back and many grants. It's amazing to see so much money materialize, worldwide, as governments scramble to help people and businesses in this unprecedented time. It feels like money is falling from the sky! It's also heartwarming to see many people, businesses and organizations working together to distribute food and other resources to those in need.

If you set an intention and adjusted the back-left of your house, your office, or rooms in your house, tune in to the May 7<sup>th</sup> full moon to look for signs that what you asked for is beginning to unfold. If you didn't get around to taking any action, give these areas some attention prior to the May 7<sup>th</sup> full moon.

Review the April suggestions for your Wealth gua here:  
<https://fengshuiconnections.com/april-2020-newsletter/>

## **May 22 New Moon Focus: Knowledge Gua**

The May 22<sup>nd</sup> new moon in Gemini correlates with the **Knowledge and Self-Development** gua. This is the **front-left corner** of your house, every room in your house, your land and your business, office or workspace. New moons represent new beginnings. Prior to the May 22<sup>nd</sup> new moon, place your focus on the Knowledge and Self-Development areas. This is a month to develop yourself from the inside out.

This area is about knowing yourself at a deep level. It's about being comfortable with yourself and really loving who you are. As we self-quarantine and spend more time at home, a lot of prior busy-ness and obligations have fallen away or are being modified. This can be unsettling for some people, particularly if you had a full schedule working with or taking care of others, but not yourself.

I recommend that you walk around and take a deep look at your house. Notice what's there and how each space appeals to you. Assess the quality of energy. Does it feel alive and vibrant? If not, what steps can you take to activate it? An effective technique is to take some pictures of each area and then study them. Things often show up in photos that you may not notice by just looking at a space.

From a health perspective, the Knowledge area relates to your shoulders, back and hands. If you've been carrying a lot of responsibility, this may show up as shoulder troubles, back aches and pains, and/or problems with your hands.

The Knowledge area goes hand-in-hand with the Relationship gua in the opposite corner, the back-right. You have to know yourself well, on a deep level, in order to be in effective relationships or partnerships (such as marriage) with others. If you're blind to your patterns, these could present themselves as stumbling blocks in relationships. Patterns tend to show up multiple times and ways. They repeat themselves, until the blockage is released, or the problem is corrected. Be on the lookout for this.

### **The Knowledge and Relationship Guas are Energized by Earth Energy**

In the Five Element system, Earth is strengthened by Fire energy and depleted by Metal, Water and Wood energy. Thus, Earth and Fire Energy give more strength and power to both the Knowledge and Relationship guas. Add items with these elemental qualities if your space needs a boost. Metal, Water and Wood energy can be used to balance these areas if they are too Fiery or Earthy or to help you smooth things out.

**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.

**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

**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** 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

**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

Place emphasis on stabilizing the energy in your Knowledge and Relationship areas. Minimize (but don't eliminate!) Metal, Water and Wood energies.

### **Eight Tips to Enhance Your Knowledge Gua**

- Add a mountain picture, sculpture or image.
- Include the colors slate blue or yellow.
- Create a meditation corner or a space for reflection.
- Incorporate some square or triangular shapes.
- Pottery, earthenware and shells work well here.
- Low, heavy, comfortable furniture adds to a cozy feeling.
- Lights and candles will brighten the space up.
- Outside, this is a great place for a meditation garden or statues.

Each gua should be a smooth blend of each of the Five Elements, allowing energy to flow easily and the space to feel natural and comfortable.

### **Write Your Intention**

Write a clear intention about self-awareness prior to, or on, the May 22 new moon. Put your intention in a red envelope, energize it with a blessing and then place it in your Knowledge 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 to be guided by my intuition. It serves me well and leads me to the right actions, people and resources in ways that strengthen my life." The more specific you are, the more targeted the direction of resulting energy will be.

### **Meditate on the Day of the Full Moon**

Do a mediation on May 22, visualizing multiple blessings coming your way. This helps to seed your intention, to plant it. It will take root over the following two weeks. 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!

### **Mother's Day and the Relationship Gua**

Mother's Day is Sunday, May 10<sup>th</sup>. One aspect of the Relationship gua that sometimes get buried, is that it correlates with the Mother trigram in the I Ching, which is the basis for the feng shui bagua.

Unfinished business with your mother, your mother-in-law or any mother in your life can manifest in relationship upsets and problems. Recognizing the patterns and releasing the blockages can help set you on a more positive path. The blockages might be physical blockages in your space due to clutter, problems with plumbing or electric, oversized furniture, furniture that came from unhappy circumstances, photos, symbols in art, and many other ways. The blockages might also be energetic, at the cellular level. If this is the case, adjusting the feng shui in your space and then doing release work via an energy clearing or a tapping session can make a big difference.

If your relationship with Mom is (or was) great, celebrate it. Honor your mom and all the moms in your life on Mother's Day.

