

March 2021 Newsletter ...

Hello,

I'm expecting March to usher in some welcome changes. As we move from winter into spring, you might feel more alive, more optimistic, and more energetic. We'll be getting some cosmic assistance as all of the planets are now moving forward through April 26th. Thus, both March and April should provide some good momentum for new growth.

Since Christmas, I've been working on a puzzle of the [Unicorn in Captivity](#) tapestry that's been taking longer than usual. It's complex as much of the background blends together. My daughter and I started it together and since she returned to NYC, I've been tackling it periodically. Recently, I stepped back from the entire puzzle and immediately noticed a few pieces that fit together. This is an important lesson in gaining a wider perspective. Doing so helps you to see the patterns.

Are you up in the air about the Covid vaccine? I am. As I was writing this, [Stephanie Bennett Vogt](#) sent an email about her [Vaccine Clearing Story](#), in which she highlights her decision process, approach, and a video about getting the vaccine. Much of what she writes about expresses how I've been feeling. I found her story to be very powerful and I'm sharing it with permission. Check it out and watch the videos. One of the blessings of the pandemic is the opportunity for self-growth. As you clear old, nonbeneficial patterns from deep within yourself and your space, you make room for new. Better times are ahead of us. This is the time to prepare.

Enjoy March.

Peg

March Feng Shui Forecast:

March 13^h New Moon ... Focus on Health and Well-Being

March 20: Spring Equinox

March 28th Full Moon

February Recap ... Helpful People and Travel

The full moon check-in that aligned with February adjustments for your Helpful People and Travel gua (front right corner) was February 27th. If you set objectives for the February 11th new moon, tune in and notice what's unfolding or what's coming your way. Full moons are when things come to light. The seeds you set on February 11th have taken root and shifts will begin to emerge. Watch the patterns, finetune your approach, and go with the flow.

I received some wonderful Helpful People support a few days after the new moon. On February 16th, several inches of heavy, wet snow and sleet accumulated all day. When I began clearing our front steps about 3:00 pm, I was thrilled when I noticed that our neighbor had previously cleared the end of our driveway with his snowblower. I knew it would make my husband's job much easier after he finished work.

While I was clearing our steps, a town snowplow came by and deposited a lot of heavy, wet snow at the end of our driveway. I wasn't upset. It's just the way it is. Our side of the street gets all the snow when it's plowed. Then, an amazing thing happened. The driver passed our house and turned his plow around. He returned to our driveway and cleared the end of our driveway again! Immediately I remembered that the new moon was about attracting Helpful People. Fun things can happen when you set an intention and go with the flow.

Review [February's Feng Shui Forecast](#).

March 13^h New Moon in Pisces ... Center/Health

The new moon in Pisces on March 13th is associated with the **Center** of your home, every room in your home, your workspace and your yard or land. The quality of energy in the Center of your home permeates throughout your entire space and influences your overall health and well-being, including mental health.

New moons are about new beginnings and this month, spring begins. It'll be a welcome change. Pisces, a mutable water sign ruled by the planet Neptune, marks the end of one season and the beginning of another. It marks the end of winter and beginning of spring, in more ways than one. It's a time to reframe how you live your life. Notice your creative insights and dream big. From a place of acceptance, allow positive and regenerative change to emerge. Pisces energy helps to break down barriers and to heal. It's mystical, dreamy, deep, and complex. It's also warm and nurturing, sensitive, imaginative, and perceptive. Given all that's going on, reflect on how you can live your best life. Envision an inspiring future for yourself, while staying grounded.

The Center of your Home relates to Health and Overall Well-Being

What's happening in the Center of your home or wherever you spend most of your time? Take a walk through this area and notice what captures your attention. You might also take a few photos and study them. How do you feel? What are you noticing?

The Center of your space represents an integration of all of your life sectors. Balancing this area will go a long way towards bringing you daily harmony. I typically have a vase of fresh flowers in the center of my home. This brings me joy. As I prune and refresh the flowers a few times each week, I also know that I'm uplifting the chi in my space.

