

## **April 2021 Newsletter ...**

Hello,

I love April! Signs of spring are all around. The snow is melting, the days are growing longer, the trees are beginning to bud, and more birds and woodland animals are showing up. A shift is in the air.

Are you sensing the need for a change too? I am. I'm anxious for a steady stream of warm, sunny days and spending more time outdoors. In the meantime, I'm shifting my indoor environment from winter to spring. I'm lightening up, putting winter items away, rearranging furniture and plants. Recently we restored our back porch from being a winter mudroom to a pleasant sitting area for the warmer months. It felt great to remove boots and snow shovels. This blog post about decluttering has some suggestions for decluttering that you may find helpful <https://bit.ly/31bldMq>.

The annual World Happiness Report was published in March. I included a blog post about it this month. Norway topped the list for the fourth consecutive year. The USA improved to number 14 on the list. Social networks are an important happiness factor and social distancing has been taking its toll on everyone. 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.

This month, the feng shui area for focus is your Career gua. If you're retired, energize this area for things you love to do and activities that bring you joy.

Enjoy April.

Peg

### **April Feng Shui Forecast:**

**April 11 New Moon in Aries ... Focus on Career Gua**

**April 26<sup>th</sup> Full Moon in Libra**

### **March Recap ... Your Health and Well-Being**

The check-in that aligned with March adjustments for the Center of your home began with the March 28<sup>th</sup> full moon. If you set objectives for the March 13<sup>th</sup> new moon in Pisces, 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 March 13<sup>th</sup> have taken root and shifts are beginning. Watch the patterns, finetune your approach, and go with the flow.

The quality of the energy in the Center projects out to all areas of your home and influences your overall health and well-being. Balancing this area can go a long way to bringing harmony to your daily life. The Center of your home is governed by Earth energy. When balanced, you're more likely to feel grounded, stable, and supported in all you do.

Review the [March Feng Shui Forecast](#).

## **April 11<sup>th</sup> New Moon in Aries ... Career and Life Purpose Gua**

The new moon in Aries on April 11<sup>th</sup> is associated with your Career gua. This is the Center Front of your home, every room in your home, your workspace and your yard or land. The quality of energy in this area influences your life purpose, life path, profession, career, and work.

New moons are about new beginnings and this month, we move fully into spring. Aries marks the beginning of the Zodiac. It's a sign that's full of energy, passion, motivation, and confidence. Cheery dispositions, strong will, determination, and direct approaches are some of the traits associated with Aries. On the downside, guard against being too moody, short-tempered, aggressive, impatient, or impulsive.

This is a month to act. Whether or not your situation changed over the past year, you might feel an impulse to get a fresh start, take a new approach, begin something new, or immerse yourself in different activities. In other words, create a change of pace. Are you feeling similar? If so, you're in good alignment with the times. It's the beginning of spring. After a year of restrictions, many people are ready for something new.

There are various approaches to take with your Career gua, depending on where you are in your life. Your focus might be on a new focus for yourself, career development and growth, changing your role, getting a job or a new job, starting or growing a business, or you might be looking to go to school or obtain training, retire, or post-retirement activities. Regardless of where you are in the "career cycle," assessing and refreshing your Career gua can assist your efforts and initiatives. It can assist you to attract or strengthen opportunities and help you to feel better about your choices and efforts.

The Career area is associated with the Water element. The archetype for Water is the Philosopher. The Philosopher explores deep mysteries, searching for the truth. In the process, ignorance takes a back seat as new knowledge is uncovered. This is a good month to consider the role of the Philosopher in your life. Is there something you'd love

to learn or discover either about yourself, your work, or your life? In what areas do you embrace mystery and delve deeper into a topic? Are there any areas in which you yearn to spend more time, scrutinize the meaning of the topic, or gain insight?

From a health perspective, the organs associated with the Career gua and the Water element are the kidney and bladder. The body part is the ear. Coincidentally, the ear and kidney meridians are connected. Over the years, I've had clients who were unhappy in their Careers and also had ear and/or hearing problems. When they removed blockages in their Career guas, their hearing improved. Your kidneys are also associated with fear. If you're feeling fearful about anything, adjusting the Career gua of your house and every room in your house can help get things moving forward for you.

