

## November 2020 Newsletter

Hello,

As we gear up for Thanksgiving, this is a month to focus on your blessings. If you've been lucky enough to stay healthy all year, congratulations! That's a lot to be grateful for.

This is an excellent month to strengthen (or create) a habit of gratitude. I'm grateful to be healthy and to be living in a beautiful area that has a relatively sparse population. Since March, I've been walking and hiking with a small group of friends, most Monday through Friday mornings. It's been great spending a lot of time outside.

I was also grateful to come across this amazing "[rewilding](#)" project that the [Good News Network](#) wrote about. The Good News Network is a treasure-trove of stories that will warm your heart and divert your attention from other news. I love reading inspiring stories. The rewilding story is about a couple who turned a barren English estate into a conservation paradise. The focus on biodiversity gave this couple a new lease on their land and their lives.

I encourage you to use the entire month of November to focus on gratitude and appreciation. It's great for your health and you'll also impact others' lives in a positive way. Give it a try and see.

Happy Thanksgiving!

Peg

### November Feng Shui Forecast:

November 3<sup>rd</sup> Mercury Retrograde Ends

November 13<sup>th</sup> Mars Retrograde Ends

November 15<sup>th</sup> New Moon in Scorpio

November 26<sup>th</sup> Thanksgiving

November 30<sup>th</sup> Full Moon and Lunar Eclipse

### October Recap: Bring Balance to Partnerships

The **October 16<sup>th</sup> new moon in Libra** correlated with the **Relationship and Partnership gua**, the back-right corner of your home, every room in your home and your land. Did you take some time to enhance your Relationships and Partnership areas? If so, check in

with the October 31<sup>st</sup> full moon to note what's shifting or coming to light. Perhaps a relationship was strengthened, a new partner emerged, or a problem was resolved.

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

Also, the **Mercury and Mars Retrograde cycles clear November 3<sup>rd</sup> and 13<sup>th</sup>** respectively. It'll take a few days before the planets move forward again. If you haven't done your strategic plan for the next two years, you have time to jot it down before November 13<sup>th</sup>. Doing so will make things easier for you.

Read previous posts about these retrograde cycles here:

Mercury Retrograde

<https://fengshuiconnections.com/mercury-retrograde-october-13-through-november-3>

Mars Retrograde

<https://fengshuiconnections.com/mars-retrograde-apply-the-five-elements-to-your-strategic-plan>

## **November 15<sup>th</sup> New Moon: Prosperity and Abundance!**

The **November 15<sup>th</sup> new moon in Scorpio** correlates with the **Wealth and Abundance gua**, the back-left corner of your home, every room in your home and your land. November is a month to tune into your blessings, express gratitude, and experience abundance. It's a month for giving thanks and sharing the bounty for the harvest.

The Wealth and Abundance gua, also called Prosperity, is first about recognizing the good fortune in your life. When you do this and you're genuinely grateful, abundance flows in multiple ways. It may come to you as money. It can also show up as more blessings, good luck, treasures, gifts, coupons and discounts, a raise in pay, found money, a new job, growth in funds and investments, savings on one or more items, you name it.

A quality of the Wealth gua is "Wind" and it's also known as "The Gentle." It's a yin, feminine energy. Wind can range from being a gentle breeze or fierce hurricane winds. Aim for a calm, easy flow of energy to support your initiatives and desires in this area.

### **Prosperity is Rooted in the I Ching**

In the I Ching, Wind energy correlates with the Eldest Daughter. The Eldest Son holds the Thunder position of Wood energy and moves through life breaking down barriers and carving new paths. The Eldest Daughter, on the other hand, has a calmer presence.

Feng shui is rooted in the I Ching, known as the *Book of Change* and the oldest book of divination. This book is a study of 64 unique and all-encompassing observations about human behavior and the continually changing Universe. The patterns derive from eight primary energies of Water, Earth, Thunder, Wind, Heaven, Lake, Mountain and Fire. Each of these energies holds a place in the feng shui bagua. They are designated by three stacked solid and broken lines.

The lines of each trigram are read from the bottom up. Encoded in this combination of yin (broken line) and yang (solid line) energy is the place in the Chinese family of a mom, a dad, three sons and three daughters. The Wind trigram is signified by a broken line on the bottom and two solid lines on top. When the trigrams are doubled up, one on top of another, they form the 64 hexagrams. (Think back to math class,  $8 \times 8 = 64$ .)



