

## December 2020 Newsletter ... Cultivate Joy from Within

Hello,

Wow, what a year it's been. Even though the holidays will be different for all of us this year, I encourage you to make them special in your own way. Tap into your heart and find joy in everyday life, as you celebrate the season. Also, be aware of what others are going through. Care, compassion, understanding and empathy for others can make the holidays a bit brighter for those not as fortunate.

Here's a beautiful video of a meditative [Thank You](https://www.youtube.com/watch?v=8sOFaT3UOg8) (<https://www.youtube.com/watch?v=8sOFaT3UOg8>) prayer that a friend sent me. I encourage you to take 12 minutes and watch it. It's very calming and a wonderful reminder that peace and joy come from within.

Take care of yourself and your family this season. Be smart about all you do. It's a time to stay the course. We all look forward to a full return to schools and businesses, social gatherings, shopping and eating inside restaurants, going to the movies, attending sporting events, etc. The time's just not now. Until then, stay healthy and give a helping hand to those who need it.

Enjoy December!

Peg

### December Feng Shui Forecast:

**December 14<sup>th</sup> New Moon and Solar Eclipse**

**December 21 Winter Solstice**

**December 29<sup>th</sup> Full Moon**

### November Recap: Open to Prosperity and Abundance

The **November 15<sup>th</sup> new moon in Scorpio** correlated with the **Wealth and Abundance gua**, the back-left corner of your home, every room in your home and your land. Did you take some time to refresh these areas of your home and workspace? If so, tune in and notice how things are unfolding for you as December begins. Perhaps you've been feeling more grateful and you're noticing more blessings coming your way? Or maybe you're receiving coupons, discounts and/or great prices on holiday gifts or items you'd like to purchase. Did you get a great new job, receive a refund for something or even a holiday bonus? When you notice and genuinely appreciate your good fortune, more tends to come your way.

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

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

## **December 14<sup>th</sup> New Moon: Transform Yourself from the Inside Out**

The **December 14<sup>th</sup> new moon (and solar eclipse) in Sagittarius** correlates with the **Knowledge gua**, the front-left corner of your home, every room in your home and your land. Clean and reenergize your Knowledge areas prior to December 14<sup>th</sup>. On the 14<sup>th</sup>, set your intentions and do a meditation to help them take root. Check back for progress two weeks later with the December 29<sup>th</sup> full moon.

The Knowledge and Self Development area relates to deep inner wisdom. It's about tapping into your intuition and following your personal guidance system. It's about knowing what to do and being comfortable with who you really are. Our continued "home stays" are providing everyone an extra opportunity for self-reflection, self-nurture, and the chance to really get to know, and to be comfortable with, yourself. This is a month to further develop and cultivate self-love. When you genuinely love yourself, your light will shine to the world and help uplift others. This is a month to bring JOY to the surface!

I've been hearing from many people who have been feeling angry, lonely, and restless. Angry about the Covid lockdowns, lonely due to missing the physical presence of family and friends, and restless about not knowing what to do with themselves. In some cases, people are bored, and drugs and alcohol are filling the void. This is understandable. Your daily routine has been disrupted. You can't engage in typical interests. In our society, it's common to complain about what you can't do vs. figuring out what you *can* do.

People are used to pushing outward and always being on the go, doing something, rather than nothing. When the global pandemic brought social activities and engagement to a halt, you were faced with a choice about how to spend your time. Many people cleaned and re-organized their houses. This was evidenced by trash piling up at local dumps and donation boxes being too full to accept more.

Creative and construction projects also began. Cooking, arts and crafts, sewing, knitting, painting, photography, writing and many individual pursuits filled time. During the warmer weather, walking, gardening, swimming, boating, and other outdoor activities took over, for those fortunate enough to have places and spaces to do such things. Home renovation projects got underway too. Some by home/property owners and others by contractors. Contractor calendars continue to be backlogged, and in some cases, supplies have been limited.

Weariness set in about the restrictions, simultaneous with the fall surge in Covid cases. Now we're faced with people spending the holidays alone. Since much of the "surface stuff" was tackled during the spring and summer, the need to do deeper, inner personal

development is now rising to the surface. You have a choice about how you respond to what comes your way. It doesn't have to be doom and gloom.

