

August 2020 Newsletter

Hello,

How are you doing this month? With five months of social distancing behind us and the future looking like there's many more to come, are you figuring out ways to connect with others and to feel joyful every day? Fortunately, I live in an area where it's easy to enjoy life while social distancing. We have beautiful views of nature all around and some great options for spacious, outdoor dining. I realize that this isn't the case for many people. If you or your loved ones can't get outside, make your inside surroundings as pleasant as you can.

One recommendation I have is to find a way to tap into the sights and sounds of nature daily. I wake up to a multitude of bird songs each morning. The birds start around 4:00 am. I don't need a clock. As soon as I hear the birds, I know it's about 4:00 am. I don't get up then, but I do enjoy listening to the sounds.

Our gardens are also bursting with color. We have an explosion of red geraniums, which we love. We also have vibrant lavender plants, lots of basil and other herbs, and a few tomato plants, along with potatoes and pumpkins. Everything is in full bloom. We're looking forward to a fall harvest.

Here's a link to some of the world's most beautiful trees: <https://bit.ly/2WORyrC>. I learned about some new trees and I was reminded of several trips as I looked through the photos. They brought up great memories, particularly the Banyan trees from India and the Jacaranda trees that stopped me in my tracks in Pasadena, CA. I'm looking forward to when we can travel again. In the meantime, I plan to enjoy what we have in our own area. I encourage you to do the same.

Enjoy August!

Peg

August Feng Shui Forecast:

August 3: Full Moon

August 18: New Moon: Connect with your Inner Child

July Recap: Focus on your Family Gua

The feng shui focus for the past two months was your Family gua. This is the left-center area of all of your spaces when you overlay a grid of nine blocks, similar to a tic-tac-toe

board. This is because the June and July new moons were both in Cancer, at zero and 28 degrees, respectively. These degrees signify the beginning and end of a sign.

The Family gua influences relationships with your parents, siblings, aunts, uncles, cousins, and ancestors. The area is represented by Wood energy, which is about vitality and growth. It's also about deep roots, signified by tree energy, which is also of the Wood element. Family ties run very deep. In addition to life patterns being reflected in your space, emotional patterns also get encoded in your cells. This is what led me to do energy clearing work, in addition to feng shui. Clearing anger, fear, shame, anxiety, and all sorts of non-beneficial beliefs is very freeing.

If you've been giving attention to your Family gua, perhaps you've made some connections between the energy of your physical space and your family relationships. Insight might come to you as a result of connecting with family furniture, heirlooms, art, photos, jewelry, books, etc. Energy from people and events is continually absorbed into all of your spaces and possessions. The energy continues to build and influence you based on everything that happens in your space and life. I visualize it as a dance between inner and outer energy: you influence your space and your space influences you. You and your surroundings mirror each other energetically.

If you like what's happening, continue with what you're doing. When you want to shift things (such as setting intentions, attracting new or different situations or circumstances), analyzing your environment and everything in it can reveal some of the patterns that are holding things in place or provide clues about ways to modify your space to get things moving in a direction that's right for you.

The **August 3rd full moon** is when things come to light this month. If you made changes to your Family gua in the past two months and set your intentions, tune in to the full moon and look for evidence that what you've asked for has taken root. Sometimes the slightest shifts and signals are enough to give you confidence to stay on the path.

Click here if you'd like to review the July recommendations:

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

August 18 New Moon Focus: Connect with your Inner Child

August is a month to lighten up and relax a bit. It's even more important this year, given all that's happening. Even if you can't venture far or connect in person with special people in your life, I encourage you to put on your creative hat and be open to new ways to enjoy each day.

The **Children and Joy gua** is the **right-center** of your home, every room in your home, your land, and your workspace. This area is opposite the Family gua. The energy of this

area relates to your inner child and your creativity. It's about enjoying life to the fullest. Give yourself permission to play. If things have been too heavy for you, lighten up and bring some whimsy into each day.

The energy of this area also relates to the future and your later years. This area also relates to children around the age of 18, moving into the adult world. You can help them find their voice by activating this area.

From a health perspective, the Children and Joy gua is linked to your mouth, teeth, throat, and lungs. If you'd like to strengthen or improve these areas of your health, give some extra attention with your Children and Joy gua, in the right-center area your house, each room of your house, your land, and other spaces where you spend time.

