

## January 2021 Newsletter ... A Year for Transformation

Hello,

Welcome to 2021. Let's make this one of the best year's ever. I encourage you to focus on what's within your power and control and let go of all the rest. The outer world can be a distraction. The news diverts and consumes far too much energy and hinders you from living your best life.

The cosmos is supporting a fresh start! The December 21 winter solstice was historic. It ushered in prospects for many brighter years ahead. This is a welcome change. It's up to you to do your part to come into alignment with the energies so that you can take full advantage of them. This month's articles provide many options for you.

I read the [Good News Network](#) daily. It's filled with amazing stories about people who are making a difference. One recent story highlighted an Irish couple who build [homes for employees](#) who couldn't afford one otherwise. The results are inspiring and life changing.

If you're looking for a winter escape, these ideas from the [New York Times](#) might give you some ideas.

Chinese New Year is February 12<sup>th</sup>. We'll be in the year of the Metal Rat. I'll prepare a synopsis this month and provide highlights in my February newsletter. [Contact me](#) if you'd like a custom Flying Stars update for your home. I'll prepare these by mid-January.

Enjoy January!

Peg

### January Feng Shui Forecast:

**January 13<sup>th</sup> New Moon in Capricorn**

**January 28<sup>th</sup> Full Moon**

### December Recap: Cultivate Joy from Within

We begin January on the coattails of the December 29<sup>th</sup> full moon. If you worked with your **Knowledge gua** (the front-left corner of your home, every room in your home and your land) last month, tune into your intentions, notice what's happening in your life. Look for signs that the shifts you asked for are taking shape. The initial changes can be very subtle. You might notice a particular word or message on a sign or advertisement, a name may pop into your head, a gift or card might arrive that has particular meaning, someone might say something that indicates things are happening. Messages arrive in

all sorts of ways. Once you begin to notice them, the process accelerates. It's fun when you're aware of what's taking place. Enjoy the ride.

Click here if you'd like to review the December recommendations:  
<https://fengshuiconnections.com/december-2020-newsletter/>

### **January 13<sup>th</sup> New Moon in Capricorn: Time for a Personal Reset**

We have a new moon in Capricorn on January 13<sup>th</sup>. This provides you a few post-holiday weeks to settle into the new year, reassess where you are, and to establish your plan for the year. Capricorn is an action-oriented and determined sign. After the unprecedented events of 2020, this is a good month for a personal reset.

It's an ideal time to do long term planning, to organize and to add structure to what you'd love to manifest. Begin with your vision, intentions, and goals. Write a plan by adding details. Define who, what, where, how and when things will get done. Anticipate and expect help from "unseen" sources as you do this. Magic happens all the time ... you don't have to do everything yourself. Jean Slatter's book [Hiring the Heavens](#) is a good one to draw on and to read, if you are not familiar with it.

From a feng shui perspective, Capricorn aligns with the **Fame Gua**. This is the center back of your home, every room in your home, your yard or land, and your workplace as well. The Fame gua is associated with the Fire element. Fire energy helps to illuminate your path. It provides life and energizes your goals, giving them a boost and helping them to come alive. Capricorn new moons provide the perfect foundation for you to seek what you want in life, and to put the processes and structures in place to support your vision and goals. Susannah Conway's [Unravel Your Year 2021](#) is a wonderful and extensive planning tool. I encourage you to check it out.

Activating your Fame gua can provide you more visibility by shining your light to the world. January is a good month to do this, particularly if you would like to:

- Draw from your wellspring, your inner source of power
- Clarify your goals and direction
- Define and/or strengthen your personal plan
- Put a solid foundation in place
- Add structure to support your efforts
- Fully use your resources
- Manage your responsibilities
- Get a new job
- Be well known

### **Fire Energy and the Fame Gua**

The Fire energy of the Fame gua is strengthened by the element Wood. In turn, Fire feeds and strengthens Capricorn's Earth qualities that nurture you and others and provide stability to your life. Fire, and therefore the Fame gua, is weakened by too much and Earth, Metal and Water energy in the center back areas of all of your spaces. Do have representations of some of these energies in your Fame gua to bring balance, but just not too much. As you clean and refresh your Fame gua, see your goals and dreams unfolding just the way you want (or in ways even better than you anticipate!).