Pay Attention to your Stomach

Healthwise, the Center is associated with your stomach and spleen. Paying attention to your “gut” and “gut feel” is a healthy habit. Your gut reads situations and can alert you to good and bad well ahead of your brain. Finetuning your intuitive feel for people and situations can guide you through life more easily than waiting for others means of confirmation or proof.

Earth Energy and the Center of your Home

The Center of your space is anchored by Earth energy. When in balance, Earth is nurturing, stabilizing and grounded. You feel supported in your endeavors, with a solid foundation underfoot. Concerns about survival, a lack of stability, muddled thinking, and continual worry are signs of imbalanced Earth energy. Another sign of imbalance is feeling that you can’t do enough to please others. If you recognize any of these traits or emotions, this would be a good month to shake up the Center of your home and revitalize it. Sitting rooms, bedrooms and porches are Earth-type rooms ... spaces where you nurture, relax, and rejuvenate yourself.

Earth and the Five Elements

In the Five Element system, Earth energy is supported and strengthened by Fire. It is depleted by Metal and weakened by Wood and Water. If you want to accentuate or activate Earth energy, you typically would emphasize the Fire and Earth elements. During 2021, the feng shui Flying Stars call for less Fire energy in the Center of your home. Therefore, minimize the color red and omit burning candles. Adding yellow, gold, beige, and brown is favorable. Placing quartz crystal and crystal spheres in the Center is also favorable this year.

If the center of your space feels too Earthy (or sluggish), balance the area using décor that emphasizes Metal, Water and Wood elements. This can help provide a breakthrough and gets things moving in a new direction.

Here are some ideas for balancing the Five Elements in the Center:

Earth energy grounds and anchors your space. Earth items include:

- Wooden furniture (because it’s harvested wood)
- pottery, earthenware, bricks, and clay
- seashells and natural items
- square shapes
- oversized or heavy furniture that hugs the ground
- yellow, gold, brown and autumn/earth tones.

Fire brings dazzling, sparkling energy to a space. It is represented by:

- Fire, flames, lights, sunlight, candles
- Triangles, pyramids, diamond, and cone shapes
- People and animals, as well as pictures and sculptures of people and animals
- Electronics and electrical items

- Red, burgundy and the red palette

Metal energy helps bring clarity to a space. Metal items include:

- Physical metal: gold, silver, brass, aluminum, etc. (pots & pans, lamps, picture frames)
- marble, granite, flagstone
- natural crystals and rocks dug from deep within the earth
- circles, oval and arch shapes
- white, gray and pastel shades.

Water energy helps to create flow. It also brings reflective and philosophical qualities.

Water is represented by:

- Water features and water itself
- Mirrors, windows, glass, reflective and shiny surfaces
- Black and very dark colors
- Free form, wavy and symmetrical shapes
- Pictures of lakes, rivers, harbors, ocean views

Wood energy is about vibrancy, growth, and expansion. Wood is represented by:

- Fresh flowers, plants, and trees
- Floral fabrics and patterns
- Vertical stripes and tall columns
- Green and blue

Everything in your space contributes to energetic balance on multiple levels. For example, a wooden dining room table and chairs represent Earth energy. Place a white tablecloth on this and you introduce Metal energy. A glass vase filled with fresh flowers adds Water and Wood energy. Red candles on the table would bring in a touch of Fire.

Revitalize the Heart of Your Home

When you feel good in your space and you enjoy spending time there, chances are the energy is harmonized. This is the feeling to create throughout your entire house, one room at a time. During the first two weeks of March, tune into the Center of your home and make some seasonal adjustments. I recommend beginning with a deep cleaning and then refresh the area to welcome in spring. Open up any blocked or clogged areas. Thin out paper piles. Clear excess from tabletops and counters. Return misplaced items to their proper home. Release or recycle things that you don't use or no longer want or need.

