

July 2020 Newsletter

Hello,

How are you doing? Are you adjusting well to spending more time at home or in your community? I'm truly fortunate to be living in NH's Mt. Washington Valley. My husband and I have completed several small home projects, our summer gardens are bursting with blooms, and we're surrounded by an abundance of natural resources. Periodic drives around the lakes and through the mountains reinforce why we live here. We love it!

Don't be surprised if the chaos of the past few months extends to mid-July. We're in an unusual cycle of astrological patterns and Mercury is also retrograde through July 12. After that, it will take a few days to get things moving again. The energies are better in the second of July, August, and September.

This month, the feng shui focus on family continues. It's here for a reason. There is more work to do. It's wonderful month to spend time outdoors with family and friends ... socially distanced, of course. We're slowly expanding our "bubble," ... the group of people with whom we spend the most time. As the months unfold, we'll let more and more people in. So far, so good. We've all been healthy.

One of our usual events have been our Friday evening pizza outings to White Gates Farm in Tamworth, NH (hot link <https://whitegates-farm.com/farm-tours-dinners/wood-fired-pizza/>). They have a great Covid plan in place. You order and pay online. When you arrive, you pick up a slip and take it to the prep station. Meanwhile, you can select an open picnic table or sit socially distanced, in your own chairs. Your pizza is prepped, cooked, and delivered to you. You get to sit, relax, as take in the awesome view, as you enjoy delicious pizza and listen to live music. It's a wonderful socially distant event.

We're all figuring out how to do some of favorite activities while adjusting to the times. Respecting the guidelines, being flexibility and developing creative approaches are keys to success right now.

Enjoy July!

Peg

July Feng Shui Forecast:

July 4: Full Moon and Lunar Eclipse

July 12: Mercury Retrograde Ends

July 20: New moon in Cancer

June Recap: Focus on your Family Gua

The new moons for both June and July are in Cancer. The June 21st new moon and solar eclipse was at 0 degrees Cancer and the July 20th new moon is at 28 degrees Cancer. Thus, you have an additional month to focus on your family, your ancestors and working with your Family gua!

If you did some work with your Family gua and set your intentions on June 21st, tune in to the full moon and lunar eclipse on July 4th. Look for signs that your intentions have taken root and that shifts are underway. The full moon is when things come to light. Look and reflect on what you notice.

Click here if you'd like to review the June recommendations:
<https://fengshuiconnections.com/june-2020-feng-shui-forecast>

July 20 New Moon Focus: Continue with Family Gua

The focus on Family continues through the month of July. Make some additional adjustments to your Family guas and look to the August 3 full moon on to see the ways things are shaping up.

The Family gua is the **left-center** of your home, every room in your home, your land, and your workspace. The energy of this area relates to your deep family roots. It's about blood ties to your parents and grandparents, aunts and uncles, siblings, and cousins.

If you've worked with the left-center area of your house and/or your yard, this is a good month to catch up with the Family area in every room of your house. Over the years I've found that the patterns repeat themselves. A blockage in one area or one aspect of your life is often replicated in different ways, in multiple areas of your space.

For instance, your Family gua may have clutter. You clear it out, set your intention, do a meditation, and then wait to see what shifts. Meanwhile, The Family sector in different rooms might have a leak, a broken pipe, an electrical problem, broken or dirty windows, a less than flattering photo, art with a message that conflicts with your goals. The spaces might also be too crowded, not comfortable, have colors or décor that no longer pleases you, and much more. Making a change in one area initiates a shift in the energy related to that area. Making multiple changes helps to move things along more quickly.

Since you have another month to focus on your Family gua, I encourage you to walk around and study the left-center areas of all of or spaces. Observe how they feel and how they make you feel. If they don't bring you joy, reflect on what you can do. Given what you have, how can you adjust the spaces to make them more pleasing? I often find that people have the right things in their homes, but there may be more effective ways of placing things to support your intentions.

When you make changes with your goals in mind, you're bringing more focus and more energy to the situation. When you do this, it's important to set your intentions and goals from a positive perspective and to state them in the present tense. Act just as if they are happening now. For example, an affirmation such as: "I'm so glad that my family is healthy and happy," will strengthen these energies, even if this is not your current experience.