A guideline is to assess how the space feels. If it feels great, chances are it's in balance. If things catch your attention, make some adjustments. If you're not sure, take a picture of the space and study it. Often, you can see patterns in photos that you don't see in person. This is because you can be blind to things that you've been living with for thirty days or longer. You look at the space but your eyes gloss over what's there.

**Fire energy is represented by:**

Sunlight and the sun  
Candles, lights, and sparkly items  
Fire and flames  
Red and the red palette  
Triangles, pyramids, diamond, and cone shapes  
People and animals  
Electronics and electrical items

**Wood energy is represented by:**

Fresh plants and trees  
Fresh flowers  
Green and blue  
Vertical stripes and tall columns  
Floral fabrics  
Art with any the above attributes

Perhaps you have a poinsettia plant or a Christmas cactus from the holidays? These are perfect additions to "fire up" your Fame gua, as long as they're still thriving. If you aren't ready to pack away all of your holiday ornaments, put them to work this month. Shiny and glittery objects, diamond shapes, and pyramids and triangles, among other items can reinforce your intentions in the Fame gua. Lights and candles do the same. Keep them out and continue to enjoy them for a few more weeks.

**Circulatory, Heart, Eye, Head or Brain Problems? Adjust your Fame Gua**

From a health perspective, the Fame gua influences your heart network and small intestine, as well as your overall circulation, eyes and vision, head, and brain. In addition, Capricorn new moons impact backbone, joints, knees, skin, and hair.

If you have health issues related to these areas, audit your Fame guas. These areas are the center-back of all of your spaces ... your house, every room in your house, your workspace and your land. Look for dull, stagnant energy, clutter, things in disarray or out of balance, plumbing or electrical problems, cloudy windows or ones not fully working properly, anything that needs repair, etc. Correcting these situations will strengthen the energy of your Fame gua and positively influence the corresponding areas in your life.

### **Clean Your Fame Gua and Write Down Your Intention or New Year's Resolutions**

The first two weeks of January are the time to take stock of your Fame areas. Clean and refresh these areas. Adjust and/or repair what you can. Then, on January 13<sup>th</sup>, write your intentions or New Year's resolutions and strengthen them with a meditation. As you write, be clear about what you want. Add details. Describe what you intend to manifest as you begin the new year. Write in the present tense, just as if things are happening now. Keeping your focus in the present, brings things closer to you. After all, you're always in the present. You are never in the past or the future.

One thing you might do is light a candle as you set your intentions with the new moon this month. Reinforce this with a blessing or a prayer. Continue this for 27 days, until February 8<sup>th</sup>. If this seems too long to you, light your candle for at least nine days. Continue for another nine days, if you can. If you have time, repeat again. Twenty-seven is a powerful number. Holding your focus for this period will help your intentions to manifest.

### **Nine tips to reinforce your Fame qualities this month:**

- Create a Vision Board. These work!
- Place your New Year's Resolution or intentions in your Fame gua, in a red envelope.
- Light a candle and reinforce your intentions each day for 27 days.
- Add some red ... such as a bowl of fresh red apples.
- Place a red flowering plant or fresh flowers.
- Hang or place something that sparkles or glitters.
- Include diamonds or diamond shapes.
- Place pictures of happy people who enjoy being together, doing things they love.
- Include something that represents high integrity or how you'd like to be known.

January is the perfect month for a reset. Cleaning your Fame gua and consciously activating it will go a long way toward getting the energies moving in your favor. You can also activate your space by ringing a bell or playing beautiful music.

### **Check-in at the January 28<sup>th</sup> Full Moon**

The full moon (and lunar eclipse) check-in that aligns with your Fame gua adjustments is January 28<sup>th</sup>. This is the time to revisit the objectives you set on the January 13<sup>th</sup> new moon and notice how things have shifted for you.