### **Work with your Knowledge and Self-Development Gua this month**

The timing of the surge coincides with the onset of winter, a time to go deep and self reflect. The corresponding area in your home is **Knowledge and Self-Development, the front-left corner of your house and every room in your house**. This is the same area that you may have worked with in May. It's time to do again. Bring more peace to your world by taking time to really slow down, reflect, and listen to your inner self. As one of my clients told me recently, "the quieter you become, the more you can hear."

Begin by giving the area (or each area) a thorough cleaning.

- Put things away and remove clutter.
- Clean your kitchen counters.
- Thin out paper, catalogs, and magazines.
- Vacuum high, low, and deep into the corners.
- Vacuum your upholstery.
- Dust the furniture and picture frames
- Wash your lamps, lamp shades and lights.
- Wash glass, mirrors, and reflective surfaces.
- Replace burnt out lightbulbs.

After the area feels clean and revitalized, enhance it, if you wish. If you decorate for the holidays, add your favorite décor, while removing as many other items as you can. This will contribute to a calm and peaceful feeling vs. creating a tight, cluttered setting. When you shift the chi in your space, you shift your own chi and that of everyone who spends time there.

### **Emphasize the Earth Element**

The Knowledge gua is an Earth area, in the Five Element system. Earth is strengthened by Fire and weakened by Metal, Water and Wood. Thus, Earth and Fire elements are very supportive and can help bring joy to yourself and your space. Tap into your senses as you do. Read about how to balance the Earth element from a previous post:

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

### **Are You Carrying Too Much Responsibility?**

From a health perspective, the Knowledge area correlates with your shoulders, back, arms and hands. Persistent shoulder and back pain can be indicative of carrying too much responsibility (or a lack of exercise!). If so, this area of your home and every room in your home might benefit from some adjustments. Create a comfortable space for yourself. Reflect on what you really want and what makes you happy.

### **8 Tips to Enhance your Knowledge gua During the Holidays**

- Add a natural, seasonal scent in a diffuser and place in a safe place.
- Add seasonal candles or lights.
- Decorate a Christmas tree or a Chanukah bush.
- Place a welcoming wreath on your front door.
- Play your favorite Christmas carols or other uplifting music.
- Select a cozy spot to read some of your favorite books and stories.
- Cook or bake some special treats. Let the aroma fill your house.
- Hang a birdfeeder outside. Enjoy the sights and sounds from your windows.

## **December 14<sup>th</sup> Solar Eclipse**

We're in eclipse season again. Eclipses come in pairs, six months apart. We had a lunar eclipse with the November 30 full moon. It's companion solar eclipse occurs with the December 14<sup>th</sup> new moon. Lunar eclipses are about completions and solar eclipses are about new beginnings. It's time to let go of what's not working and get a fresh start, on multiple levels.

[Maria Shaw](#) has written that babies born on the December 14 eclipse, as well as those born on the December 21 winter solstice, "will be the great teachers of their generation and make a special contribution to our world in some way when they come of age to do so." This is encouraging and exciting!

The December 14 solar eclipse is in Sagittarius. This eclipse will impact people with important planets in Sagittarius, Aries, and Leo, and to a lesser extent, Gemini, Pisces and Virgo. This is a favorable time for everyone to set your intentions and to make plans for the future. Expect more doors to open to you.

Also, think back 19 years to December 2001. What was happening in your life then? A similar theme may be recurring this year. Eclipses repeat every 19 years, so this year's eclipses repeat the past pattern, at a higher level of consciousness.

## **December 21<sup>st</sup> Winter Solstice**

Monday, December 21<sup>st</sup>, is the winter solstice and the first day of winter. As the shortest and darkest day of the year, it's a bright spot. After this, the days grow longer. Holiday lights spark joy during our long cold nights. By February we'll really notice the difference.

This December 21<sup>st</sup> is particularly noteworthy, as it also coincides with significant economic and planetary shifts. It marks the beginning of a new economy for the next 179 years. We're moving away from nearly 200 years of an "earth economy" where material security was prevalent to an "air economy" where significant changes (for the better) are expected to come to the world. Higher consciousness and new technologies will lead us to new ideas, medical breakthroughs, advanced energy and artificial intelligence solutions, faster transportation, among many other developments that

draw on data and information. It'll take many years for the shifts to take root. Watch for signs of change though and welcome them in. Be curious about them and leverage them to help us create a more humanitarian and more loving world.

