

June 2021 Newsletter ...

Hello,

I love June! We have three more weeks of early morning light and long evenings, along with another two months of relatively long days. If you're in NH or a northern area, I encourage you to get outside as much as you can and take advantage of the season.

This month, Mercury is retrograde through June 22nd. I included a blog post with suggestions of how to make the most of this cycle. It's an excellent time to slow down a bit and do some personal development.

After being somewhat ambivalent about engaging with social media, I'm learning to use Instagram. If you're on Instagram, you can keep up to date with my postings by following my [Feng Shui Connections](#) page. What I like about Instagram is that it feels happy. It's driven by photos that you have to post from your phone. The ugly banter that fills some social media sights is not on Instagram. Most of the pages and sites are uplifting.

I packed a lot into this month's newsletter. Mark a few dates and read it at your leisure.

Enjoy June!

Peg

June Feng Shui Forecast:

June 10th New Moon and Solar Eclipse ... Knowledge Gua

June 20th Summer Solstice and Father's Day ... Boost Your HP&T Gua

June 24th Full Moon

May 29th through June 22nd ... Mercury Retrograde

May Recap ... Your Wealth Gua

The check-in that aligned with May's full moon and focus on your Wealth gua for the month, began with the May 26th full moon and lunar eclipse. Your Wealth gua is the back-left corner of your home and every room in your home. If you set objectives for the May 11th new moon in Taurus, tune in and notice what's happening. Look for small shifts. They turn into bigger ones. Full moons are when things come to light. The seeds you set on May 11th have taken root and changes are underway. Watch the patterns, finetune your approach, and go with the flow.

First and foremost, the Wealth gua is about fortunate blessings. Being grateful for all that comes to you, being generous with others, regularly expressing gratitude and

appreciation are wonderful ways to continue the circle of giving and receiving. When you're generous with others and you're grateful and appreciate what comes to you, your energy channels are open and receptive. In this state, more blessings (of which money is one) tend to come to you more easily.

Review the [May Feng Shui Forecast](https://fengshuiconnections.com/may-2021-feng-shui-forecast). <https://fengshuiconnections.com/may-2021-feng-shui-forecast>

June 10th New Moon and Solar Eclipse in Gemini ... Knowledge Gua

The new moon is a time for new beginnings. The June 10th new moon and solar eclipse in Gemini correlates with your Knowledge gua. This is the front-left corner of your home, every room in your home, your workspace and your yard or land. The quality of energy in this area influences your deep inner self, your personal development and knowing yourself at a deep level.

Gemini is an air sign, ruled by the planet Mercury. Gemini traits include being adaptable, easy going, intelligent, curious, funny, charismatic, perceptive, and versatile. On the downside, Gemini energy can be indecisive, impulsive, and quick to react emotionally. Geminis like to communicate, connect with people, learn, and generate new ideas.

The June 10th solar eclipse (at 19 degrees Gemini 47 minutes) adds another dimension to this new moon. Overall, it's a favorable eclipse. According to astrologers Madeline Gerwick and Maria Shaw, this solar eclipse is associated with unexpected flashes of intuition and hunches, visionary ideas, and predictive dreams. Pay attention to what's coming to you intuitively and any strong feelings of just knowing something is true or something is happening. There's a cycle associated with clarity that also helps. For some people, this eclipse will usher in exciting new beginnings. Others may experience chaos and frenzy. Be sure to set positive intentions that include smooth sailing in the months ahead, particularly if you have important planets within five degrees of the eclipse.

The front-left corner of your Home relates to your deep inner knowing. In feng shui, we call this area the Knowledge and Self-Cultivation gua. It's the area to energize when you want to connect with your authentic self. Look around the front left corners in your home and workplace, as well as each room. What do you see? Does the area please you? Does it feel good? Is there anything you'd like to shift or change? If so, June is a great month to make the adjustments.

Archetype: The Peacemaker

The Knowledge and Self-Cultivation area is associated with the Earth element. The archetype for Earth is the Peacemaker. The Peacemaker values serenity, stability, comfort, quiet time, meditating, cooperation, and trust. The Peacemaker harmonizes

environments, putting people at ease. Focusing on aspects that bring mutual benefit, the Peacemaker works to unify whatever is divided or antagonistic, converting discord into harmony.

In balance, Earth energy is nurturing, comfortable, stable, grounded, and unifying. You nurture yourself and others without going overboard. When Earth energy is deficient, you might be focused on survival or be feeling very unstable. You might also feel closed off both emotionally and spiritually. In excess, Earth energy manifests as not being able to do enough for other people. It can come across as smothering, stifling, and overprotective. You might also experience muddled thinking and constantly feel worried.