In balance, Water flows gently, without interruption. Water energy is curious, clever, candid, insightful, spiritual, and thinks things through. When Water energy is deficient, you might feel irritable, stingy, critical, fearful, superficial, or dry. Excess Water energy expresses itself as a lack of enthusiasm, depression, self-pity, stagnation, and being too blunt, detached, insensitive or lonely.

**The front center of your Home relates to your life path and overall opportunities.**

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? Meditation rooms, bedroom, bathrooms, and solo areas are Water-type rooms.

**Water and The Five Elements**

In the Five element system, each of the five elements have symbiotic relationships with each other. There's a push and pull, of sorts. One element always strengthens another, while the remaining elements wear it down or deplete its energy to one degree or another. Water energy is supported and strengthened by Metal. Simultaneously, Water corrodes Metal or wears it down. In other words, it consumes it. In turn, Water feeds the plants and trees. In excess, floods and runoff occur. Water also extinguishes Fire and washes away Earth. Thus, Water is strengthened by Metal and depleted, consumed, or used up by Wood, Fire, and Earth.

If your Career or Life Path could benefit from more insight or use a boost, or you'd like to create more flow in your space, balance the area using décor that emphasizes Metal and Water elements. This can help provide a breakthrough and gets things moving in a new direction. Metal strengthens clarity and Water brings flow. If you feel anxious, overwhelmed, or in fear about things, you may have too much Water energy. In that case, tone it down by removing Water or Metal or adding Wood, Fire or Earth energies.

**Harmonize your space by playing with the Five Elements**

Here are some ideas for balancing the Five Elements in your Career Gua:

**Water** energy enhances flow and reflective, philosophical qualities. It 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

**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, gems and rocks dug from deep within the earth
- Circles, oval and arch shapes
- White, gray, and pastel shades.

**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

**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

**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 floor
- Yellow, gold, brown and autumn/earth tones.

### **Revitalize your Life Path**

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 ten days of April, tune into the center-front of your home, the Career gua, and make some 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. If you have more time, adjust additional areas, as well as the front center of the outside of your house and your yard.

### **Set an Intention on April 11<sup>th</sup> and Meditate**

After waking up the Career sector of your home, set an intention for yourself that relates to life purpose, career or job, on April 11<sup>th</sup>. Include specific requests you may have about your direction in life. 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. Nothing is too big or too small. What’s important is that the result will bring you joy! This is the true test. When you have what you ask for, will you be happy?

### **Check-in at the Full Moon**

Check back two weeks later, with the April 26<sup>th</sup> full moon. This is when you might begin to see some shifts or results. Things come to light at the full moon. Often, shifts start small and many times they show up in new and unexpected ways (such as the town plow driver clearing the end of my driveway a few months ago). When you’re in tune with the times and you’re open to change, you might begin to notice delightful and unexpected happenings. Overall, April should be a pleasant month, where you experience forward movement. 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 your Career gua, contact [Peg](#). If you mention the April 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 15% off, \$153.00 instead of \$180.00.

## **Feng Shui at Your Front Door**

The main architectural entrance to your house is considered the “front door” even if you don’t use it. It’s considered the “mouth of chi,” **the most important part of your house**. The condition of your entrance influences the quality of energy that comes to you.

Many homes have a center entrance, placing the Career gua at your front door. If this is your house, April is the perfect month to refresh your front entrance and infuse new life into your aspirations. The April 11 new moon in Aries correlates with the center-front, the Career area of your house and every room in your house.