The Family Gua and your Health

From a health perspective, the Family gua is linked to your liver and gall bladder organ network, as well as your feet. If you'd like to strengthen or improve these areas of your health, working with your Family gua as well as the Family area in each room of your house (workspace and yard, too), can help.

The Liver Network is linked to Wood energy, which is represented in nature by trees, flowers, and plants. Your feet also root you to the earth. Families are traced through family trees and the Tree of Life is a symbol that represents personal development, as well as knowledge, wisdom, and experience as you move through life.

Wood energy is nurtured by Water and consumed by Fire. Earth and Metal assist to keep Wood under control. Earth covers the roots of trees, allowing for more growth. Metal axes are used to chop Wood when a tree needs to be trimmed or removed, or there is excess. Tree images are wonderful symbolism for the Family gua. If you'd like to strengthen family ties, hang a beautiful picture of a tree, plants, or flowers, and set your intention.

Pictures of feet could be another great representation for your family and family ties. My daughter has always loved taking pictures of feet. They are quite interesting and provide deep symbolism. The sky is really the limit when it comes to your imagination and the various ways you can reinforce your intentions throughout your house. Use your imagination and also make sure that you really like everything you all around you. If you don't like something and place it anyway, because you think you should, it's counterproductive. It drags your energy down. Instead, surround yourself with furnishings and décor that uplift you and your family.

Click here to review last month's tips for the Family gua
<https://fengshuiconnections.com/june-2020-feng-shui-forecast>.

For optimal results, clean and energize your Family gua and the Family area of each room prior to the July 20 new moon. Then, set your intention and strengthen it by doing a meditation on the day of the new moon.

Write Your Intention

Write down your wishes related to family bonds, relationships, or matters. Use present tense, positive words, just as if it is happening now. For example: "I am so grateful that my family is reconnecting during this challenging time and that our relationships are growing stronger than ever." Place your intention in a red envelope, reinforce it with a prayer or blessing and place it in your Family gua. The more specific you are, the easier it is to get results.

Reinforce Your Intention with a New Moon Meditation

Do a meditation on July 20, the day of the new moon, to help your intentions take shape. Think of this as planting a seed. When you specify your intentions and then bring attention to them via a meditation, you're planting the seeds of change, helping them to further develop or strengthen the situation at hand. Believe in your intentions, get excited about them, and visualize the results unfolding in your life. After this, go about your daily activities and check back in two weeks with the August 3rd full moon.

July 4 Lunar Eclipse

The July 4th penumbral eclipse is the third eclipse over the past month. Eclipses come in pairs (and sometimes in threes) and occur six months apart. We'll be able to see it in most of North and South America. In New England, it will occur during the evening hours. Click here for more information:

<https://www.timeanddate.com/eclipse/lunar/2020-july-5>

Eclipses represent times of significant change. The shifts can begin about 30 days before and after each eclipse. The issues that surface can last three to six months for a lunar eclipse. According to Madeline Gerwick, the July 4th eclipse is about the foundation of your circumstances, challenging situations, separations, restrictions, and/or misconceptions. There's no surprise here as we continue to move through the global pandemic and figure out new ways to live with it.

The eclipse comes during a Mercury Retrograde cycle too, so that adds to the confusion. In my opinion, it's best to lay low and withdraw from the chaos as much as you can. Continue to figure out how you can be happy regardless of outer circumstances.

Mercury Retrograde ends July 12

Space out your commitments and obligations during the first two weeks of July. Mercury retrograde brings confusion, mix-ups, and delays. Be aware that it's also best to avoid purchasing electronic items (including cars), sign contracts, get married and more.

Rather, it's a great time to continue to re-do things, renovate, repair items, research, read and more. **Read last month's suggestions here**

<https://fengshuiconnections.com/ideas-for-mercury-retrograde->

Nine Tips to Set Up A Supportive Home Office

With more and more people working from home over the past few months, the importance of having a supportive work space is more important than ever. It's great if you have a separate room for your office. If you don't, it's even more important that you have adequate space to do your work. These times are a big adjustment for everyone.

As we move forward, I think we'll see home offices and workspaces regularly included in home design. There will also be many home renovations occurring to accommodate this shift in work location as well.

If you work from a home office, lay the bagua (<https://fengshuiconnections.com/faqs/>) on your space and strengthen each of the areas as best you can. The Career gua is the front center of your office as you enter the space. You can also overlay the bagua on your desktop. The Career area is generally where you sit, the Center-front. At the end of the day, it's important to leave your office and your work behind. Shutting the door helps you to make a transition to your home life.