Set an Intention on March 13th and Meditate

After waking up the Center of your home, set an intention for your overall health and well-being on March 13th. Include any specific health requests you may have. Then relax and do a meditation. Visualize the end result of your intention. Skip over how things might unfold. This can bog you down. Let the Universe handle the "how." Your job is to stay focused on the end result.

Check-in at the Full Moon

The full moon check-in that aligns with adjustments to the Center of your space is March 28th. This is the time to reflect on the objectives you set at the new moon two weeks earlier and notice how things are changing for you. Overall, March should be a good month. Things are shifting for the better. You and your space should be shifting too.

Would you like some help?

If you'd like a short consultation about some ideas and suggestions to adjust the Center of your space, contact [Peg](#). If you mention the March newsletter, save 20% and pay \$75.00 for a half hour consultation.

A Customized 12-Month Bagua Action Plan can provide a boost too.

Based on your birth date, this service identifies a specific area of your house to work with each month that is even stronger than working with the new moon. In essence, you're working with the sector where the energy of the new moon falls within your specific birth chart. You can use it from year to year with just a few tweaks. This is a great way for you and your home to be in full alignment with the monthly moon energies. If you're interested, mention this [newsletter](#) and receive 10% off, \$162.00 instead of \$180.00.

Spring Equinox: A Time to Refresh and Renew

Spring officially begins in the Northern Hemisphere on March 20th (for those in the Southern Hemisphere, it's the beginning of fall). We'll have relatively equal hours of day and night, as the sun rises and sets due east and set due west worldwide. For us in the north, the days will grow longer until we reach the summer solstice on June 20th. This is a time to refresh and renew yourself and your space. Yang energy will dominate for the next six months, until we turn inward again with the autumn equinox.

Spring: The Wood Season

The Wood element characterizes spring. Nature pushes upward, outward, and downward deep into the roots and foundation. Spring and thus the Wood element are about new beginnings, new expressions, and new growth. The liver (yang) and gall bladder (yin) are the organs affiliated with spring and Wood. Your liver processes toxins and eliminates them from your body. After the slower and darker days of winter, this is a time to lighten up, to reset and recharge.

One way to revitalize your body is to do a cleanse. There are various methods. You may have a favorite. If not, a light juice cleanse is a good way to begin. Reduce and then

eliminate heavy, winter foods. Eat more fresh greens and lighter foods with high vitality. Doing so will help to rejuvenate your body and spirit.

Spring Clean!

A deep spring cleaning is a good way to revive your house. Reach deep into the corners, both high and low. Remove the dust that's accumulated, shake up and wake up the stillness. Windy March days are optimal to open your windows and encourage fresh air to blow through. Trim overgrown house plants to encourage new growth. Lighten up fabrics and colors. Toss out accumulated paper, including catalogs and magazines that you no longer need.

Thunder and Wind Trigrams

Wood is an activating energy, associated with the trigrams of Thunder and Wind in the I Ching. Thunder is the yang energy and Wind is the yin component. Thunder is arousing whereas Wind is changeable. Thunder expresses itself as anger whereas Wind is more confident and graceful.

Wood Attributes

Wood activities are represented by upward expansion, growth, and forward momentum. Thunder breaks through boundaries (sometimes leaving rough edges in its path), opens new pathways and overcomes obstacles. Wind works through obstacles with confidence, grace, and ease. Appropriate risks are taken, stress is managed, proper decisions are made, and natural leaders take charge.

When Wood energy is deficient, you may feel apathetic, sluggish, irritable, emotionally sensitive and bogged down. Overactive Wood expresses itself in angry, hostile, irritable, impatient, and impulsive ways. In balance, look for gentleness, kindness and grace, as well as growth, change and innovation. If you recognize yourself or family members in deficient or overactive patterns, adjust the Wood element in your home to bring yourselves into balance.

Family and Prosperity Bagua Sectors

The bagua areas associated with the Wood element are Family and Prosperity. Family (Thunder trigram) is the left center sector when you overlay a grid of nine spaces over your floorplan (plot plan and rooms too) and Prosperity (Wind trigram) is the back left corner. If you'd like to shift or strengthen these aspects of your life, working with the feng shui of your space can help.