How do the attributes of the Peacemaker and Earth energy touch your life? What are the areas where you've had breakthroughs? Are there any areas you'd like to explore more deeply?

The Knowledge Gua and Health Issues

From a health perspective, the Knowledge and Self-Cultivation area is associated with your shoulders, back, arms and hands. If you have back trouble or you feel like you're carrying the weight of the world on your shoulders, double-check the front-left corners of your home, workspace, and yard. Do the same if you have trouble with your hands. What's in there? Does the space feel fresh and airy to you or does it feel stuck in time or bogged down with things you no longer need or use? If it's the latter, it's time to refresh.

Knowledge Gua Flag

Bathrooms in the Knowledge gua are a red flag. This is because of the mix of Earth and Water energies. Together, they create mud. This slows the energy and can stop you in your tracks. If you have a bathroom in any of your Knowledge gua spaces, jazz it up with some Fire energy! Fire strengthens Earth and puts out Water. Adding red or orange, along with triangular or pyramid shapes can help to mitigate the depleting effects of Water. If you have plumbing leaks or blockages, get them repaired.

Knowledge Gua and the Five Elements

In the Five Element system, Earth is characterized by the color yellow, square shapes, low flat rectangles, heavy furniture that hugs the ground, horizontal lines, pottery and earthenware, bricks, and seashells.

The feng shui color for the Knowledge and Self Cultivation gua is blue. Think of the slate blue color of the mountains. This comes from the Mountain trigram that rules this area. Thus, having some blue and or yellow in this area is supportive. Think of the blue and yellow décor of French country kitchens. This combination is supportive in the Knowledge gua.

Earth energy is strengthened by Fire and depleted by Metal, Water, and Wood energy. Balance your Knowledge gua with a solid foundation of Earth and Fire energy. Then harmonize it by incorporating Metal, Water, and Wood energies.

Earth-type spaces include bedrooms, sitting rooms and porches. Gardens, particularly a meditation garden, also reflect Earth energy. These could be areas that bring more Earth energy into your life.

Here's an overview to help you recognize each of the Five Elements in your space:

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

- Pottery, earthenware, bricks, and clay
- Seashells and natural items
- Square shapes
- Oversized or heavy furniture that hugs the floor.
- Yellow, brown and 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
- Electronics and electrical items
- Red, burgundy and the red palette

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

- All metal: gold, silver, brass, aluminum and more (pots & pans, lamps, picture frames...)
- Marble, granite, flagstone
- Natural crystals and rocks dug from deep in 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 growth and expansion. Wood is represented by:

- Fresh flowers, plants, and trees

- Floral fabrics and patterns
- Vertical stripes and tall columns
- Vertical rectangles
- Green and blue

The Knowledge Gua and the Mountain Trigram

The eight trigrams represent eight basic energies of Water, Fire, Earth, Heaven, Thunder, Wind, Mountain and Lake. They are represented by a stack of three yin and yang lines. Yin energy has feminine traits and yang energy is masculine in nature. The Knowledge gua is characterized by the Mountain trigram: two dashed or feminine lines on the bottom, capped by a solid yang line on top.



The Mountain is seen as a container for Knowledge and Wisdom. There are stories of wise men going to the Mountain to seek insight and guidance. They would quietly sit, meditating for days. During this time, they would clear their minds and bodies and become an empty vessel to receive a download of Knowledge and Wisdom. Regular meditation is highly recommended as a way to settle your energy, clear your thoughts and be open to insight. Placing a mountain image in your Knowledge gua is a wonderful reminder of this trigram.

Nine Simple Ways to Enhance Your Knowledge Gua

1. Hang a Mountain image or picture.
2. Gather books of wisdom that you'd like to read or review.
3. Setup a meditation space or use as a library or for research.
4. Outside, create a meditation or herb garden. Include a bench or seat.
5. Add blue, yellow, or other Earth colors.
6. Locate a copy of the I Ching, the Book of Wisdom, here.
7. Add a light or candle.
8. Include pottery or earthenware.
9. Incorporate square and triangular shapes ... through frames, art, furniture, sculpture.

Remember to do the Three Secrets Reinforcement with each cure or enhancement that you do. The Three Secrets process is a way to strengthen your intention and to transfer it to the related object you place or the action you take. [Contact Peg](#) if you need the process for the Three Secrets Reinforcement.