If you don't have an office but you are working from home anyway, you've probably adjusted your space to accommodate your work. If your workspace and your personal space are combined, it's particularly important to be able to turn off your work, put it away, and walk away at the end of the day (or night). If your work is out in the open at all times, there's a tendency to be continually pulled back into work. You don't really leave your work if you can see it all the time.

Here are some home workspace considerations, regardless of having an office or not:

1. Set up as adequate a workspace as you can. If others are spending time in the same area, establish some boundaries during your work hours, at minimum. These can help you to focus and concentrate on your work. This might include working undisturbed, until you take a break.
2. Do you sit while working? If so, sit in a supportive chair. If you sit at a desk, an executive style chair is best. This is one with a comfortable seat, a high back and arm support.
3. If you work at a desk and it faces a wall or is up against a wall, position a mirror to provide a view from behind. This will help relax your nerves and prevent surprises. An alternative to a mirror is a shiny, reflective surface that provides a view of the rear.
4. The best location for your desk or tabletop, is one where you have:
 - a. solid support behind you (such as a wall or a room divider),
 - b. you face the entrance or door (to see what's coming), and
 - c. you have the larger part of the room in front of you, so that more and more opportunities come your way.
5. Natural daylight lifts your energy. If you don't have adequate daylight, add a light that illuminates your work area. At night, it's best to eliminate blue light. You can also set your computer screen to a nighttime setting that dims the light as well. This will help you to sleep better if you are on your computer at night.
6. Plumbing and electric are important. Make sure they are in working order. If repairs are needed, get them done. Otherwise, they limit your output and potential. They hold you back.
7. A view of nature helps soothe you while also lifting your spirits. In lieu of a view of nature, add a picture or sculpture of a nature scene that you really love.
8. Fresh plants and flowers do wonders for your spirit. They add life and increase vitality.

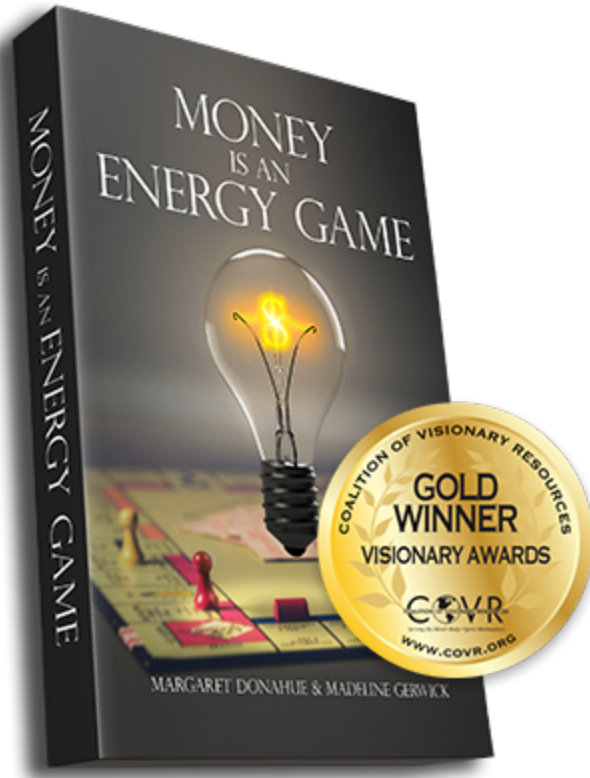
9. At the end of your work day, put things away. Neaten your work area, write your “To Do List” for the next day, and shut down your computer. These practices signal that it’s time to stop and switch over to your personal life.

My daughter and her roommate have been working from their small two-bedroom, Brooklyn, NY apartment for the past three months. They have been sharing a kitchen island, use headsets, and use one location for video meetings. Periodically, they retreat to their bedrooms for longer calls. They have also been fortunate to have access to their rooftop, so some days they have worked there. They have managed well.

Our daughter is visiting and will work from our home for the next five to six weeks. It’s a nice change of pace for her. We set up a private work area for her an area of the house that is seldomly used and has lots of windows and great daylight. Her desk looks out at trees and flowers, and she has a supportive chair. No more slouching over a counter or being sprawled on her bed. She can also step away from her work at the end of the day and leave it behind.