Wood shapes resemble tree energy: tall columns, vertical rectangles, and stripes. Plants and flowers are part of the Wood family too. Thus, Wood energy extends to all florals, floral fabrics, and floral art. Wood fabrics are cotton, linen, denim, seersucker, corduroy, jersey knit and elastic. The texture is crisp, stringy, and ribbed. Wood colors are green and blue. Think: vibrant spring green. Green is the color for the Family gua and purple for prosperity.

As you recharge yourself and your home, refresh your wardrobe too! After being home for the past year you might be tired of wearing the same clothes. This spring you might consciously add some new clothes that represent who you are now, and who you intend to become. Your home and clothes are outward expressions of your inner self.

Energetically, expect to see some significant, positive shifts during March and April, as we move toward a brighter future for all of us.

March Special: Emotional Freedom & Healing Release Sessions

Some of the patterns associated with social distancing are increased anxiety, stress, and an overall decline in mental health. Getting outside in nature, regular exercise, safely connecting with family and friends, and doing your own “release work” are excellent ways to get back on track if you’ve been feeling out of sorts.

During March, Peg is offering \$30.00 off Emotional Freedom & Healing ([EF&H](#)) Tapping sessions. This is a highly effective way to release deeply held patterns that may be holding you back. Patterns which may have passed within your family from generation to generation. Release these blocks once and for all. EF&H sessions are \$150.00 during March (and you mention this newsletter), instead of \$180.00. Contact [Peg](#) to schedule.

Feng Shui Tip: Create a Cozy Space to Cultivate Mindfulness

As we continue to spend extended time at home and socially distanced from family and friends, it’s important to have at least one area you can retreat to for peace of mind, serenity, stillness, and rejuvenation. You don’t need an entire room. If you’re in a small house or apartment, create a flexible, multifunctional space.

A comfy chair, nook or even some pillows work well. Add a comfortable throw or shawl, a small rug, a table for a cup of tea or notebook, a plant or flowers for vitality and natural light.

When you need a break, take it. Go to your special spot. Sit still for a few moments, breathe slowly and deeply, observe your mind chatter, and let it all go. A calm environment helps you to ground your energy, release stress and anxiety, gain clarity, get a deeper sleep, and improve your health.

The Feng Shui Bagua and Its Origins

BAGUA ... The Feng Shui Bagua is a symbolic map that you lay over your space that touches all areas of your life. Each section of the bagua represents a particular energy pattern. The patterns have been around for thousands of years and have many layers. In addition to the energy patterns, each area is associated with one of 5 elements: water, wood, earth, fire, metal. By extension, each area is also associated with colors, seasons, directions, body parts and organ networks.

I CHING ... The bagua energy patterns trace back to the I Ching, The Book of Changes, the oldest book of divination. The I Ching is an observation of human behavior and the constantly changing structure of the universe. It is about the way things are at the moment and the way they tend to change and transform themselves. The concepts of the I Ching are known as Taoism (Daoism) and the I Ching symbols are incorporated into the bagua.

The Book of Changes (I Ching) took its final form During the Chou Dynasty (1150-249 B.C.), a few centuries before Christ. It has remained virtually unchanged to the present day. The I Ching is really a philosophical system that incorporates mathematics and quantum physics. It consists of 64 hexagrams (6-line structures) that are a combination of a solid line (---) and a broken line (--). The 64 hexagrams display every possible combination of the solid and broken lines when they are combined in sets of 6 (since $2^6 = 64$). Each of the 64 hexagrams is accompanied by ancient texts and commentaries that relate to 64 typical human situations. There can be thousands of variations due to changing lines.