The Importance of the Relationship Gua

Pay attention to the opposite gua as well. The Relationship or Partnership gua is the area diagonally opposite Knowledge, in the back-right of your space. Cultivating a healthy relationship with yourself helps you to be in healthy relationships with others. As within, so without. Your inner self drives your relationship with others.

The two areas work hand in hand. If you're activating your Knowledge gua, cleaning and decluttering your Relationship areas will provide an added boost. The Relationship gua is also associated with Earth energy. In the Relationship area, a nice touch is to include a picture or art that reinforces you in a relationship with your partner, spouse, or someone you'd love to bring into your life.

Write Your Intention and Meditate on June 10

After cleaning and enhancing the Knowledge areas in your home or workspace, write a clear intention about the blessings in your life prior to, or on, the June 10th new moon and solar eclipse. Put your intention in a red envelope, energize it with a blessing and then place it in your Knowledge gua. Write your intention in the present tense, using positive words, just as if it's happening for you now. For example: "I appreciate knowing myself at a very deep level." The more specific you are, the more targeted the direction of resulting energy will be.

According to [Madeline Gerwick](#), this June 10 eclipse in Gemini is associated with insight and intuition, visionary ideas, dreams, and hunches. A secondary meaning is that you have numerous choices available to you. Pay attention and make choices that support your highest and greatest good. Some choices will support you more than others. The benefits from the eclipse will last for a long time. Choose well.

Do a mediation on June 10, visualizing multiple blessings coming to you. Skip over the logistics of how things will unfold. Assume they will and give thanks, in advance, for all of your needs easily being met. Giving thanks in advance is one of my favorite techniques. It works! It bypasses your thought process and the ways something may or may not happen. When you get excited about *already having* what you want, the path to make it happen begins to unfold and seemingly magical things can appear.

Check-in at the Full Moon

Two weeks later, on June 24th, there's a full moon. This is the day to tune in with your intentions and notice what's been happening. You might start seeing evidence that the seeds that you planted on June 10th have taken root. Look for small changes first. Small shifts turn into bigger ones as they gain momentum.

Would you like some clarity about moving forward? Check out Peg's [Dream Coaching](#) program. This is a fast-track program that can help you clear out nagging issues, put self-sabotage in your rear-view mirror and create a winning formula for manifesting your desires.

Father's Day: June 20th

If you'd like to strengthen a relationship with your dad or any father in your life, boost the energy in your Helpful People and Travel gua this month. See my separate blog post about this.

Contact Peg for a Knowledge Gua Consultation

To arrange a consultation about some ideas and suggestions to adjust your Knowledge and Self-Cultivation gua or adjustments for any situation, contact [Peg](#). A half hour consultation (\$90.00) can help put you on a path to success.

Father's Day: Boost Your Helpful People and Travel Gua

Father's Day is Sunday, June 20th. (It's also the [2021 Summer Solstice](#).) It's a day to honor fathers, fathers-in-law, stepfathers, grandfathers, or any and all fathers in your life.

A deeper aspect of feng shui is the connection between your Helpful People and Travel gua and your father and the fathers in your life. Tension or unresolved issues with any father in your life can create an energetic block that negatively influences your ability to attract the resources you need to your life. I have seen this repeatedly throughout my practice. Clearing your inner space and outer environment of energy blocks can help you to strengthen connection with the dads in your life and develop a stronger support system at the same time.

The Helpful People and Travel Gua and the Heaven Trigram

The Helpful People and Travel gua is the front-right corner of your home, all the rooms in your home, the front-right corner of your business or workspace, and the front-right corner of your yard or land. This area correlates with the Heaven trigram in the [I Ching](#), which represents the most yang and most masculine energy. The Heaven trigram also represents "father," thus the connection between the Helpful People and Travel gua and fathers.

The Heaven trigram, comprised of three solid lines, stacked one on top of the other. This gua has the most masculine energy, thus the relationship to Heaven. Last month I wrote about how the Relationship gua is the most yin area in the bagua and therefore relates to female and mother energy. The Helpful People and Travel gua is energetically opposite.



The Helpful People and Travel gua is ruled by the Metal element. When balanced, Metal energy is clear and precise, orderly, focused, and methodic. This is an area of authority

with fathers representing the authority figure. This area also represents leadership and responsibility, along with philanthropy, giving to others and gratitude.

When Metal energy is deficient, people feel unprotected, sloppy, have trouble focusing or finishing tasks and projects and they have no strong sense of purpose.

When Metal energy is in excess, abrasive behavior is common. People might also be more judgmental, display obsessive compulsive behaviors, be sarcastic, or aloof and indifferent.