Chapter 7 of *Money Is an Energy Game* (<https://moneyisanenergygame.com/>) is titled “Optimize Your Office for Success and Prosperity.” It’s all about feng shui for the office. If you haven’t done so, I recommend that you read it and adapt the recommendations to your home work space. The chapter includes a feng shui bagua of business, as well as a chart of enhancements based on the bagua.

Money Is an Energy Game



Great news! The Kindle edition of Money Is an Energy Game won a 2020 Gold COVR (Coalition of Visionary Resources) Award on June 6th! Thank you to everyone who voted! Madeline Gerwick and I really appreciate it.

The print books are scheduled to be delivered to the fulfillment center around July 14th. If you pre-ordered a print copy, it will be shipped to you after that time. If you selected Media Mail delivery, it will take a little longer than first class mail.

Here's a Prosperity Tip for the month:



MONEY IS AN ENERGY GAME

Prosperity Tip

Do you know that each of us has a “glass ceiling” for money? It’s true. Whenever you approach your “glass ceiling,” you’ll find a way to get rid whatever exceeds it. This often occurs when people inherit money or win the lottery. In no time at all, the money will be gone due to that glass ceiling. Your glass ceiling is the amount of money you now have or the highest amount you had in the past year. Imagine that you have MORE than that amount. Increase your prosperity by becoming mentally and emotionally comfortable with having more money. Work your way up to doubling your money ceiling. As you do so, open to receiving it. Start imagining having even more.

moneyisanenergygame.com

We discuss the glass ceiling in the book as well as provide tools and techniques to help you raise your ceiling.

Have you read the book? We’d love your Book Review on Amazon!

If you’ve read *Money Is an Energy Game*, we’d be honored if you **place a review and some comments on Amazon.com**. Your comments 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.

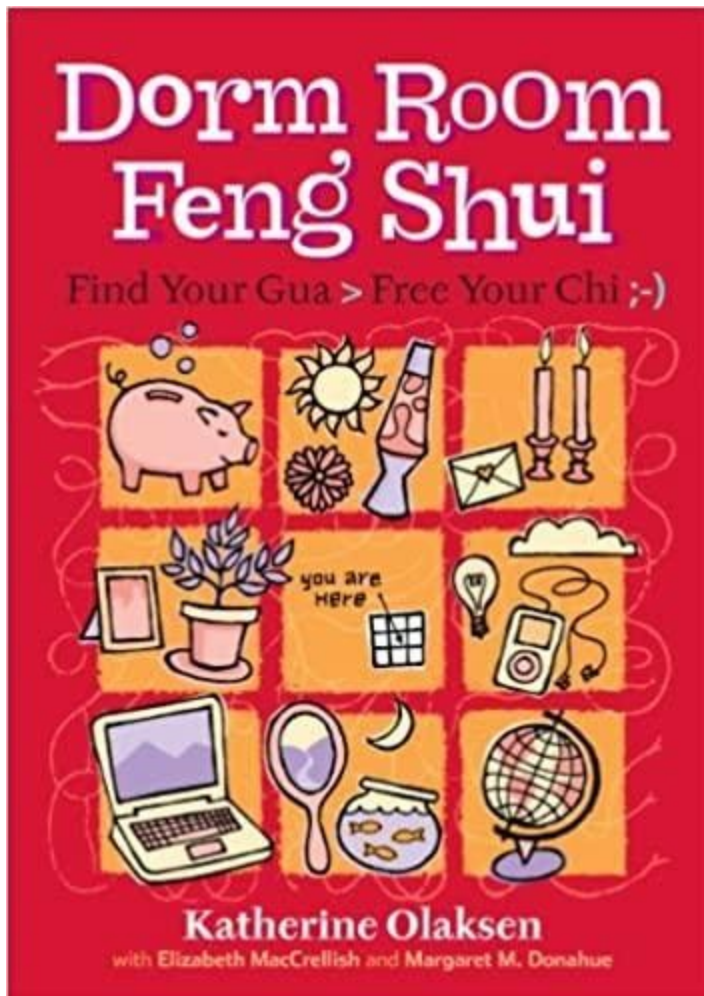
Thank you to Maureen St. Germain, the Practical Mystic, and author of *Waking Up in 5D* (<https://amzn.to/3emmgz6>) for her review:

“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.”