### 8 Tips for Energizing your Front Door

1. You can create a beautiful entrance on any budget. Focus on the path leading to your front door, the vitality of plants, flowers and vegetation surrounding it, the door itself and the foyer or transition area you step into once inside.
2. Refresh and re-energize your front door seasonally. This month, clear away debris from winter and welcome in spring.
3. It's beneficial if the path leading to your house is attractive, curvy, and wide enough for 2 people to walk side by side. When the weather is suitable, mark a path if you don't have one.
4. Maintain your front door in excellent working order. Make sure the front door opens fully, and that the lights and bell work. Eliminate all squeaks and clutter. Painting your front door to refresh the color or give it a new one, provides an instant chi lift!
5. The front door typically falls into the **Knowledge, Career or Helpful People & Travel** sectors of the [bagua](#). It may also bridge two of the guas.
6. It's preferable for the door open to the largest part of the room or house. If your door opens to a wall, hang a mirror to open up the space.
7. Observe the focal point as you enter through the front door. Where do your eyes go? Is the view pleasant? Does it draw you in? Do you feel good? Use your focal point to support your intentions. If you don't use your front door, be a guest in your own home and enter through your front door periodically. What captures your attention? How do you feel? What do you see?
8. A foyer helps you to transition from the outer to the inner world. If you don't have a foyer, create a transition area with a small rug, a screen, plants, furniture. A mirror can help expand tight or small entrances. Note what's reflected in the mirror. It should be a pleasant view. Hang mirrors so that adults living in the house can see their entire head. Otherwise, low chi and lack of confidence can result.

Your front entrance creates a first impression. Make it a positive one! Note what area of your life your front door influences and reflect on this. Is everything going well? Is there anything you'd like to shift or change? You support the changes you'd love to experience

by enhancing the energy at your front door. Actively using the space will help you to manifest your desires.

If you'd like to paint your front door a new color, this blog post about [Safer Paints](#) from the Healthy Building Network might interest you.

## What Can We Learn From the 2020 World Happiness Report? Spending Time In Nature Increases Happiness!

This year the [World Happiness Report](#) focused on three environments to learn about and measure happiness around the world: our social, urban, and [natural environments](#).

For the fourth consecutive year, Finland emerged at the world's happiest country, followed by Iceland, Denmark, Switzerland, the Netherlands, Sweden, Germany, Norway, New Zealand and Austria. The USA came in 14<sup>th</sup>, which was an improvement over prior years. Israel, Australia, and Ireland also came out ahead of the USA. Canada came in 15<sup>th</sup>. With the exception of New Zealand, the top ten countries are small, homogenous, and northern European.

What does this really mean, given the global pandemic? Although there were increases in sadness and worry, overall life evaluations and happiness rankings remained relatively stable. The people in countries that have more social cohesion, higher levels trust, and lower levels of inequality, are happier. The top countries before the pandemic, remained the top countries during the pandemic.

The top six factors that influence well-being (income, health, someone to count on, freedom, generosity, and trust) remained in place. Given the restrictions, people found different ways to deliver or experience these factors. Working from home took root and may be here to stay. Instead of traveling, people rediscovered activities close to home. Local businesses and communities stepped up and delivered in ways that filled multiple needs. Zoom calls filled in for face-to face gatherings. The genuine goodness of people, looking out for each other, benevolence, and generosity, boomed.

The measure of positive vs. negative emotions plays a large part in this annual report. People in the happiest countries report three times as many positive emotions as negative ones, with laughter and enjoyment being key variables. This is similar to what Barbara Fredrickson reported in her book, *Positivity*, in 2009. Finding something to be happy about every day is vital to your overall well-being. Worry and sadness increased during 2020, while anger did not. This is understandable.

Interestingly enough, even though there was a pandemic, there was a significant drop in "reported frequency of health problems" which turned out to be concentrated in the

60+ population. Also, there was an increase in people doing something interesting “yesterday,” as well as in the number of people who felt well rested. Spending more time at home is positive.

As it relates to work, losing a job contributed to a 12% drop in life satisfaction for people who experienced the job loss. Maintaining social connections, balancing work and family, and having flexibility are key life satisfaction factors. Resilience, the ability to bounce back after adversity, is also another key factor. Barbara Fredrickson wrote about this as well.