Activate Metal and Earth Elements

The Children and Joy gua is a Metal area in the Five Element system and the feng shui color is white. Metal energy is strengthened by Earth energy and reduced or held in check by Water, Wood and Fire.

Metal energy is represented by:

- Round and oval shapes
- White, gray, and pastel colors
- Rocks, Crystals, and things dug from deep within the Earth
- Petroleum and things made from petroleum, such as plastic
- All metals ... gold, silver, copper, brass, aluminum, etc.

While I was writing this post, a friend dropped off a gorgeous vase of white hydrangeas and deep blue delphiniums in a tall white vase. This is a great example of Metal and Wood energy. The round, white hydrangeas and the white vase represent the Metal element and blue delphiniums and vertical rectangle vase represent the Wood element.

Earth energy is represented by:

- Square shapes
- Yellow, Brown and all Earth tones
- Big items that hug the earth, such as heavy furniture that is low to the floor
- Sand and Seashells
- Bricks, Clay, and Adobe

Prep Prior to the Aug 18 New Moon

For optimal results, clean and energize your Children and Joy gua and the Children and Joy area of each room prior to the August 18 new moon.

Before enhancing your Children's gua, look around and remove as much clutter as you can. Clutter is anything that you don't love or use. Anything that's been lying around for

a while without any attention is likely to have low energy. You can shift this by cleaning and repositioning items, giving the area a deep clearing,

If you'd like to activate your Children's gua add something playful or something that brings you joy. Look around and see what you already have in your space. Most people have many items that, when consciously placed, can do double duty, and help to strengthen your intentions.

Quick Enhancements to your Children and Joy Gua

- Children's art
- Books about creativity
- A metal windchime or bell
- White flowers
- Earthy items, pottery
- Puzzles and games
- Whirligigs, banners, and flags
- Round, oval, and square shapes
- Music you enjoy

We recently added a few fun and whimsical LED solar lights to our garden. They look like star bursts when they light up after dark. They were an instant hit and bring joy us each evening.

Do a New Moon Meditation on August 18

The day of each new moon is an ideal time to set an intention for the month, followed by a short meditation. This helps to bring you into alignment with cosmic energy. When you're in alignment, things flow more easily. You're likely to encounter few obstacles and when they do show up, solutions come too.

My recommended intention process is to:

1. Be clear about what you want.
2. Take inspired action toward your goals. (Such as cleaning your space.)
3. Allow the universe to take over and deliver your intentions to you.

Write down your wishes related to your future as well as how you'd like to bring more joy to your life. Use present tense, positive words, just as if it is happening now. As an example: "I am so grateful to being living a joy-filled life every day." Setting an intention helps you to set the pace and get things moving forward for yourself. This is one way to be clear about what you really want. If what you don't want keeps coming to mind, use this to reposition and rephrase your intention so that it clearly indicates what you DO want (not what you don't want). Place your intention in a red envelope, reinforce it with a prayer or blessing and place it in your Children and Joy gua. The more specific you are, the easier it is to get results.

Is Your Mind Like a Chatterbox During your Mediation?

Some people tell me that they have trouble meditating ... that their mind is like a chatterbox and it never quiets down. That's OK. If this is you, notice that during your meditation. Rather than *think* about it, watch it in your mind's eye. This can help you to be an observer of your own energy. Over time, you'll settle into a nice process for yourself and let go of the mind chatter.

A regular meditation practice is a great way to reduce your stress levels and to bring more clarity to your day. Taking the time to still your mind and body is really a gift to yourself. On the surface, you might think that nothing is happening. At the quantum level, however, quite a bit transpires.

The new moon each month is a time to sow your seeds of intention. When you coordinate your intention with action (such as cleaning the Children and Joy gua for August), a powerful combustion of energy takes place. Look for signs that what you've asked for has taken root two weeks later, at the full moon (which is September 2).

Feng Shui Adjustments Demystified

Although feng shui cures are often specific to each situation (and the people living or working there), I've found that you can shift the energy of your space, from a feng shui perspective, with a high level of confidence when you understand the reasoning behind the change. You'll be likely to experience a higher level of success, too!

Feng shui cures correct specific problems. Some cures are practical and straightforward. They make a lot of sense. Other cures are more spiritual or transcendental. They don't seem logical, yet they work wonders. Your feng shui practitioner can provide you specific cures unique to your situation.