### **Pay Attention to Love and Money: Venus Retrograde May 13 - June 25**

The planet Venus influences love and money. It goes retrograde on May 13, through June 25. This is a time to reassess and rethink personal and business relationships. Store shelves might feel more bare, money might feel like it's drying up, relationships might be questioned, you might feel disappointed, expectations may fall short, etc. Remember that this is all energy. Avoid selling yourself (and therefore, your energy) short. It will drain you. Notice what's happening without getting pulled too deeply into the negative aspects. Reflect on your inner self (Knowledge gua) and be sure to properly value yourself and your contributions. Develop yourself from the inside out. This is another reason to work with your Self-Knowledge and Relationship guas this month.

### **A Time to Focus on YOU!**

More and more hidden benefits are beginning to emerge from our extended home sequesters. In my home, my husband and I are identifying small changes that make a big difference. In our main bathroom, we replaced a mirror over the sink with a mirrored cabinet. This is providing nice storage, while keeping the counter clear.

As the weather warms up, we'll spend more time on our screened porch. We moved a dining table to storage and now have more space for seating. Even though we loved having dinner in this area, it was a bit crowded. This summer, in particular, most gatherings might be in larger outdoor areas, so we really won't miss it.

At our kitchen door we made accommodations to store our new supply of disposable masks, gloves, sanitary wipes and disinfectants. We freed up space in our shoe box and are dedicating half of it to our new supplies. The box has a lid, so we're able to keep everything neatly stored and out of sight.

I'm finding that we're consciously using up more items in our kitchen cabinets ... such as teas, crackers, beans and legumes, extra salt and pepper containers, etc. We're consciously bringing things to completion. It's happening with laundry, cleaning products and bath items as well. Going forward, we'll have fewer brands and fewer items open. This is helping to create more open space too.

We're also coming up with ideas to paint a few spaces to refresh them. We may or may not paint in the coming months. It'll depend on the weather and how much time we're able to spend on the lake ... which we love. We're fortunate to live where we do. The pandemic is not impinging on our lifestyle very much. We have access to healthy and delicious food, much of it from local farms, and we see many people while out walking. Soon, we'll connect with more and more friends on the lake ... while staying physically distant. We also had our bikes tuned up. They are now ready for riding!

What are you noticing as you spend more time at home? Do you like your space? Are you getting ideas for shifts and changes? If you have clutter or too many things in an area, are you reducing or eliminating the excess? Remember the principle to give everything a home. Rather than keep things in plain sight, do as much as you can to put things away and to create more open space visually. If you don't use some items or don't love other items, reassess what you have. Only store things that you use or that you love. As my husband and I make more changes in our home and offices, additional ideas are coming to the surface. This is how things happen.

As you work with your physical space, notice how you're changing from the inside out. Feng shui teaches us that your outer environment reflects your inner self ... it acts as a mirror of sorts. Look for ways that this is manifesting in your life. Perhaps you're more aware of people who need help or ways that you can contribute to your family or community. Maybe disagreements with others are less of an issue. In my life, we're contributing to more organizations that are providing vital services in our area. The NH Food Bank is one of our favorites. Another is the Community Loan Fund.

The pandemic is providing a unique opportunity to look at who you are and what's important in your life. May we all emerge from this cycle as better people and join together to form a more humanitarian, generous and caring world.

## ***Money Is an Energy Game ... Introductory Pricing Ends May 9<sup>th</sup>***

*Money Is an Energy Game*, my book with Madeline Gerwick, is in the process of being printed. We expect print copies to ship in late June.

**Introductory pricing is available through May 9<sup>th</sup>.** You'll save 20% by pre-purchasing a print copy and 30% when you get the Kindle version. Regular pricing goes into effect on May 10<sup>th</sup>. Go to [www.moneyisanenergygame.com](http://www.moneyisanenergygame.com), if you're interested.

The e-version of our book is nominated for a **Coalition of Visionary Resources (COVR) Award!** Voting is underway until May 16<sup>th</sup>. We'd be honored if you **vote for the Kindle version of *Money Is an Energy Game***. To vote, go to <https://www.surveymonkey.com/r/S95WNL9>. While you're there, check out the other books and products too. There's quite a few!

Have you been paying attention to the **Energy Inventory program** Madeline and I have been writing about each week? This is an easy program to do during our home quarantine periods. All you have to do is use the worksheets to track patterns related to one topic each week. We have two more to go. We present the complete program in Chapters 11 -16 of the book. There's one chapter on each of the topics: Sleep, Food, Exercise, Feelings, Thoughts and Spirituality. Save the emails and links or print the worksheets to refer to them at any time.

Recently, I was interviewed by Stephanie Moore, author of the **Blissful Blue Jays Blog**. Read the interview here: <https://bit.ly/2YbvNhh>.

Here's what Maureen St. Germain has to say about the book:  
*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*

Maureen's Golden Bowl Meditation and Madeline Gerwick's Good Timing Calendar are also nominated for COVR Awards. Check them out.