### **A Heads Up for Chinese New Year**

Chinese New Year is Feb 12<sup>th</sup>. It will be the year of the Metal Ox. Feb 4<sup>th</sup> is the day to refresh your annual cures. I'll write more about this next month. If you would like an annual Flying Star update (\$108.00), contact [Peg](#). These will be done during January, in time for you to order any mirrors or other cures you may need.

## **2021: A Year for Transformation**

The beginning of every new year is a traditional time for resolutions, to create new or better habits, to let go of what didn't work or no longer works for you, and to put yourself on a more effective path. 2021 has the potential to shape up as a year of both planetary and personal transformation. After the tumultuous events of 2020, it's a welcome shift. My friend, Mary Roberts, says that her mantra for 2021 is to "Move, Breathe and Connect!" It's a worthy one.

The November 30<sup>th</sup> and December 14<sup>th</sup> eclipses, followed by several rare astrological patterns that culminated on the December 21<sup>st</sup> winter solstice, are said to mark a significant shift in consciousness for our planet. Some say it's the beginning of the Age of Aquarius. Astrological ages are approximately 2,160 years long. They don't begin on a specific day and the change may occur over 250 - 300 years. It's easier to mark the cycles looking back in history. It's more challenging to note as you're living through it.

### **A Brighter Future for All**

The Age of Aquarius is seen as a time of expanded human consciousness and enlightenment. It's associated with information and data, computers, electricity, flight and space travel, democracy and freedom, rebellion, philanthropy, humanitarianism, idealism, and truth. [Madeline Gerwick](#) has written that we're moving further into an Air economy, which began in 2020 and will last for 179 years. The previous Air economy began in 1226. Simone Butler says that the pattern of the Jupiter-Saturn conjunction in Aquarius reflects the dawn of the Renaissance that began in 1405. Thus, we can anticipate a higher level of consciousness and creativity permeating Earth.

### **The Connection Between You and Your Home**

Each of us has a part to play to help usher in a kinder, more caring, compassionate, humanitarian, loving, and sustainable world. The good news is that some positive shifts are happening. It's up to each of us to play our part. Change begins from within. As you connect to your heart and soul, your energy extends to your outer environment and to everything and everyone with whom you interact. As you work with the feng shui of your home and overall outer environment, to make it more pleasing and comfortable for you, you're also connecting with yourself on a deeper level. That's part of the beauty of feng shui. It's a connection between your inner and outer spaces, your heart, and

your home. As you become more aware, your outer and inner shifts support you on both the physical and spiritual levels.

Fortunately, there's a lot of support available to each of us. You're not alone. More and more resources show up for you when you're ready. Here are some to consider, as you reflect on the year ahead and set your intentions and resolutions.

### **Unravel 2020 and Plan 2021**

One of my favorite tools is Susannah Conway's [annual guide](#) to unravel the past year and to plan ahead for the coming year. In my opinion, this document is well worth your time. I usually prepare it over a few days. Following Susannah's process, you review the past year and use that to identify what you want to shift or change for the year ahead. This year focus on what you can control and let go of what you can't.

<https://www.susannahconway.com/unravel/>

### **Looking for Answers? Have an Akashic Records Reading**

I am honored to include [Maureen St. Germain](#), the Practical Mystic, among my close friends and colleagues. Her work and calling are truly remarkable. Maureen provides a wealth of products and services to guide you on your spiritual path. Meditations, books, consultations, and trained guides who provide Akashic records readings. An Akashic records reading is a great way to get answers to your most pressing questions about your life and why you're here. This [link](#) brings you to a page with Maureen explaining why have a reading now and its benefits. You can also read about her guides and their backgrounds, as well as testimonials from clients. Check it out.