If you're lacking order and focus in your life, adjust your Helpful People and Travel gua.

Recognizing Imbalances

In your home, imbalances in the Helpful People and Travel gua show up as:

- Broken furniture
- Plumbing or electric problems
- Windows not fully working or glass needing repair
- Too many women or a lack of male or father figures
- Headaches and migraines
- Overstuffed closets
- Feeling anguished or anxious
- Too much water or wood energy

If relationships with father-figures or male leaders are problematic for you, audit the front-right corner area of your house and every room in your house (when overlaying a grid of nine, like a tic-tac-toe board). Take pictures and see what you notice. Look for imbalances showing up one or more times. The patterns can be obvious or subtle. Patterns could include something that's broken or needs repair, an unflattering photo or one that was taken during a difficult time, too much cluttered, an area that's physically blocked, the Five Elements being way out of balance, a lightbulb that needs to be replaced, etc. Blockages and obstructive patterns come in many shapes, sizes and forms.

One of the dilemmas is that you typically don't notice things in your space after thirty days. If you've been living in the same house, condo or apartment and you haven't moved things around in a bit, you might not recognize the patterns. This is why taking photos is effective. You see things in photos that you pass over in person.

If you have blockages related to your dad or other father figures, an Emotional Freedom and Healing (EF&H) session can help you to release the patterns that are holding you back. Schedule an EF&H session during June 2021 and save \$30.00 (\$150.00 instead of \$180.00) when you mention this newsletter.

Contact [Peg](#) if you'd like help putting yourself on a more effective path of releasing inner or outer blockages. A customized [Emotional Freedom and Healing Release](#) can help you let go of deeply held emotions that may be embedded in your cells. A [feng shui consultation](#) via phone or web can identify ways to rebalance and reenergize your space.

Tips to Thrive During Mercury Retrograde through June 22nd

It's Mercury Retrograde time again! Mercury went retrograde on May 29th and will remain there through June 22nd. This particular cycle could be a confusing one. So be aware and be prepared. Slow down, tune in and pay extra attention to what's happening. Even though Mercury Retrograde ends June 22nd, it'll be July 11 before the pattern associated with confusion clears.

Mercury is the planet associated with Communication. When it goes retrograde, communications get mixed up and things tend to go awry. This is not a time to sign contracts, get married (a contract), or purchase electronics. Patterns of more accidents occur during this time as well.

Cut your typical schedule in half, to provide you extra time to rearrange things as need be. Be patient as appointments get cancelled and rescheduled. It's a good time to reassess where you are and re-evaluate where you're headed. Your home and work environment can assist you. Clear out what you no longer need, love or use. Do a bit at a time. This will minimize overload and overwhelm.

Don't

- Tightly schedule appointments or activities.
- Purchase cars, computers, phone, appliances, or other electronics.
- Argue or get pulled into nasty disagreements.
- Drive aggressively or erratically.
- Sign contracts.

Do

- Cut your schedule in half.
- Allow more time between appointments.
- Be kind to yourself and other people.
- Pause, breathe, and think before reacting to anything that annoys you.
- Drive carefully ... pay attention to other drivers.
- Plan renovations and remodeling projects.
- Research future options and intended purchases.

- Relax and read.

Look to words beginning with “re” for inspiration during this period. I’ve come to love this cycle. I use it to catch up with projects rather than start new ones. Sometimes, reassessing and catching up also means involves letting go (of things and situations). This is fine. It’s one way of creating more open space and time.

Here are favorable Mercury Retrograde activities to get you thinking about how you can best use this time:

Within your home, workspace and garden:

- Refresh your garden.
- Repot plants.
- Recreate a wonderful outdoor space for the summer months.
- Repurpose one or more items.
- Repair something worthwhile.
- Refinish furniture.
- Refresh, renovate, or repaint a room.
- Redo your workspace.

For yourself:

- Reflect deep within yourself.
- Reconsider your choices.
- Rediscover interests.
- Reconnect with family and friends.
- Read books, magazines, or other items of interest.
- Release fears, trapped emotions and nonbeneficial beliefs.
- Reassess your plans for the second half of the year.
- Rehearse and/or record videos or music.
- Rewrite something.
- Retreat at home or have a spa day.
- Remain grounded and centered.

Think of Mercury Retrograde cycles as a cosmic gift to you ... to pause, slow down, reassess what’s happening, and catch up with everything you have underway. If you do this, you might come to love these cycles as I do.