Hexagram 57, Wind over Wind, is known as Penetrating Influence, an all-pervading, steady power. Gentleness and kindness are the key to this energy that leads to success. Rather than forging ahead, a firm yet gradual, steady approach toward your goal is recommended. Being inconspicuous and emulating a gentle breeze can help you develop a clear purpose and long-term success. Gradual influence leads to ongoing refinement and steady progress. It can help you develop a vision of what you want, attract resources, cultivate relationships, improve your emotional and physical health, acquire good judgment and achieve long-term success.

### **Strengthen Prosperity with Wood and Water Elements**

In the Five Element system, the Wealth gua is associated with Wood energy. This is a vibrant, upward growing energy. In nature it's represented by trees, flowers, and plants. In your environment, it's also represented by the colors green and blue, vertical stripes and tall rectangles, floral motifs, designs and fabrics, or art with these representations.

Wood is strengthened by Water. Thus, adding a water feature or a representation of water is helpful in your Wealth areas. Water is represented by water itself, pictures of water, glass and mirrors, free form, wavy and symmetrical patterns, and reflective surfaces.

### **Revitalize Your Prosperity Gua**

Prior to enhancing your Prosperity gua this month, I recommend that you begin with a deep fall cleaning during the first two weeks of November. This will re-energize your space and strengthen your intentions. Remove clutter, dust and vacuum high, low and deep into the corners and under furniture, wash your windows and glass on picture frames and mirrors, dust or clean lamp shades. Remove any remnants of summer and replace them with more seasonal items.

It's easy for clutter to quickly accumulate! We all have it. If you stay on top of it and regularly clear out excess paper and magazines, put things away where they belong, and tidy up, it's easier to refresh one area each month.

Once you've cleaned your Wealth gua, add (or revitalize) a few enhancements. You don't need many. Less is more. Here are some suggestions for the back-left corner of your space to strengthen Wealth and cultivate Prosperity:

### **8 Tips to Enhance your Prosperity gua**

- Hang a mirror or clean one that's already there
- Place a water feature ... with pleasant sounds and minimal splashing
- Hang a photo or painting that features water
- Place a healthy green plant or a vase of flowers
- Add a treasured item
- Hang a round-faceted crystal, on a red string of 9-inch increments
- Include the colors blue, green, purple or a bit of red or gold
- Anything that reminds you of blessings or prosperity

### **November 15: Intention Setting and New Moon Meditation**

After cleaning and enhancing your Wealth gua, write down your intentions and do a meditation around them on Sunday, November 15<sup>th</sup>, the day of the new moon. Doing so will help to seed your intentions and give them more power.

### **Tune in to the Full Moon and Lunar Eclipse on November 30**

Two weeks later, the full moon is when things come to light. Use this time to notice what's happening and what has shifted since you set your intentions. Look for subtle signs that your intentions have taken root.

We also have an eclipse on November 30<sup>th</sup>. According to [Madeline Gerwick](#), this eclipse could be intense emotionally, particularly regarding money or relationships. Be on the watch for this and put a strategy in place to prevent getting caught up in the whirlwind. It's been a tumultuous year already. A secondary aspect of this eclipse is to work from a plan as you move ahead to seek what you want. Take your time and think things through before acting.

## **Gratitude ... Does Wonders for Your Health**

Thanksgiving is my favorite holiday. It's a reminder to slow down, count the blessings in your life, and to genuinely be grateful for all you have. Cultivating gratitude as a life-long habit, vs. relegating it to one day a year, has many benefits. [PositivePsychology.com](#) published a lengthy, well-researched article on this topic in January, 2020. It's worth

reading. Giving thanks and expressing gratitude does wonders for your health and your [brain](#) too.

Some of the benefits of gratitude, backed by research, include:

- Gratitude disconnects you from toxic and negative emotions, including rumination.
- People who practice gratitude regularly are happier and more satisfied with life.
- The positive effects of gratitude are cumulative. They add up over time.
- A regular gratitude practice trains your brain to be in tune with experiencing more gratitude. The better it gets, the better it gets.
- Gratitude contributes to an attitude of helping.
- People who practice gratitude demonstrate more patience, thus, grateful people are willing to delay immediate rewards for longterm benefit.
- Gratitude releases more dopamine in the brain, creating a connection between the behavior of gratitude and feelign good.
- College students practicing gratitude demonstrated better eating habits.
- Teens practicing gratitude demonstrated less materialism.
- People undergoing divorce had decreased levels of depression.

The Positive Psychology article also presents some studies where there was no demonstrable change or little change as a result of gratitude practices. The studies with positive results seem to outweigh the neutral studies though.