[https://maureenstgermain.com/104.html/your-akashic-records-readings/?fbclid=IwAR3uMq8kn\\_o5vNuU1WdJJhoNvp1OUtp9bli9xxe9j0GdSkyEAX70melfKLw](https://maureenstgermain.com/104.html/your-akashic-records-readings/?fbclid=IwAR3uMq8kn_o5vNuU1WdJJhoNvp1OUtp9bli9xxe9j0GdSkyEAX70melfKLw)

### **Maureen St. Germain's Golden Time Meditation**

Maureen offers a [FREE](#) guided meditation each month. Check out her December blog and meditation for Golden Time. This meditation will help you to co-create what you want and strengthen your connection with your higher Self. Maureen is encouraging each one of us to do this beautiful meditation. I'm doing it regularly and I encourage you to do the same. If you're on [Facebook](#), you can participate live with Maureen on Wednesday, January 6<sup>th</sup> at 7:00 pm EST.

### **Vibranz Healing Products**

I've been using a series of [Vibranz](#) healing products and tools since last May. I'm finding that these products shift energy and enhance healing! Their aim is to bring your body and your environment into harmonic resonance and cohesiveness. I've been able to eliminate medication for high blood pressure, quickly heal bumps and bruises, get rid of periodic annoyances with muscles, bones, and more. The product categories include:

- Cosmonutriceuticals ... highly energized sprays, powders and lotions
- EMF protection ... strips, packs and home kits

- Lasers and Pointer ... amazing tools for daily use
- Pendants and Discs ... tools to raise your vibration and amplify your intention
- Sports Solutions ... wrist bands and entrainer drops
- Pet Solutions ... check these out! Add to your pet's color to bring them into harmony

I began with a full set of lasers that I use daily. Then I added Citrus Silk organic skin therapy lotion. Before long I began wearing an Orion disk pendant. Most recently I've been using the Mint Matrix drops instead of toothpaste. I'm eagerly anticipating the arrival of an intention disk and a PET (Personal Environment Transformer). All of these are helping my body to stay strong and healthy. They support my daily hikes, snow shoveling, staying clear of Covid, and periodic mishaps as I move through daily life. I only endorse products I use and trust. I recommend that you check these out. I'm happy to answer any questions you have. If you make a purchase, I would be honored if you use my referral link: <https://getvibranz.com/peg>, so that I receive credit for your sale. This helps me to continue to seek out and test great products that make a difference.

### **Make 2021 a year of Self Transformation!**

What do you want most for yourself this year? It helps to be clear about your wishes. Often when I ask people what they want, they say "I don't know." As a result, they have a mix of experiences, many of which they don't want. Make 2021 the year to omit your self-sabotage and claim your true desires. When you do, they will begin to unfold for you. If you would like help clarifying your wants and desires, or you'd like some coaching to help manifest your intentions, contact Peg. Many options are available ... from a single consultation to a complete [Dream Coaching](#) program.

## *Prosperity Tip*

**No amount of action  
can make up for being  
out of energetic  
alignment with the  
well being that your  
*True Self* feels all the  
time.**



MONEY IS AN  
ENERGY GAME

[moneyisanenergygame.com](http://moneyisanenergygame.com)

### **Prosperity Tip of the Month: Maintain Energetic Alignment**

You've probably heard the phrase "work smarter and not harder." Yet, how often do you push yourself to get something done (even when what you're doing is not working) or allow what's on your mind to consume more of your energy than it should?

When you're in energetic alignment with your Self and you also tap into your Higher Self for direction and answers, life flows with gentleness and ease. You're likely to experience more synchronicity each day, solutions to problems show up at just the right time, people readily reach out to you (often when you think about them), you might experience more creativity and you're likely to be more playful and have more fun, among other things. You also understand what other people are going through. You have empathy and compassion but know that others are on their own journey and they have to find their own way. For years I've said that "the work" is always on oneself. And,



it is. You can change yourself but you can't change other people. Send them love and positive intentions instead.

For more tips like this, check out my book with Madeline Gerwick, [Money Is an Energy Game](#).

If you've read the book, we'd love your review! You can place it directly on [Amazon](#) for Kindle copies (scroll to the bottom of the page) or send it to [Peg](#) and Madeline via email. Thank you!