Adjustments, on the other hand, shift the energy of a space. You might adjust a space to visually enhance it, to make it more comfortable, to correct elemental imbalances, to uplift the energy of an area and even to slow it down. Enhancements are best put in place when a space is free of clutter and in good working condition.

There are ten categories of feng shui adjustments. They use common items that fit your style. The intent is to create a smooth flow of energy. When making a feng shui adjustment, it is best to avoid drawing attention to things out of place or to creating imbalances.

The ten categories of feng shui adjustments are:

- Art
- Color
- Crystals
- Light

- Living Objects
- Mirrors
- Natural Objects
- Sound
- Water
- Wind Dancers

Art

Art is a wonderful way to personalize your space, to express yourself, and to reinforce your intentions. Pay attention to the history of your art, its energy, as well as the message it conveys. These are aspects of subtle energy that are often overlooked. When I ask clients why they hung a particular picture, a common reason is that the colors fit nicely in the room. A more effective reason would be that you love the piece you're hanging or placing or that your selection reinforces your intentions or objectives! Art includes:

- Photography
- Paintings
- Sculptures
- Textiles, etc.

Color

Color often sets the tone for a space. They can be warm or cooling, clear, muted, and more. Colors have elemental associations and can be used to activate an area, balance the energy, as well as support your intentions. It's important to use colors that you love. Also, even though the feng shui bagua indicates specific colors that support each gua, this does not mean that area of your space should be painted according to the bagua. Elemental color associations:

- Water: Black, Dark Blue
- Wood: Green and Blue
- Fire: Red, Pink, Purple
- Earth: Yellow, Peach, Brown
- Metal: White, Gray and all Pastels

A little bit of color can go a long way. In each gua, it's helpful to have at least one of the feng shui colors. It doesn't need to be the predominant color though.

Crystals

Crystals are used to regulate the energy of a space. They help to activate sluggish spaces and to slow down overactive areas. They are often used to soften the energy of poison arrows (knife-like edges). They are also used to hold your intentions, such as in the Wealth gua.

- Use round, faceted crystals to circulate chi
- Hang crystals on a red string, such as embroidery floss
- Cut the string in 9" increments, such as 9, 18 or 27 inches

Light

Lights are used with intention to uplift the chi and to also draw attention or focus to an area. Lights can be used very effectively outside to correct sharp, downward slopes of land in the Wealth area. During the evening, soft lights help to set the mood of a space and also help to prepare you for a deeper sleep.

- Lamps
- Candles
- Spotlights
- Sunlight

Living Objects

Feng shui is about living in harmony with nature. Living objects increase the vitality of a space. You can have too much of a good thing, however. Too many plants may smother a space and too many animals could feel chaotic. Trees, plants, and flowers increase Wood energy, while animals and fish contribute Fire energy. Living Objects include:

- Trees and Plants
- Animals
- Fish
- Flowers

Mirrors

Mirrors are often called the aspirin of feng shui. They have many uses and solve or correct many problems. Mirrors expand the size of a space; thus, they can be used to add depth to a narrow hallway or a small room. They can also be used to pull in or deflect energy. You do this with intention. The mirrors you use must also be in good condition. Avoid foggy mirrors, as these distort reality. If you want to see your reflection in a mirror, hang it so that you can see your entire head while standing straight. Mirrors add Water energy. The shape and color of your mirror will also add a different elemental energy. Elemental influence by shape:

- Water: the mirror itself
- Wood: Rectangular
- Fire: Triangular
- Earth: Square
- Metal: Round or Oval

Natural Objects

Natural objects help to draw the outside in and contribute to living in harmony with nature. In addition to plants, trees, flowers, and gourds, consider:

- Rocks ... help to ground a space
- Shells ... add Earth energy and can be grounding and stabilizing
- Crystals ... contribute a myriad of qualities based on the type, color, and shape.
- Driftwood ... adds Earth energy if the wood is dried

Sound

Sound adds to the quality of energy in a space. Is the sound soothing and pleasing or jarring and disruptive? Sound can help to contribute to joy and happiness, calm you down, fray your nerves, or also increase anger or anxiety. If you place sound outside, take your neighbors into consideration and contribute to pleasing sounds.

- Sounds of nature ... birds, animals, trees, fish swimming, etc.
- Music
- Musical Instruments
- Wind Chimes
- Bells, Clocks, etc.