Contact [Peg](#) if you’d like to schedule an [Emotional Freedom & Healing](#) session to release trapped emotions, to schedule a feng shui consultation, or for a Space Clearing or Personal Clearing. These are beneficial ways to shift your chi this month.

“I Want a Change. I Just Don’t Know What I Want to Do!” Does This Sound Familiar?

I hear from many people who want a change for themselves. Simultaneously, they also tell me that they don’t know what they want and they’re not sure how to explore their options. Thus, they continue on their current path, frustrated, unsettled and unhappy. Their discontent is understandable.

Does this sound like you? If so, you might be interested in my 12-session [Dream Coaching program](#). Rather than worry about what you think you should do, invest time in yourself to explore your wants and desires. Clarify what you’d love to do. Then be brave and move forward by defining and implementing strategies that will put you on the road to achieving your dreams.

If this sounds a bit overwhelming, I understand. The process is easier, when you take it a step at a time and work with an accountability partner. And that’s what you get when you work with me over a three month to six-month period. You have a safe and confidential space to explore your dreams and wishes, toss ideas around, explore patterns that have been blocking you, tidy up loose ends, define comfortable strategies and action steps, and move toward your goals.

You also benefit from my deep experience as both a corporate executive and an entrepreneur; over 20 years of immersion into energy and metaphysics and how you’re deeply influenced by your environment; how your thoughts and beliefs impact your life and also how you can change them to move in the direction of your dreams; techniques to tap into your intuition, which is your inner guidance system; my own life experience growing up in a large family, being the bread-winner while my husband was a full-time dad, downsizing and consolidating in smaller house in an area we truly love; a focus on overall well-being, living a joyful life, and guiding those who are interested in doing the same.

Moving towards your dreams this summer and fall fits within the big picture astrological patterns too. Mercury retrograde in June is an excellent month to review what’s worked and what hasn’t, clean out clutter, rediscover your interests and reconsider your choices. You also get about five months of support from Saturn retrograde (May 23rd - October 10th). Saturn is about structure, process, management, responsible action, life lessons and challenges. This is a time when you’re called to reflect on where you’re headed, develop greater discipline with your goals, and establish your sense of purpose in the outer world.

Perhaps you’re moving toward retirement, yet you feel you’re being guided to do something new rather than settle into a life without daily structure or deep meaning?

This is a good reason to take stock of where you are and put a future plan in place. Rather than start something new, it's a better time to tie up loose ends, define a plan, and lay the foundation for what's next.

It's common to want a change and to also not know what you want next. You just know that you want different experiences. You might feel that you'll know when you get there. The dilemma with this is that there could be quite a bit of time between now and then. Time when you could be enjoying your new life. Alternatively, taking the time with a coach to explore what's brought you joy in the past and dig into what you dream about doing in the future can turn your dreams into reality. A coach guides you and helps you get out of your own way, in easy and effective ways.

This program explores ten topics:

1. **Your Intentions**
2. **What Integrity Looks and Feels Like**
3. **Your Life Purpose (Don't worry! This will come to you.)**
4. **Your Dreams and Wishes**
5. **Your Doubts and the Ways You Hold Yourself Back**
6. **Your Beliefs**
7. **Your Past Failures and Lessons Learned**
8. **Strategies to Carry You Forward**
9. **Establishing a Dream Team to Support Your Efforts**
10. **Living Life as a Dreamer ... Making Your Dreams Come True**

Your time investment is about two hours per session. One hour doing prep work and a one-hour telephone coaching session to explore your discoveries, identify effective steps you can take to move beyond obstacles, and achieve your goals. It's OK not to know what you want to do. This is where many people begin. The answers come to you during the course of the program.

Here's what one client had to say about this program: *"I look forward to every Tuesday at noon!! Peg Donahue has opened my eyes to a whole new world. I feel anything is possible for me now. I hold all the power."* SP, NH

If you'd like to further explore this program and how you may benefit, contact [Peg](#) to schedule a complimentary 15-minute consultation.

June Special: EF&H Release Sessions

Release your blocks to success through a customized [Emotional Freedom & Healing](#) tapping session. You'll save \$30.00 when you schedule in June. (\$150.00 instead of

\$180.00). Sessions are doing via phone. Each session is recorded so that you can repeat it at any time. Mercury Retrograde is an excellent cycle to do your release work. Contact [Peg](#) to schedule.