To learn about various practices around the world, related to the the winter solstice, this [Farmer's Almanac](https://www.farmersalmanac.com/winter-solstice-first-day-winter) article might interest you.

<https://www.farmersalmanac.com/winter-solstice-first-day-winter>

### **December 29<sup>th</sup> Full Moon**

The full moon is when things come to light. Right in time for the new year, check in with yourself and notice what is coming up for you. If you set intentions related to self knowledge and self reflection during the December 14 new moon, observe what's catching your attention and who's coming into your life. Look for answers to your questions or solutions to problems. The answers may be subtle at first. Once you begin noticing, more and more answers will come your way.

There's a lot going on in this month. Given your situation, celebrate the holidays in whatever way works best for you this year. Better days are coming.



## Prosperity Tip of the Month: Create Joyful Receptors

Just as “thoughts create things,” your body reinforces your emotions through cellular receptors. Thus, the happier and more joyful you feel, the more positive receptors your body creates and the more negative or upset you feel, your body quickly duplicates those receptors as well.

Remember that the tipping point is 3:1. Thus, the goal is to have three times as many positive thoughts, feelings and experiences as negative ones. If you find yourself coming up short, play a game with yourself and consciously move toward the 3:1 ratio.

If you haven't been feeling great, acknowledge where you are and accept it. It's your starting point. Each day, look for things to feel good about. Notice what's happening and repeat the experiences that feel good, while pulling away from the ones that don't feel so good.

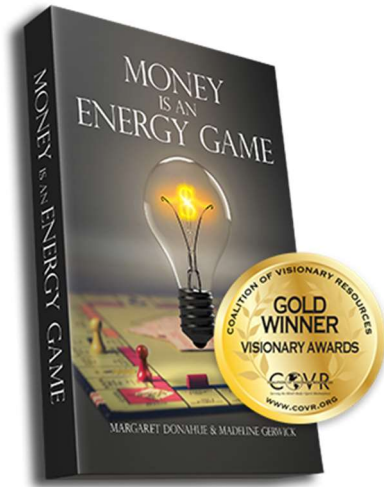
Some ways to do this are to compliment another person and notice how good they feel. You might call a friend and give a boost to their day. Listen to music you enjoy. Play an instrument. Do a project or a puzzle. Cook something delicious. Spend some time in nature.

While on a recent walk, a friend noticed a small white animal run across the road. It hopped onto a rock wall, stood up and stared at us. It was adorable and brought a smile to our faces. It had deep black eyes and soft white mink-like, ermine fur. We think it was a stoat. Stoats are part of the weasel family. In Ted Andrew's book [Animal Speak](#), he writes that weasel energy “awakens your innate ability for silent and secret observation... It can teach you how to pursue your goals on any level with the greatest success.” This goes along with the theme for the month for self reflection and meditation. It's very synchronous.

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!

## Save 25% on *Money Is an Energy Game* and Upcoming Study Group



Are you looking for a unique Christmas gift that has the power to transform someone's life? *Money Is an Energy Game*, is a great choice. The book includes a link to a FREE Emotional Freedom and Healing release to let go of "money blocks," as well as over 100 tools and techniques to put the principles into practice.

**Save 25%** if you order a copy on [Money Is an Energy Game](#) by December 11<sup>th</sup>! For Christmas gifts, order early or consider Priority Mail so that it arrives in time. Media Mail can take as long as three weeks.

### Study Group Invitation

If you're interested in strengthening your manifesting skills, Madeline Gerwick and I are starting a *Money Is an Energy Game* Study Group in January 2021. Our objective is to reinforce the concepts in the book and to figure out the Prosperity Tipping Point. We're curious about what's required before prosperity becomes a self-generating system for you. In other words, what do you need to do before living a prosperous life happens naturally for you?

If you've read *Money Is an Energy Game*, or you're in the process of reading it, this study group might interest you. Participation is free. We anticipate meeting via Zoom for perhaps a half hour a week or every other week. We'd like to keep things simple and play with the relationship between the steps you're taking to increase your prosperity and the results you're achieving.