The bottom line? Give gratitude a try and see for your yourself. November, the season of Thanksgiving is a great month to make gratitude a daily practice. One habit I like is writing about at least five things you're grateful for each day. If you use my "[Daily Plan](#)" form, which is also included in *Money Is an Energy Game*, there's space at the bottom to write about six things that you appreciate each day. You can also journal about gratitude regularly, meditate about it, and make a habit of observing it. Be a positive role model for others as you strengthen your own practice!

## **2020: A Year of Change ... A Time to Update your Space**

This has certainly been a year of unprecedented change. It would have seemed far-fetched had it been presented as a book or a movie. Yet, here we are, living through it and adjusting as we go along. The isolation is hard on many people, as are the deaths and loss directly attributed to the virus or as a result of complications from it.

Children are deeply affected by not being able to see their friends, missing months of school, and having to spend unhealthy amounts of time in front of electronic screens and computers.

Parents are impacted as they've had to make adjustments with work and managing school and daycare for their children. Those caring for elderly, infirm or special needs family members have additional challenges.

Staying home is wearing thin, just as the virus seems to be ticking up a bit. People are restless and want to return to life as we knew it.

We'll never return to life as we knew it though. We are forever changed. New norms will unfold as we go along. It could be years before we reach a comfortable equilibrium.

Change brings opportunity. As you spend more time indoors this winter and perhaps away from some of your favorite activities, give some thought to how you and your family have changed. None of us are the same person we were six or ten months ago. We never are. This year the changes are more pronounced.

Regardless of whether you change from the outside in or the inside out, your preferences change as well. Tune in and take note. Many people have used this time to clean out their homes and spaces. I witnessed this in my area as our transfer station was filled to the top with trash and debris, week after week, this past spring and summer. People were purging spaces of items they no longer wanted or used. On some days, the receptacles filled before closing time and you had to wait for the following weekend to leave your trash.

Home contractors experienced booming businesses this year. They are still backed up as we head into fall. Some delays were due to limited supplies and others were simply due to high demand.

Don't be surprised if you're restless about your space, your décor, your clothes and more. Everything is up for reevaluation and change. This is a good time to look inward and focus on what you really want. Chances are you've shifted. Some things you previously thought were important may no longer interest you. Other preferences will fill the gap. Once you're tuned-in, or at least recognize that you're changing, be OK with it. Notice what comes up and what is now most important. Write your plan for the next two years. Adjusting and readjusting to change might be a part of it.

You may find yourself moving furniture around, changing colors or décor, letting go of previous treasures or collectibles, redesigning your space. You might also have an urge to change your clothing style or realize that more and more of your clothes are sitting in your drawers or closets. Know that this is normal.

Benjamin Moore recently released their colors for 2021. Agean Teal is the color of the year. The entire palette is very soothing. Check it out.

<https://www.benjaminmoore.com/en-us/color-overview/color-palettes/color-of-the-year-2021>

Change is constant. Feng shui teaches us that you reflect your space and that your space reflects you. Recently I did a remote consultation with a client who recognized that she was ready to change her space. She emptied the rooms in question, so that we worked with open space. It's much easier to create and to see new possibilities when a space is wide open vs. when it's full. If you don't want to clear your space yet or you're not ready to change, work with an empty floor plan. This is a very effective way to imagine the possibilities.

Here's what this client had to say:

*"I just completed Chapter 7 of Money is an Energy Game! The timing was perfect, as I am now ready to shift my home office/art studio into two separate spaces. All your suggestions, diagrams and tips are helpful for my office space, as that is in an upstairs bedroom and your floor plan works beautifully. ... I have now cleared the space completely and did the vacuuming and window cleaning, which has helped me see the space in a new light." JL, WA, USA, October 2020*

The afternoon of our consultation, she went to IKEA and ordered new furniture. This was on a Tuesday and her furniture will arrive on Saturday. Within a week her space went through a significant transformation. She emptied it, we consulted about what she wanted and considered the possibilities, she ordered new furniture and will have it within days ... even with the pandemic underway.

### **Create a Vision Board**

If you want to shift but you feel that you're not in a position to do so, create a Vision Board. This is a great way of setting your intention. Allow yourself to dream. Explore what you'd like to Do, Be and Have! Put images, pictures, art, words, etc. on a poster board or bulletin board. Do so with intention and with the belief and expectation that what you want will happen. Your vision board can include whatever you want ... home renovations, a new wardrobe, future travel, fun activities, quiet and reflective spaces and time ... you name it. If you can think it, you can set things in motion for its essence to come to you. Be open to the possibilities that you really can have what you want ... just let go of time.

### **A New Magnetizing Process**

This [magnetizing process](#) from the founders of Focused Life Force Energy might interest you. In this process you ask for restraints to be cleared from the past, present and future. This is very a very helpful addition.