TAO ... pronounced "dow" is known as *The Way, The Path, The Flow*, etc. It is the underlying concept of feng shui. The circle of the yin and yang represents wholeness or unity. Yin and yang are opposites that flow into each other. One is never without the other. The Tao is about change. It's about bringing nature into your space. One way to experience the Tao is to take a walk and tune into everything around you. All your senses will be activated, and you'll begin to feel the flow of nature all around you. There is no clear-cut definition about where yin and yang begin and end. Everything is always relative. Nothing is always yin, and nothing is always yang. Feng shui brings balance to both ... yin being inward and receptive; yang being outward and aggressive.

TRIGRAMS ... are eight three-line structures that are the basis of the hexagrams ($2^3 = 8$). Each of the eight structures represents the eight elemental forces, or energies, in nature. These eight forces form the basis of energies related to the bagua. There are two traditional ways of arranging the trigrams: the Early Heaven Sequence and the Late Heaven Sequence. In the western approach to feng shui, we use the Late Heaven Sequence.

YIN and YANG ... the two lines represent the duality of everything in the universe. The broken line represents yin (feminine) and the solid line represents yang (masculine). When they are combined in sets of three, they represent the eight energies of the bagua.

BAGUA ENERGIES ... “ba” means eight and “gua” means section. So, the bagua is eight sections, plus the middle (tai chi), making nine in all.

1. **Career** ... This gua relates to your journey through life, often called Career of Life Path. This gua relates to the element of water, as water will always flow by itself and find its path. There is a natural energy of pushing forward in this gua. A search for expressing yourself through your path in life. If you're feeling unsettled in this area of your life or you feel that you're not on the right path, this is an area of your space to work with.
2. **Knowledge** ... also known as the Mountain. The mountain is about wisdom and exploring your inner alchemy, your inner world. It's where you can ponder your most difficult questions. It's the ability to keep still, to be stable and to honor the sacredness of life. Spirituality is a big part of this area. If you feel that you don't know what to do about situations or you are feeling a lack of spirituality ... this is an area to work with.
3. **Family & Ancestors** ... also known as Thunder. This gua relates to your elders, your ancestors. Your relationships emerge from your elders. All of your relationships are predicated on relationships with your parents. In Tibetan philosophy you are born with 2 drops of blood that remain with you always ... one from your father and one from your mother. Your parents gave you life and they did the best they could. Thunder is an arousing energy. It's the energy of young wood. Your family is your footing. It is also called the past. It lays opposite of the Lake, the future. Work with this area if you're trying to strengthen family ties or improve your health.
4. **Prosperity** ... also known as Wind. This gua relates to fortunate blessings ... often known as wealth and prosperity. Wealth, spiritual wealth, life itself. It relates to philanthropy. Be generous and give things away. The more you give away, the more you get back. Send those things that are important to you out to the wind ... they will come back. Wind is a gentle force. It's strong wood energy. If you're working to strengthen prosperity and blessings in your life, work with this area.
5. **Fame** ... also known as Fire. This gua relates to unity. It's all about how much light shines from within you and how much light you cast to the world. It's about how you are seen publicly. In unity, we are all connected. Everything you do

affects everything else. Fire is also known as the clinging. You need air to absorb, to be clear, to be radiant. Wood energy feeds the fire.

6. **Relationship ...** also known as Earth. This gua relates to the nature of all of your relationships. It's about love, the way human beings naturally relate to each other ... unconditional love for yourself and others. Take care of yourself first and then take care of others. It's also about receptivity. Earth is a balancing energy, the energy of soil, stability, foundations, our "seen" world. Bringing more "earth" to a situation stabilizes transitions.
7. **Children & Joy ...** also known as the Lake. This gua relates to your relationships between elders and children. It's about what you give birth to ... your children, your self-expression. It's also about the future. This gua is also known as the "joyous." It is the creative pursuit in life.
8. **Helpful People & Travel ...** also known as Heaven. This gua is related to the energy of helpful people and philanthropy. The key point is service and gratitude. You facilitate other people's lives ... you give away your time, your life ... in service to others. This is the most masculine energy you can have.
9. **Center ...** This gua is all about mental and spiritual health. It's about achieving balance and being grounded. What you put into the center (food through your body) becomes everything else through your blood. Blood is the carrier of consciousness.