If you'd like to join the group, send [Peg](#) an email and you'll be added to the list.  
[peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com)



## Affirmation # 361

“As I generously share my gifts with others, numerous blessings come to me.”

## December Space Clearing Special ... Save \$76.00

If you'd like to clear stuck or dull energy from your home or work space, a Space Clearing can help. Space Clearings are done remotely, so they are very safe during Covid. They are highly effective because energy is everywhere. Peg tunes into the energy of your space, assesses what needs to shift, energetically clears the blockages, and sends you a summary report within 24 hours.

This month Space Clearings are \$299.00 instead of \$375.00. If you've been wanting a Space Clearing, this is a great opportunity to have one, at a great price.

Here's what a recent client had to say:

*"THANK YOU for doing this space clearing! Wow, what an amazing shift!! The moment I walked into my room, the hair on my legs stood up because the energy was so light and pure. After the clearing, it was the first time I had slept through the entire night without tossing and turning. I didn't want to get out of bed the next morning! There is air movement and flow in my room. It's like the emotional baggage has been lifted, and I FEEL it. The chi pre-clearing was exactly the emotions my roommate and I had been feeling, so I am just beside myself that you were able to pick up on that. Incredible, truly incredible work."* NN, Henniker, NH, USA, Nov 2020

If interested, contact Peg Donahue [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com).

## Tips to Rethink and Reshape Your Favorite Holiday Traditions

The 2020 holidays are shaping up to be different with less onsite shopping, smaller get-togethers and limited social activity. Rather than focus on restrictions or what you can't do, get creative. Rethink and reshape your endeavors and festivities to fit the times. It's one year. Staying safe and healthy this season will allow for more reunions and celebrations in the future.

Consider what brings you the most joy during the holidays. For me, I like taking a break from work and typical activities to connect with family and friends, prepare favorite seasonal foods, listen to holiday music and watch favorite movies, spend time in a warm



and cozy home, find unique gifts that loved ones might enjoy, spend time outdoors. I'll miss the hustle and bustle of the season, our local craft shows and fairs, holiday concerts, and spending time together with family and friends.

This year, we'll keep our bubble small. Our daughter came home at the end of October and will stay through New Year's. We're a bubble of three and it will stay this way this year. We're planning to cut down our Christmas tree. We haven't done this in many years. It'll be a nice change of pace. Since our tree will be very fresh, we can leave it up longer and then put it outside for the birds to enjoy.

I enjoy sending cards. I take time to write a personal note in each card. It's a great way to connect with people I haven't been in touch with for a while. Although I never feel pressured to get all the cards in the mail before Christmas, I usually do them early in the month. In recent years, I've noticed more cards arriving early in the new year as New Year cards. I like this. Friends who have sent these cards value the importance of writing and sending cards when they are feeling good vs. crunched for time. It makes a difference. I feel it in the energy of each card. If you don't enjoy sending cards, don't send them. There are eight days of Chanukah and 12 days of Christmas. It's OK to take your time and stretch things out.

We're going to make some special holiday treats and will mail some to family and friends. We'll also connect with people via phone, facetime and Zoom. Many people are tired of spending a lot of time on the computer. It's understandable. For them, a phone call works better. We also might meet with a few friends in outdoor settings.

Compassion, empathy, and a deeper understanding of what others are going through is needed too. Many people, old and young, will be spending the holidays alone. I'll reach out to those I know. If you have such people in your life, consider doing the same. My daughter sent some special treats to a friend who is spending the holidays alone in NYC. Do you have an elderly neighbor or a friend who has faced illness or loss this year? If so, consider ways you can reach out and connect with them. If close by, you might drop off a meal, a treat, or perhaps a book or a puzzle. If they are long distance, call and chat, send a card, send flowers or a potted plant, or a package with a thoughtful gift. You might even send a meal or a gift card from a local restaurant.

There's also a lot of quality programming that can help you to better understand yourself and others. Two programs I find insightful and worth listening to are [The Hidden Brain](#) and [On Being](#). You'll find both on NPR and hours of listening on the web. *The Hidden Brain* explores patterns that drive human behavior and *On Being* explores spiritual and moral questions. Both programs offer ways to reach out to others in rich and meaningful ways. Both delve into the deeper world of human behavior and cover the topics of the day. Check them out if you're interested.