The 2020 report also emphasizes the importance of the natural environment in shaping happiness. The more time you spend in green, natural environments, the better your mental health and the more positive emotions you experience. Studies have also shown that hospital patients have shorter stays when they are exposed to views of natural settings. The same is true for people recovering at home. A view of natural setting speeds healing.

Spending time in nature lowers stress and improves mental and physical health, longevity, and happiness. Open space and public parks are good for the community and good your health. Green, natural environments encourage more physical exercise and social interaction, both in urban and rural areas. Also, the lower levels of air and noise pollution contribute to lower stress and better respiratory and cardiovascular outcomes. And socializing with friends, family, and spouses is one of the strongest determinants of happiness.

Now that spring is here again, make spending more time outdoors a priority. You and your health will benefit. You might enjoy exploring these outdoor spaces highlighted in a recent [New England Home](#) publication. Notice the interaction of each space with its natural environment. Its peaceful and soothing. It’s healing on many levels.

Read or explore the [2020 World Happiness Report](#).

## **April Special: Home Work Space Consultations**

Are you among the many people who have been working from home over the past year? If so, how is your workspace functioning for you? Are you comfortable, satisfied, and productive? Is there anything you’d like to improve? During April, Peg is offering \$30.00 off Home Office or Home Work Space Consultations.

A Home Office or Workspace consultation can place you in a “command” position, take advantage of your most favorable directions, feel more supported at work, strengthen connections with colleagues, customers, and clients, increase sales, and more.



\$150.00 during April (and you mention this newsletter), instead of \$180.00. Contact [Peg](#) to schedule.

## **Feng Shui Tip: Create a Soothing Backdrop for Online Gatherings**

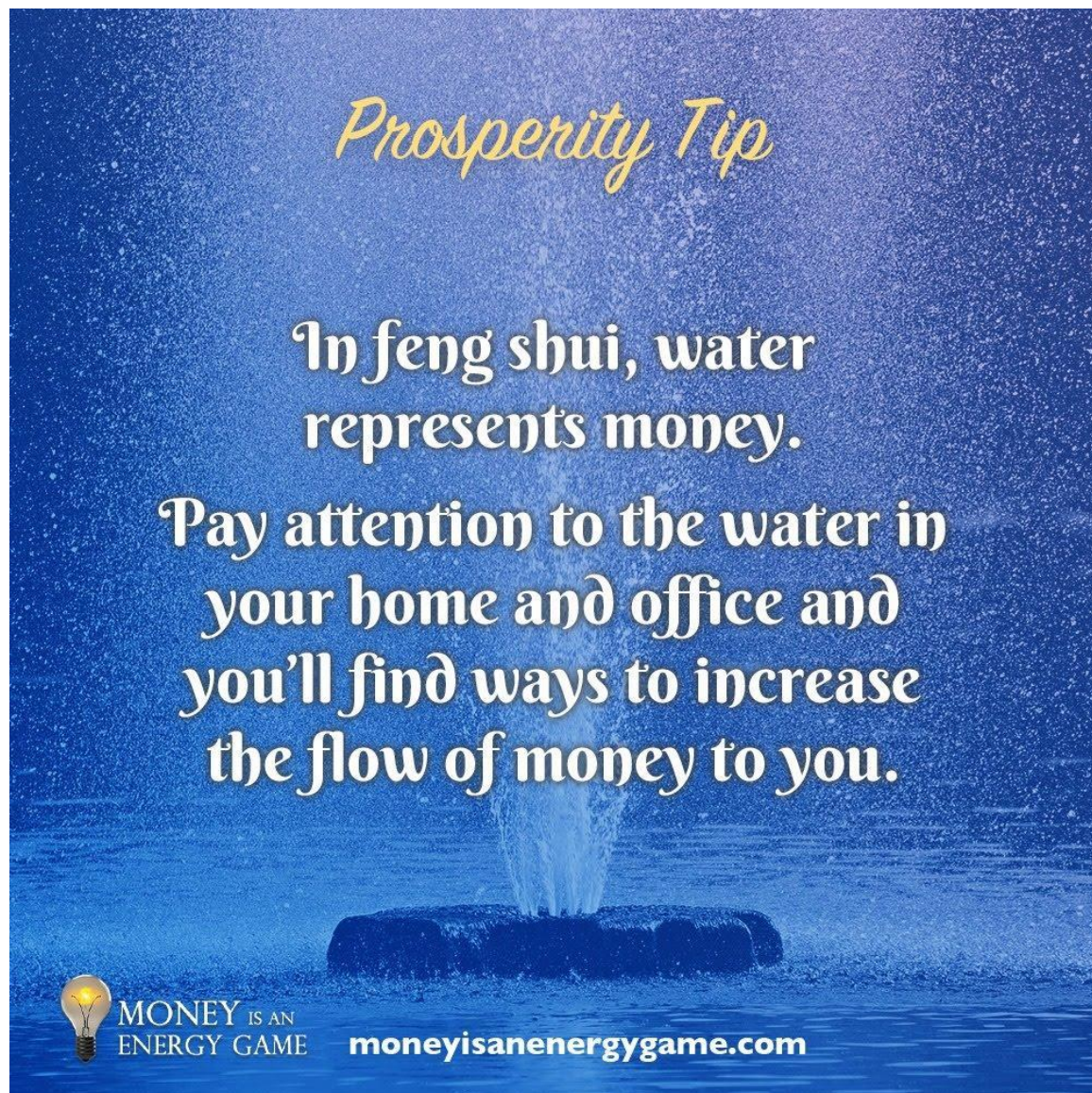
After more than a year of increased Zoom, WebEx, and other online meetings and family gatherings, it's time to pay attention to the message you're sending out to the world via your backdrop. What do people see in your background when you're online? Is it pleasing? What do you see that you like in other people's backgrounds?