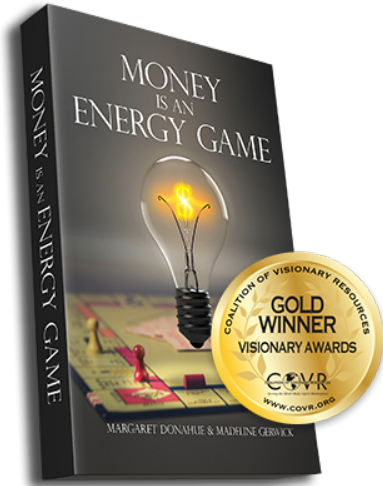
## Begin 2021 With an Energy Inventory!

January is a great month to put yourself on a path that enables you to live your best life. In Part Three of [Money Is an Energy Game](#), Madeline Gerwick and I include a six-week Energy Inventory program. Through this program you take one week per topic to note your patterns in relation to your:

- Sleep
- Food
- Exercise
- Feelings
- Thoughts
- Spirituality

Worksheets are provided in the book, and available on the website. The purpose is to tune in and to become aware of your habits and patterns, not to change things. As you learn how each of these categories contributes to your experiences, you can decide if and what you want to change. The purpose is to put you in charge. When you're aware of your patterns and how they contribute to your experiences, you can choose what you'd like to do differently.

Make 2021 the year to put your best self forward!



## Affirmation # 4

“If this is for me, expand it. If not, take it away”

## January Special ... Save \$50.00 off a Long-Distance Space Clearing

Start the year off on a positive footing. Clear out old, stagnant, or troublesome patterns and reset the energy of your house or business. If you've been having trouble getting grid of clutter, a Space Clearing can help to re-energize your house so that you're more motivated to act. Clearings remove energetic obstacles, opening a path free from interference.

During January, Peg is offering \$50.00 off long distance space clearings, for \$325.00 instead of \$375.00. Contact Peg to schedule your long-distance clearing at [peg@fengshuiconnections.com](mailto:peg@fengshuiconnections.com).

## Home and Business Feng Shui Tip: Activate Your Front Door!

Whether you use it or not, your front door is the main source of chi to your home or business. This is the architectural front door, not necessarily the door you use every day.

During January, give your front door an energetic boost. Activate it by opening it and checking the area for any debris, dust, cobwebs, etc. If you find any, sweep it away.

A seasonal wreath or door decoration is welcoming and energizing. If the décor at your front door is waning, freshen it up. Also, check your front door lights. Make sure they are working. Replace burnt out light bulbs.

If you're in a snowy area, maintain a clear and open path to your front door. If you're not in a position to shovel, hire someone to do it for you. Removing snow and keeping your doorstep free from ice will help to keep your spirits up during the winter. Paths and doors blocked with snow also block and choke your life force. Keep yours fully flowing this winter.

Keeping your front door accessible and energized this winter will bring good chi to your home and business. With many people continuing to work from home, this can make a significant difference in how events unfold for you.

**Give Your Home or Phone a FREE Daily Environmental Boost through January 7<sup>th</sup>!**

## **MEDITATION & CREATIVE PURSUITS:**

*The clarity of mind and the clearing of the environment, as well as enhanced personal energy, supports deeper meditations & states of creative expression.*



Focused Life Force Energy is offering a free special boost for you and your loved ones to help you ease your way into 2021. It's a 19-minute meditation that you can activate through this [link](#). You're encouraged to share it with family and friends. This gift includes all of the benefits of FLFE Everywhere, including EMF mitigation. It's available through January 7<sup>th</sup>.

When you play this meditation,

- The full FLFE EVERYWHERE service is activated around the speakers you're listening on. This includes all the benefits of the FLFE EVERYWHERE service for the 19 minutes of the meditation.
- A 700 Level of Consciousness (LOC) field is also activated for each person listening to the meditation, in a 5-foot radius around them for the 19 minutes of the meditation.
- The EVERYWHERE service and the 700 field will activate when you listen to the meditation up to twice per day until the end of the day on January 7.

If you prefer, run the meditation in the background. As you play it through your phone or computer, it raises the consciousness of your equipment!

Remember not to drive while doing this or any meditation.

This gift is for everyone, so share it. It's a great way to begin the new year. Enjoy!



(<https://tm179.isrefer.com/go/fifemain/PegDonahue/>)

**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.*