Feng Shui Business Tip: Strengthen Heavenly Support

Life is easier when we have some added support and behind the scenes help. If you'd like assistance with your business, energize your Helpful People and Travel gua. This is the front right corner of your home, office, every room in your home and your land. Remove any visual blockages or clutter. Make sure the plumbing and electric are fully working. Clean the windows. Dust and vacuum high, low, and deep into the corners. Set an intention for what you'd like to happen. Ask for assistance, give thanks in advance that you already have it, and let go of all ideas about how it has to happen. Be open to assistance flowing to you in seen and unseen ways.

Feng Shui Home Tip: Ready to Travel?

Are you ready to travel again after spending the past year at home? If you'd like some feng shui support with this, tweak your Helpful People and Travel gua. This is the front right corner of your home, office, every room in your home and your land. Remove all clutter and clean or refresh the area. Then thoughtfully place some images or reminders about where you'd like to go. You might include maps, travel guides, pictures ... anything that represents the area to you. My husband and I are planning to spend the holidays in Scotland this year. It just so happens that we're planning the trip details from our Helpful People and Travel gua.

NH Travels and Gardens to Explore

After a year of pulling back and minimizing social excursions, activities and commitments, my husband and I have been venturing out again! We've stayed in two hotels for five nights total over the past two months and had great experiences. We found the hotels to be exceptionally clean and the staffs were super attentive. Extra frills are minimal to reduce touch points.

The first hotel was the AC Portland in Portland, ME. I mentioned this in my May newsletter. We had a great experience there. The second hotel was [The Centennial Hotel](#) in Concord, NH. We had our eye on The Centennial for a while because it's located in a very cool building. While there, we also learned about its history. It turns out that the Centennial Home was one of Concord's oldest charities and one of the first homes for the aged in NH. In the nation's centennial year of 1876, \$110.00 was donated to the Concord Female Charitable Society to initiate a proposed home for "those who no fault

of their own have not the means to provide for themselves the comforts or even the necessities of a home.”

The Centennial Home for the Aged opened three years later in 1879. The initial white framed Federal-style house was replaced by a larger brick building, with one turret, in 1882. Within 25 years the fund had grown to over \$97,000 and the building was expanded. A dining room, reading room, library and social room were added. The accommodations grew from five initial residents to accommodations for 64 with the building’s expansion. Delightful grounds and gardens also enhanced the resident’s lives. Perhaps it’s no surprise that The Centennial is also located on Pleasant Street. It’s nice synchronicity.

The Centennial Home closed in 1994 due to the complexity of modern life. The rising cost of healthcare, business regulations, trends towards homecare no longer made the home financially viable. The remaining endowment is now used to assist deserving elderly people in the Concord, NH area.

A key aspect of feng shui is about how the history of each location is embedded in buildings and land. It becomes part of the chi or energy of a place. Have you ever heard of the saying: “If the walls could talk, they’d have stories to tell!” This is so true! The lives of the people who reside in a house and the events that take place there contribute to the events that follow. The Centennial House had good chi, which now flows into the Centennial hotel.

The hotel is located within walking distance to downtown Concord. You can park your car at the hotel for free and walk to restaurants, shops, and entertainment. We also enjoyed walking and driving around the area to study the beautiful 19th architecture of nearby homes. Downtown Concord and the surrounding area are quite charming. Many of the buildings date back well over 100 years.

While in Concord for the weekend, we also ventured out to [The Fells](#), an historic estate and gardens in Newbury, NH, on Lake Sunapee. The Fells, established in 1891, was the summer estate of John Milton Hay, a private secretary to Abraham Lincoln. He later served as Secretary of State for Presidents William McKinley and Theodore Roosevelt. Three generations of Hays developed the property and the extensive gardens. We were there before it opened for the season. If you visit during early June, you might catch the Rhododendrons in full bloom. They line the walking path leading to the estate. During the height of summer, the gardens will be bursting with blooms. There are also a few hiking trails that take you lakeside.