Clutter-free backgrounds project a sense of calm and well-being. Plants and flowers add an element of nature. Color adds energy. Blues and greens are calming. Yellow is cheerful. Reds and orange are energizing. Brown and beige bring stability. White is cleansing. It can also feel sterile.

If your background is cluttered, I encourage you to thin it out. You'll improve the energy of your space. In turn this helps to create more balance and harmony.

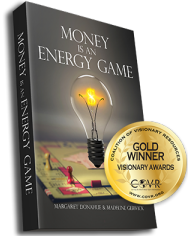
You can play with your background by uploading favorite photos to Zoom. You can also select a Zoom virtual screen, or you can add a screen or room divider behind you.

## Prosperity Tip of the Month: Water Energy Represents Money!



The April 11, 2021 new moon in Aries is associated with the Career gua. This is the center-front of your home, all the rooms in your home, your workspace and your yard. The Career gua relates to Water energy in the Five Element system. In feng shui, water represents money. Water flowing toward you brings financial blessings. Water flowing away from you, carries money away. Be sure that your plumbing is working well. Repair any leaks to help attract, retain and strengthen money and financial blessings in your life. If you have a water feature in your yard or garden, have the water circulate 360 degrees outward or have it flow towards your home.

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 # 91

“As within, so without. As I truly feel abundance, I experience abundance.”

## Create a Calm and Relaxed Environment with Focused Life Force Energy



# CREATE AN EXTRAORDINARY WORK ENVIRONMENT.

Enhanced focus and clarity in  
business conversations as well as  
the increased personal energy will  
help you to be more productive  
and effective in your business.



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

FLFE raises the consciousness of your environment. When consciousness is high, you're apt to be more in tune with your intuition, 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.

All of this helps you with your work. If you work from home, both your health and your work can benefit! You are likely to be more focused, have greater clarity, and more energy, all of which support better business outcomes.

As a FLFE Referral Partner, I encourage you to explore the many [webinars](#) to learn more about a variety of topics that FLFE supports. I particularly like the [magnetizing process](#). I've been using this method long before I became familiar with FLFE. It works.

If you're a subscriber, remember to use the daily boost. You'll find it at the bottom of your "My Properties" page in your customer portal. I use my half hour for the most important activities I have each day. The boost helps them to go more smoothly.

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, all without submitting any payment information. It really is free. Check it out.



(<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.*