Wind Dancers

Wind dancers can be fun and whimsical. They help to activate and liven up a space. Favorite places are quiet areas of a room, entrances, porches, gardens, and low roofs (for weathervanes). Weathervanes and other wind dancers are also wonderful to use for houses that are below the road ... ones where you drive “down”, and the road is above the main floor.

- Whirligigs
- Windsocks
- Flags
- Banners
- Weathervanes, etc.

This summary is intended to get you thinking about your space and various items you might have around that could be put to good use. Remember that when you place an item from a feng shui perspective, do so with purpose and also to energetically transfer your intention into your object as you place it. Take all action with positive intention, for best results.

New Design Ideas

Challenging times, such as we’re in, provide an opportunity for creative solutions to problems. When the world came to a near stop due to COVID-19, businesses shut down, and people were required to stay home or quarantine in place, the extra time and space in people’s lives is helping new ideas to emerge.

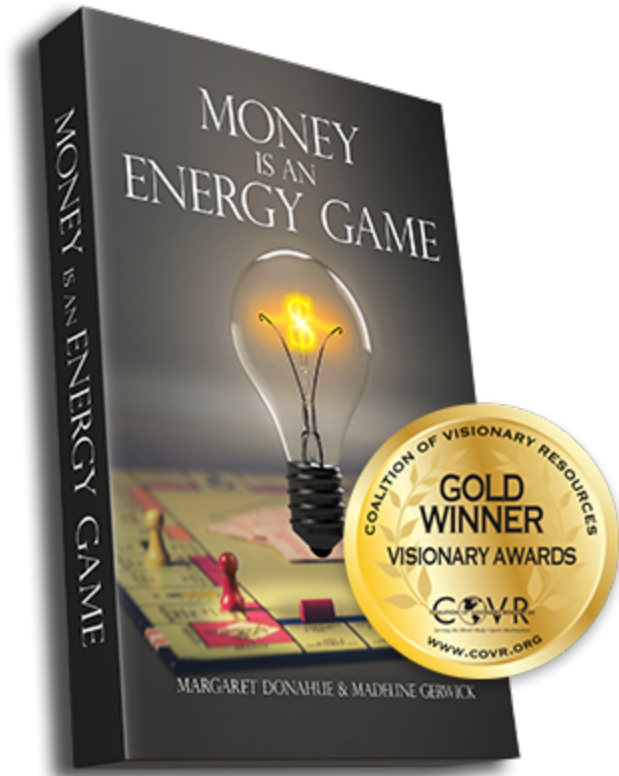
Social distancing is here to stay for a while. Take a look at these ideas from around the world: <https://bit.ly/3jE9TBI> . People are eating and exercising in bubbles, children are studying from boxed in areas, parking lots are staging areas for large events where people remain in their cars, minions occupy seats that provide adequate spacing, exercise areas are marked off -- to help everyone stay in their space, clear plastic sheeting allows you to visit a loved one in a care facility, mannequins help to reduce the social discomfort of isolation, and more. This is the beginning and some of it may feel extreme. It is. We’re social beings who have moved in separation and isolation. It looks and feels surreal.

Making your home and personal space as welcoming and comfortable for yourself and your family is one way bring a better balance to these times. More and more ideas will emerge for home design and personal living spaces too. With anticipated excess office space, co-living arrangements are emerging. This is where offices are turned into small apartments and residents share common space, such as kitchens and perhaps larger living/meeting rooms and entertainment or exercise space.

Here's a design idea that could enhance your work with nature all around you: <https://bit.ly/3hE6aCl>. It’s like a beautiful cabin in the woods. You can have your own personal 86 square foot work bubble. It costs about \$28k. Available in Europe, look for it or something similar in the USA before long. Lower cost replicas will also emerge.

Money Is an Energy Game

<https://moneyisanenergygame.com/>



The print books are now at the fulfillment center! They arrived July 23, after a shipping delay. Pre-orders are in the process of being shipped. They may take 12-14 days via Media Mail.

Here's a Prosperity Tip for the month:

Prosperity Tip

The Universe and everything in it is made up of energy, and it's extremely abundant.

Commit now to living in the Abundant Universe and leave the scarce one behind.



MONEY IS AN
ENERGY GAME

moneyisanenergygame.com

When you commit to living in the Abundant Universe, you'll soon realize that prosperity is much more than money. Prosperity is about living a healthy and happy life, doing favorite activities with people you enjoy, and coming up with easy work arounds for the daily twists and turns that might come your way. Money is important because it's the primary form of exchange we use. It's not the primary driver of your prosperity though.