Dorm Room Feng Shui ... A Great Gift for HS Grads

<https://amzn.to/37NTdIE>



If there's a high school grad in your life, check out *Dorm Room Feng Shui*! Peg co-authored this book in 2005 and it's still relevant today. This book provides a lot of information about setting up one's space, in a light and breezy way. This book can be helpful, even if your grad is remaining at home. This book is useful for anyone living in a small space. It's an easy introduction to feng shui.

Affirmation # 192

"Each day is a new opportunity to practice graceful living in this abundant world."

July Special ... Virtual Clutter Clearing \$45.00

Clearing clutter is a challenge for many people. Are you among them? A half hour virtual clutter clearing session may provide the support you need to get started. We'll work over Facetime or a virtual service of your choice. You'll select the area you'd like to improve, show it on your screen, and Peg will help you to identify the clutter or low energy areas that would benefit from a shift. This could be a great way to eliminate paper piles, thin out stacks of items that have been sitting idle for months on end or reduce too much décor. If you have a lot of clutter and haven't been motivated to clear it, this could be well worth your time.

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

Home Feng Shui Tip: Wash Your Windows

From a feng shui perspective, windows provide a view to the outside world. They also represent children's voices. It's important that your windows are clean and in proper working order. Dirty or foggy windows provide a clouded view of things, as well as obstructions for children expressing themselves. With all of the chaos going on in the world, taking time to clean your windows (or have someone do it for you) can bring more clarity, stronger communications, and peace and order to your life.

Broken windows speak for themselves. They obstruct forward motion in your life. It's best to get them fixed or put them on your repair list for when you have the time and resources to do so.

Business Feng Shui Tip: Evaluate Artwork

You express yourself through everything you place around yourself, including your artwork. The same goes for business. If you have a business, an office, or a personal workspace, take a look around and reflect on the messages that are on the walls and in the artwork. Are the messages positive and uplifting? Do they represent your values, your mission or who you are? Are they current or outdated? This is a good time to

reassess everything you have around you to create the best support you can for yourself. Remove anything that has a negative message, things that might deplete or drag your energy down, or things that are less than inspiring. Replace them with items or art that have uplifting and positive energy. Doing so will lift your energy as well.

Concerned About EMFs? FLFE Harmonizes Them!

vimeo.com/358345370

EMFs, Electromagnetic fields, are a major concern these days as more and more people recognize the impact of these fields on their health. There are four categories of EMF fields and they affect people differently and some people, not at all. The fields are:

Electric Fields
Magnetic Fields
High Frequency Fields
Dirty Electricity.

Electric fields are created from electrical items and appliances. Magnetic fields circle around electric fields. They are present when current is flowing through electric wires and when electrical items are turned on. Your appliances and all electric items generate electric and magnetic fields. To minimize these fields, unplug appliances and devices when not in use.

Electric fields affect the nervous system. They can cause insomnia, anxiety, depression, and aggressive behavior. They are also associated with a higher risk of leukemia.

Magnetic fields affect cellular function. They have been linked to increases in cancer cell growth rates, Alzheimer's, miscarriage, and birth defects. Some people report physical reactions when in elevated fields.

High Frequency fields are a combination of electric and magnetic fields in the high frequency range. They cannot be separated. High frequency fields are the ones that emanate from routers, smart meters, cell towers, cell phones and your digital gadgets.

Dirty electricity is a phenomenon thought to be high frequency fields that are running through your electric wires.

These days, EMFs are continually changing as a result of the electric and digital devices you use at home and at work. Some people are sensitive to the fields and other people don't notice anything at all.

If you would like to reduce the impact of EMFs on you and your health, I recommend that you check out Focused Life Force Energy's (FLFE) service. You can try it free for 15 days. FLFE harmonizes the various EMF fields by raising the level of consciousness of each space. Although you won't see a change on the meters that measure EMFs, FLFE decreases the chaotic energy that they create.

Check it out for yourself. **Get a 15-day FREE-Trial.** Additional benefits of the FLFE property service is that it clears negative history and geopathic stress. Click here to learn more: <https://bit.ly/3bPBwCA> . Explore the full list of benefits. I highly recommend it. There's no obligation.



See the FLFE page on the Feng Shui Connections 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 Consultations**
- **Business Feng Shui Consultations**
- **Space Clearings and 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, Facetime, Skype, 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.