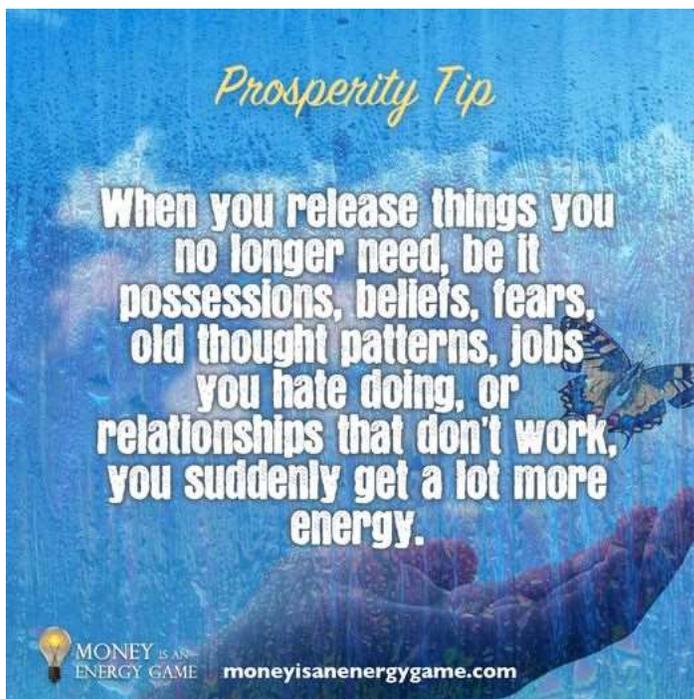
After our visit, NH Magazine featured the [Best Gardens to Explore in NH](#). In addition to The Fells, they highlight:

- Bedrock Gardens, Lee

- Fuller Gardens, North Hampton
- Kirkwood Gardens at the Squam Lake Science Center, Holderness (Free.)
- Rhododendron State Park, Fitzwilliam (Free.)
- Saint-Gaudens National Historic Site, Cornish
- Maple Hill Gardens at Beaver Brook Association, Hollis (Free.)
- Botanical Gardens at Canterbury Shaker Village, Canterbury
- Tarbin Gardens, Franklin
- Prescott Park, Portsmouth
- Castle in the Clouds Garden Tours, Moultonborough

Taking an excursion and exploring gardens is a wonderful way to be outside and to spend time, safely, in social settings. If you're outside the NH area, check your location. Chances are there are beautiful gardens and historic estates near you too. Exploring properties is also a wonderful way to understand the history of a place and events that occurred there. It's also a good way to study and understand chi, the energy and spirit of the land and buildings. Places with positive chi are vibrant and the plants and gardens are healthy. They're great places to spend time. It can be healing for your heart and your soul.

Prosperity Tip of the Month and Book Sale!



With Mercury Retrograde during June, it's a favorable time to release everything that no longer serves you. Is this too overwhelming? Start small and take baby steps. When you release anything, you create space for something new to come to you. Something new might be a physical item for your home, yard or workspace. It might also be a new opportunity, a reconnection with family and friends, a new interest or revival of a former interest ... things that bring you joy and happiness. This in turn contributes to your overall well-being.

If you'd like to release money blocks, take advantage of our June sale on hard copies of *Money Is an Energy Game!* **Enjoy a 30% discount on hard copy purchases from May 25th through June 21st.** When you purchase the book you also have access to a FREE Emotional Freedom and Healing Release process to let go of nonbeneficial beliefs you might be holding about money. This is like getting the book for free.

Also, Madeline Gerwick and I have been doing a series of interviews to introduce the public to [Money Is an Energy Game](#). Many of the interviews will be available through YouTube. Go onto YouTube and search "Money Is an Energy Game." Some that are being recorded now will air in November, December and later. There's a long lead time for some programs.

Here are links to three recent interviews:

[The Positive Head Podcast](#) with host Brandon Beechum

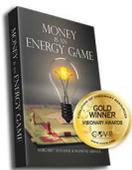
[CharVision](#) with host Char Margolis

[The Business Showcase, Going Solo Network](#) with Cece Shatz

Each host has a unique style and we've been exploring different aspects of the book as we go along. We're scheduled to do many more interviews in the coming months.

We're posting Prosperity Tips on Facebook and Instagram. If you're on social media, follow *Money Is an Energy Game* if you'd like to stay in the loop. When you're on Instagram, also follow Feng Shui Connections for a photo of the day, with a feng shui focus.

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



Affirmation # 269

“I am a wonderful steward of prosperity and abundance that comes to me so easily.”

Recommended Products and Services ... What's New?

There are some amazing healers, resources, and tools available to help you on your healing and spiritual path. This month I'm sharing updates to some of my favorite energy products and service providers that might interest you.

[Lana Louise](#) is a gifted psychic and medium. Her new “[A Soul's Journey Oracle Deck](#)” is now available. I recently received my set and I love it! The cards are gorgeous and the messages are on target. As an added bonus, Lana is including a personalized channeled message with each deck you purchase. This was such a fun surprise when mine arrived in the mail.

[Maureen St Germain](#) is a dynamic spiritual teacher, author, and leader in the field. I'm reading her revised and updated version of her 2009 book, *Beyond the Flower of Life*. A special feature was her Facebook Live sessions on May 18 and June 1 for early purchasers of the book. In addition, she recently added a [Beyond the Flower of Life Journal](#) to help you integrate her teachings into your life. Since I'm using June's Mercury Retrograde cycle to strengthen my practices, this journal is perfectly timed!