Prosperity	Fame	Partnership
Family & Ancestors	Center/Health	Children & Joy
Knowledge	Career	Helpful People

<— — Place your front door along this line — —>

Placing the bagua on your space:

- 1) Square off your floor plan and plot plan.
- 2) Lay the bagua over your floor plan with. Align the main entrance with the Knowledge, Career and Helpful People axis. Your front door (architectural main entrance) will be along this bottom line.
- 3) Include everything under your roof. Include decks if they are substantial. You might also have negative space and or a projection:

a) Negative space ... is created when the side of your house or building fills more than half of the distance of the side, but not the entire side. The

negative space is the area that is not part of the building. When you have negative space, fill it in with a symbol, a garden or something else to make it complete or whole. This is also referred to as a “missing area.”

b) Projections ... the opposite of negative space. A projection is created when part of your house or building sticks out, yet it is less than half of the entire side. A projection is positive; it is an enhancement to the area.

The most powerful baguas:

- 1) First, your lot.
- 2) Second, your house.
- 3) Third, your bedroom ... since you spend one third of your time sleeping.

For help placing the bagua on your land, house or workspace, contact [Peg Donahue](#) for a consultation.

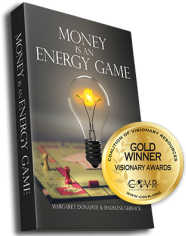
Prosperity Tip of the Month: Take Great Care of Yourself!



Humans are meant to be healthy and happy. You’re on Earth to figure out how to live a joyful life. If you’ve been pushing, struggling, or you’ve been feeling restless or unsettled, there’s an easier way forward that requires much less effort. Move into

energetic alignment with your True Self. The answers are within you. You just need to tap into them. Be clear about what you want, ask for it, take inspired action, and then get out of your own way as you allow the Universe to deliver the results. It's magical.

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!



Affirmation # 71

"I am the driver of my success."

Feel Better at Home with Focused Life Force Energy



"I've noticed less headaches, decreased digestive issues, a sense of calm and peace, and *the best sleep ever*. The biggest thing I've noticed is more restful sleep, and I've also had more energy to do things."

~ *FLFE Home Subscriber*

Code for FLFE Banner:

A focus on overall health and well-being is the primary theme for this month and [Focused Life Force Energy](#) (FLFE) is a service that can help you achieve your goal!

FLFE is a service that raises the consciousness of your environment. When consciousness is high, you're apt to be more in tune with your intuition, you accept things as they come (even if you don't like them), you're likely to take a more optimistic view of things, your resilience is strong, and life moves along relatively easily. When problems occur, they are solved with minimal effort. More helpful people and resources may simply show up too.

In a high consciousness field, your body is healthier and stronger. You're likely to make better food choices, have healthy habits, and experience less stress and deeper sleep. You might also find that you're more creative and more intuitive.

Focused Life Force Energy has a [multitude of programs](#) that support your health and well-being. Some of these are:

- Immune system optimization
- GI Tract optimization
- Energized food Support
- Energized Nutrients
- Kidney-Live-Gall Bladder optimization
- Brain optimization
- EMF Harmonization

The speeding up of frequencies on Earth, is startling to many people, contributing to stress, anxiety, ADHD, and other imbalances. The team at FLFE is continually finetuning and adding to the programs, to stay abreast of these shifts. This can provide peace of mind that the energy of your home and land is keeping up with the evolution of our planet. By harmonizing the energy of your property, or by utilizing FLFE Everywhere (on your mobile phone or other personal object), you can go about your daily life without the stress many people are experiencing.

I encourage you to explore the many [webinars](#) to learn more about a variety of topics that FLFE supports. If you're not a current subscriber, I encourage you to try [FLFE for 15 days for free](#). You can actually get 30 days free ... 15 days for your home and another 15 days for your phone. Check it out.



Banner Link: (<https://tm179.isrefer.com/go/flfemain/PegDonahue/>)

Contact Peg to schedule a service 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.