Do you know what is? It's YOUR ENERGY! The quality of your energy determines whether money flows to you or away from you. In this book we provide scientific research, along with many examples and stories. We also include over 100 tools and techniques to put into action. There's something for everyone in this book. Check it out at moneyisanenergygame.com.

If you've read the book, we'd love your Book Review! You can place it directly on Amazon for the e-version or send it to Peg and Madeline via email. Go to: <https://www.amazon.com/dp/B082Q6S344> and scroll to the bottom of the page to leave your review or email it Peg at peg@fengshuiconnections.com. Thank you! We really appreciate it.

Affirmation # 244

“Today I align my energy with the frequency of prosperity.”

August Special ... Save 20% on a Remote Feng Shui Consultation

Schedule for a half-hour, an hour, or a full consultation. This is a great way to get some help with a problem area, to focus on a specific intention or to learn more about the feng shui of your entire house. You'll save 20% off Peg's hourly rate of \$180.00 or full remote fee of \$395.00. Contact Peg to schedule at peg@fengshuiconnections.com to schedule.

Home Feng and Business Shui Tip: Add Some Whimsey!

Bring something fun, cheerful, or whimsical into your home and workspace as a reminder to keep your energy lighthearted. We're living through transformational times that we haven't seen before. Having some lighter and pleasing energy in your space is a nice diversion from the outer world. It's a reminder that can consciously create better days for yourself, amidst the significant changes underway worldwide.

Focused Life Force Energy Raises Consciousness, Harmonizes EMFs, and Clears Negative History from your Land

<<https://tm179.infusion-links.com/api/v1/click/4600973808631808/6601002413195264>>

With such an unprecedented year underway, Focused Life Force Energy (FLFE) is a service that can help you to rise above the daily buzz through a higher level of consciousness. With a higher level of consciousness, I find that life unfolds easily from one day to the next. I'm also well aware of what's going on globally without being dragged down by it.

You can subscribe to *FLFE Everywhere*, *Property*, both, or a lighter and lower-priced version called *Smarter EMF*. I subscribe to FLFE Everywhere and Property. The advantage is that I always have a high consciousness field on my property and I also

carry a high consciousness field wherever I take my mobile phone. There's also an option to subscribe to a lighter service called "Smarter EMF" service.

FLFE has added new immunity programs to help you fight off any flu, cold, infections and Covid-19. You can also harmonize EMFs and get support for 5G.

The Smarter EMF service, FLFE Everywhere and FLFE Property, include the following:

1. EMF Mitigation (including 5G)
2. Brain Optimization
3. Energized Nutrients
4. Enhanced Immune Support

FLFE Everywhere and FLFE also include the following:

1. Focus on Health, including: Immune support, hydration support, antioxidant support, GI Tract Optimization, Energized Food and Energized Nutrient support, Liver-Kidney-Gallbladder Optimization, Brain Optimization, Anti-Stagnation, enhanced Grounding, and enhanced personal energy.
2. Energizing support: for more personal energy and more life-force energy in the environment for plants, pets, and you.
3. Overall Enhancing including: support for better sleep, deeper meditations, enhanced concentration, and support for creative endeavors.
4. Daily Boost: 5 minutes for FLFE Everywhere and 30 minutes with FLFE Property subscriptions.

FLFE Property also includes: Grounding & Clearing. Any negative history of the land is cleared, as well as geopathic stress, and other types of environmental interference (underground water flow, traffic, etc.), plus enhanced grounding.

Learn more about the various FLFE benefits on this page: <https://bit.ly/32Pq6Ov> . Once you're there you can poke around and learn more through evidence and testimonials. The FLFE Learning Centre (top right tab on the website) provides a treasure trove of information.

When I want an extra boost for an important activity, I turn on the FLFE Daily Boost (30 mins) for my property. I find that this helps with smoother communications and easier problem solving. I activated the Daily Boost during a phone call my daughter recently had with her boss. The call went well ... much better than she anticipated. I've also activated the boost for important meetings and service calls, such as with insurance companies. I've been pleased with the result each time.

If you're a FLFE subscriber, I'd love to hear about what you've noticed. If you're not, **give FLFE a try for FREE for 15 days**. The free trials are so easy and there's no commitment. You can do a free trial for each service and then decide if you'd like to continue. Click here to learn more: <https://bit.ly/3bPBwCA> .



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.