### **We'd love Book Reviews on Amazon!**

If you've read *Money Is an Energy Game*, enjoyed it, we'd be honored if you **place a review and some comments on Amazon.com**. This will give our book more visibility and 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 # 250

“Today I am showered with prosperity in abundant and delightful ways.”

## Home Renovations ... Choosing Healthy Paint

Kate Hamblett, a healthy home architect and hostess of the Healthy Home Design podcast, has a wonderful podcast about how to choose the best paint for your home renovation projects. This post is very timely. As we spend more and more time indoors, an increase in home renovation projects is underway.

When choosing the best paint for your project, choose paint with the least toxins and preferably, **zero** VOCs (volatile organic compounds). VOCs give paint its smell. VOCs are not good for your body or for the environment. It's not healthy to breathe these in and it's best to omit as much off-gassing as possible altogether.

Did you know that color increases the level of VOCs and that darker colors have higher levels of VOCs? Anti-fungal and anti-microbial agents also increase the level of chemicals in paint. Triclosan is one of the chemicals that's added. Triclosan is not good for you. It's been banned from soap but not from paint. Learn more about Triclosan from the Mayo clinic here: <https://mayoclinic.in/3f2Muak>. Also, stay away from paint with formaldehyde releasing preservatives. These preservatives linger for years and cause a lot of harm to your health.

Look for paint with a Green Seal 11 certification (GS11). This certification ensures that the paint goes on well, that you get good coverage, and that the paint performs well over its lifetime. **Benjamin Moore's Natura line** is a GS 11 paint. **Ecos** paint and the Ecos Lullaby paint line do not have a green seal. However, Ecos is a reputable brand with a low level of toxins. **AFM Safecoat** is another brand to consider that is health conscious.

Listen to Kate's podcast here: <https://www.balancedhomebalancedlife.com/020/> and make the best choice you can with your next painting project. The session runs about 20 minutes. It's well worth your time.

## May Special ... Coaching Special, Save 35%

Spending more time at home is providing people a lot of opportunity for self-introspection, a focus on values and the things that are most important, and in



some cases, moving in new and exciting directions.

This month Peg is offering a package of four 45-minute coaching sessions for \$350.00. This is a savings of over 35%. You may use the sessions any way that serves you best ... for clarifying goals and intentions, identifying and removing self-sabotaging patterns and obstacles, eliminating negative patterns, changing your stories, applying feng shui, identifying strategies, establishing an action plan, being accountable to yourself.

Contact Peg to schedule at [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com) to schedule.

## Home and Business Feng Shui Tip: Create Space for Self-Discovery

The front left corner of your home, yard, business, office or work space relates to Knowledge and Self-Discovery. In your home, this is an excellent area for a books, a library, a meditation room or a space for self-reflection, or a meditation garden. In business or an office, this is an excellent area for a library or research area, information, training and reference materials, It's also a great location for a meditation or reflection room. Providing the time and space for self-reflection and self-discovery helps each person to develop to their full capacity.

## Optimize the Health of Your Home via Focused Life Force Energy

With most people spending almost all of their time at home these days, the quality of chi in your home is more important than ever. Your home has the ability to support you and your health or do the opposite and stop you in your tracks. This is an optimal time to raise the vitality of your home to fully support you and everyone in your space.

Focused Life Force Energy (FLFE) activates a high consciousness field for each property. As a result, EMFs are harmonized, geopathic stress is neutralized, negative energy dissipates, and more life force energy is available to you. Sending more positive energy to your body, helps to strengthen your immune system. What better time to effortlessly get some added support than during this global pandemic?

[vimeo.com/358344829](https://vimeo.com/358344829)

### Give Your Home a Daily Boost of Consciousness

I encourage you to learn about the various ways FLFE adds value as a result of raising the consciousness in your environment. In particular, I like the half hour **daily boost**. Read this post to learn how:

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

I activate the daily boost when I want to empower a situation or have a particularly good outcome.

Last month I turned on the FLFE boost before I placed a customer service call about our cordless vacuum. It turned out that our vacuum needed a new battery. When they told me the price, I asked if that was the best they could do. The customer service person then offered me a lower price. I counter-offered with an even lower price and then we settled for something in between. I ended up receiving a 38% discount after a 20% discount was initially offered. This was a fun addition to my day! I think that FLFE helped.

### **Learn About the Value of FLFE Programs**

The **FLFE Immune System Optimization program** is one that is particularly helpful given our current situation with the pandemic. The **Brain Optimization** program is another benefit. Many people don't realize the impact of EMFs on your health and well-being. As you spend more time at home, your body might be exposed to higher and denser levels of EMFs, depending on your devices (particularly wireless) and their proximity to where you and family members spend a lot of time. These are examples of the 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.

### **Get a 15-day FREE-Trial**

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. Click this link <https://bit.ly/3bDhbRK> to try FLFE for free for 15 days.



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.*