[Focused Life Force Energy \(FLFE\)](#) is a service that raises the consciousness of your environment, providing many benefits to you and those who spend time in your space. The benefits include increased focus, concentration and creativity, an energized living/work space, EMH harmonization, deeper sleep, a boost in your body's natural healing ability, an overall sense of calm and peace. Users report fewer headaches, improved digestion, restful sleep, and more energy.

FLFE recently upgraded its [EMF mitigation service](#) to include satellite-originated EMFs to harmonize a broader spectrum of consciousness-lowering EMFs. The upgrade is included with every subscription and all free trials. Cell towers and emitters — such as the *new 5G frequency, cell phones, routers, laptops, baby monitors, cordless phones, smart appliances and radio frequency devices such as smart-meters* all generate consciousness-lowering EMFs.

Harmonizing EMFs means that instead of blocking EMFs, they are transformed into either neutral or consciousness-raising EMF - similar to the EMFs generated in nature. The FLFE service works with energy instead of against it. To find out everything included in the FLFE subscriptions, visit the [Service Details](#) page.

FLFE offers a [15-day free trial](#) for each service. I encourage you to try it out. If you're already a subscriber, you might like to do the daily boost. You can boost your property for 30 minutes daily or for 5 minutes with a phone subscription. I like to do the property

boost when I have an important activity underway or if I want more clarity about a situation.

[Vibranz](#) is a company that provides a variety of personal energy products. I use the oils, lasers, Cosmonutriceuticals, and some pendants and discs. I recently tried their Oral Care Kit and I love it! They often have sales, so peruse the “Current Sales Promotions tab.

Unique Door Coverings ... this unique [Namaste door sock](#) caught my attention recently. You can place it on an outer or inner door. I also saw in framed on a wall. It could be a fun addition to a door or wall in a meditation or prayer room too.



Client Testimonial

The following testimonial is from a client whose journey has been inspired by Robert Frost’s poem, [The Road Not Taken](#). Her journey had led her to Regenerative Healing and Integrative Medicine. I’ll let you know when she opens her healing center!

“Today was the ‘5th year anniversary’ of a really big health challenge in my life. Any one of us may face one of those life changing health challenges at some point. Mine came unexpectedly in the form of a severe accident. Some major health challenges are definitely bigger and more complicated than others...

I sought out an alternate path to healing and growth after several years of debilitating pain, physical incapacity and life changing medical complications. Even with the best efforts of some of the most remarkable medical providers in the country and world, standard Western medicine was simply not helping me. Rather than continue through life on a complicated treatment plan of high doses of chronic pain medication, painful spinal injections, limited mobility and a severely restricted life style, I searched for a new approach and chose an alternate path to healing and growth.

Looking back, I had no idea that opening up my view to considering an alternate path was not really that hard after all ... I discovered that if you are willing to look, you will find it.

I considered the benefits of Feng Shui as a form of alternative healing and began making inquiries.

Blessedly, Peg Donahue was warmly recommended to me and together, we began finding the second path of a life changing journey. With Peg as the scout, navigator, explorer and even rest stop coordinator at times, I have embarked on a remarkable two-year sojourn of healing.

With Peg's knowledge and wisdom of Feng Shui and I Ching, I have found the inner resilience to follow this new second path and continue on it as I find new opportunities, new outlooks and new blessings in my life and the life of those I love. I have integrated new health treatment options and new ways of reframing how I view the world.

As Peg and I collaborated on how Feng Shui would enhance my health and the health of my family, I began to immediately see major improvements in our lives and noticed new blessings literally flowing towards my family and me.

Many of my previous health challenges have moved into the rear-view mirror of life and as I round the next bend in my life path, I look forward to their disappearing from view completely. There are so many possibilities and opportunities in life that if you are willing to consider working with Peg Donahue, your life will be so much more joyful and you and your loved ones will be blessed with abundant good fortune.

In our home, our living room represents helpful people and spiritual blessings. Today at the time of my five-year anniversary health challenge, I rang a lovely Tibetan wind chime to thank and give blessings for all the helpful people in my life. A very special prayer was said for Peg Donahue and for her gifts of Feng Shui and I Ching. I hope the wind carried the spirit of deep gratitude for a person who has helped me have a second chance at life..." Anonymous, A Grateful Client.

Contact Peg to schedule a service or for more information.

Services

- **Dream/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.