The bottom line? This is a great time to bring yourself into alignment with what you really want. Let go of the past, be present, and envision your future. It's time to be in tune with your best self and bring your dreams into the present. I'm aligning myself with great health, ongoing prosperity and well-being, a wonderful assortment of inspiring people and activities and fun future travels.

Contact Peg at [peg@donahuesonline.com](mailto:peg@donahuesonline.com) if you're interested in a remote consultaton. We can cover a lot in one hour (\$180.00 including prep work).



*Prosperity Tip*

Imagine having a special, unlimited bank account with the Universe!

Whenever you need this account, just think, "It's a good thing I have that special unlimited bank account with the Universe. I'm going to make a withdrawal and thank you Universe for providing it!"

 MONEY IS AN ENERGY GAME [moneyisanenergygame.com](http://moneyisanenergygame.com)

**Prosperity Tip of the Month: You Have an Unlimited Universal Bank Account!**



A Universal bank account is a fun concept that really works! Rather than feel limited by your earthly resources play with the concept of having an infinite account. Whenever you think of something you'd like or dream about your future, give thanks that the Universe is providing the resources in your Universal bank account, You can draw on this repeatedly without ever running it dry. The reason is that Universal resources are endless and they're open to you. If you can dream it, you can have it .. or at least the essence of it. Reach for the sky and begin to believe that whatever you wish for, you can have. As you get out of your own way (and stop sabotaging yourself), you'll be amazed at what comes your way. Be open to the possibilities and then pay attention to the signs. What you ask for may show up in even better ways than your thought possible.

For more tips like this, check out my book with Madeline Gerwick, *Money Is an Energy Game* at [www.moneyisanenergygame.com](http://www.moneyisanenergygame.com).

**If you've read the book, we'd love your review! You can place it directly on [Amazon](#) or send it to Peg and Madeline via email.** On Amazon, scroll to the bottom of the page to leave your review or email it Peg at [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com). Thank you!

## Affirmation # 305

"As I joyfully go about my day, I easily attract greater prosperity and abundance."

## November ... Coaching Special

If you're feeling off-kilter, this month's coaching special may help to get you back on track. Peg is offering four 45-minute coaching sessions for \$300.00. This is a unique opportunity to explore the root cause of your unrest and to develop strategies and an action plan to effectively move ahead. If interested, contact Peg Donahue [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com).

## Home Feng and Business Shui Tip: Ring a Bell for an Instant Chi Shift!

Give your space an instant lift through sound! Ring a bell or a singing bowl, bang a drum, play some sacred music. If you play a musical instrument, you could activate that as well. Sound is a great way to shift the chi in your space. Whenever you feel that your space is feeling a bit stagnant or stuck, if someone had an altercation or a disagreement, you've been feeling angry, stressed, sad or less than content for a period of time ... you and your space will benefit from a lift in chi. Everything that happens in a space gets

embedded in the air, walls, furniture, rugs, etc. Using sound to break up the low energy and discharge it will go a long way to helping you get back on track.

## Focused Life Force Energy ...



<https://tm179.isrefer.com/go/flfemain/PegDonahue/>

**Focused Life Force Energy (FLFE)** “creates a positive energetic environment that supports the consciousness of your space and gives you more energy to improve the quality of your life.” Given the current state of affairs, this service is needed more and more. When you have FLFE on your phone, you can carry a nice vibe with you wherever you go. When the consciousness level is higher, you’ll likely be happier every day (or most days), discover solutions to problems more easily, experience better health outcomes, and generally feel good about your options.

FLFE recently upgraded the EMF Mitigation Program on all subscriptions and free trials. This means more harmonization, especially noticeable for those with EMF sensitivities. If you’re a subscriber, there’s nothing you need to do, the upgrades were automatic. The EMF Mitigation enhancements increase the percentage of harmonization of consciousness-lowering EMFs. This upgrade is especially supportive of those with EMF sensitivities. Prior to this upgrade, *only* consciousness-lowering EMFs were transformed. Now, even neutral EMFs are mitigated.

FLFE has also added additional support for the blood-brain barrier. It’s part of their commitment to continual innovation and providing more value for subscribers.

Here’s a [magnetizing process](#) from the founders of FLFE that might interest you. They’ve included some additional aspects for clearing restraints from the past, present and future, that aren’t always considered.

Explore the FLFE website to learn more about FLFE’s [full array of services](#).  
(<https://bit.ly/3bPBwCA>)

**Contact Peg to schedule or for more information.**

## Recommended Products ....

### 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.*