I've updated last year's tips help you make the most of your holidays:

1. **Keep your social bubble small this year, yet also reach out to those who are alone or those who have been going through hard times.** Let others know you care, even though you can't get together. Chat on the phone, connect in real time via Zoom, Facetime, or another service, write a card. Create new traditions.
2. **Have alternatives and send packages early.** Product inventory might be low. There's already a shortage of chess boards due to the popularity of The Queen's Gambit (a popular Netflix series). Also, allow extra shipping time. Doing so will help reduce stress and avoid disappointment. Send a gift of fresh flowers or a potted plant to someone spending the holidays alone.
3. **Eat a variety of fresh, healthy food.** Keep your immune system strong. Eat all colors of the rainbow. Exchange ideas and recipes with friends. Prepare new foods. With fewer people, there's less stress if the dish turns out different than expected. Also include your favorites and indulge without overdoing.
4. **Spend time outdoors.** It's healthy, a great way to get some exercise, and an acceptable way to meet with friends. Keep your groups small and enjoy time together.
5. **Clean** your space. You'll uplift the energy and things will feel much better. Use natural cleaning products, rather than ones with chemical additives or artificial fragrances.
6. **Put away things** that you're not using. This comes under the category of "give everything a home." When too much is left out in the open, a space can feel overwhelming.
7. **Eliminate piles** growing from the floor up. They're associated with depression and can drag your energy down. Toss out catalogs you don't enjoy or purchase from; they pile up fast.
8. If you decorate, **put away at least one thing for every item that you add.** To make things easy, store them in the same container or box that you're taking out. That way they're easy to find when you're ready to display them again.
9. Review your holiday décor as you unpack it and display it. **If any item no longer brings you joy, let it go.** Pass it along to someone else, donate it, or sell it. If it's broken and you want to keep it, repair it. If it's beyond repair, toss it out.
10. **A fresh Christmas tree, wreath, a fresh poinsettia, fresh evergreens, or flowers** bring in fragrance, color and a higher quality of chi and life force. At the end of the season you won't have to store them either.

11. **Lights** are a wonderful way to shift the energy of spaces. They bring a smile to many faces during the dark days of winter. This year, put your lights up early and light them throughout the dark winter nights.

12. **Angels, stars, glittery baubles, and other assorted ornaments** bring joy. Even if you don't put up a tree, display some of your favorite seasonal objects.

Even though things are different this year, there are many ways to find joy and to help others do the same. Focus on what's in your control, bring some holiday cheer to at least one other person, and let go of the rest. You'll be happier and healthier as a result.

## Home Feng and Business Shui Tip: Bring Joy to Your Space

Bring joy to your home or business this month via light! Holiday lights, sparkle lights, candles, a beautiful lamp ... they all work to fire things up and bring more joy to your space. You can safely use candles with LED lights. They even flicker to look like the real thing. If you're burning a real candle, do it safely and be sure to extinguish it before going to bed.

## Enjoy a Short Video Meditation from Focused Life Force Energy

Our focus this month is to go inward, doing self-reflection, so that you're more able to listen to your heart and tap into your deep inner wisdom. This 11-minute video meditation from the founders of Focused Life Force Energy that might assist you toward this end. When I listened to it, I went so deep that I nearly fell asleep. I felt calm, relaxed, and refreshed when it ended. Check it out.

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

**Focused Life Force Energy** (FLFE) is a service that creates a positive energetic environment that provides you more energy to boost the quality of your life. In addition to energizing your home or workspace, it has a variety of added benefits. They include:

- enhanced immune support ... which is vital to stay healthy and strong helping your body to absorb more nutrients
- mitigating the effects of harmful EMFs in your environment
- boosting your brain power
- optimizing your GI tract
- increasing your focus, concentration, and creativity
- boosting your body's natural healing ability
- helping you to sleep and meditate more deeply.

Whether or not you're a FLFE subscriber, I recommend that you go to the website periodically to learn more about what FLFE does and the latest programs. When I was perusing the "top questions" under the Learning Tab, I learned the FLFE Founders recommend taking 800 mg of magnesium daily, in addition to drinking a lot of water. The magnesium information was new to me. Explore the Learning Center!



**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.*